

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.

Executive 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

Executive Skills:

1. Organization - ability to organize tasks and information
2. Task Initiation - ability to independently start a task
3. Flexibility Control - ability to cope with changes, apply different rules in different settings
4. Planning & Prioritizing - ability to set priorities, create and reach goals
5. Impulse Control - ability to resist impulsive actions or responses

What is your executive skills strength? _____

What is your executive skills weakness? _____

Planning Space: