Brain	Facts:
1.	Your brain contains half a of tiny computers.
2.	Your brain is creating neurons.
3.	Your brain is always
4.	can reshape your brain.
5.	You have the to change your brain.
Execu	utive Functions:
1.	Executive functions are the mental processes that allow us to, focus attention,
	remember, control impulses, and juggle multiple tasks.
2.	What are the three types of brain function?
	a: helps us focus or shift attention in response to different
	demands
	b: helps us remember pieces of information over short
	periods of time
	c: helps us set priorities and resist impulses
Execu	utive Skills:
2. 3. 4.	Organization - ability to organize tasks and information  Task Initiation - ability to independently start a task  Flexibility Control - ability to cope with changes, apply different rules in different settings  Planning & Prioritizing - ability to set priorities, create and reach goals  Impulse Control - ability to resist impulsive actions or responses
What	is your executive skills strength?
What	is your executive skills weakness?
Plann	ing Space:

