

**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:**