

Activity

You will have 10 minutes to fill out the Adult Executive Functioning
Questionnaire

Strategies to Support Executive Functioning

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What is Executive Functioning?



Key Components of Executive Functioning

Response Inhibition

Working Memory

Emotional Control

Task Initiation

Sustained Attention

Planning/Prioritization

Organization

Time Management

Flexibility

Metacognition

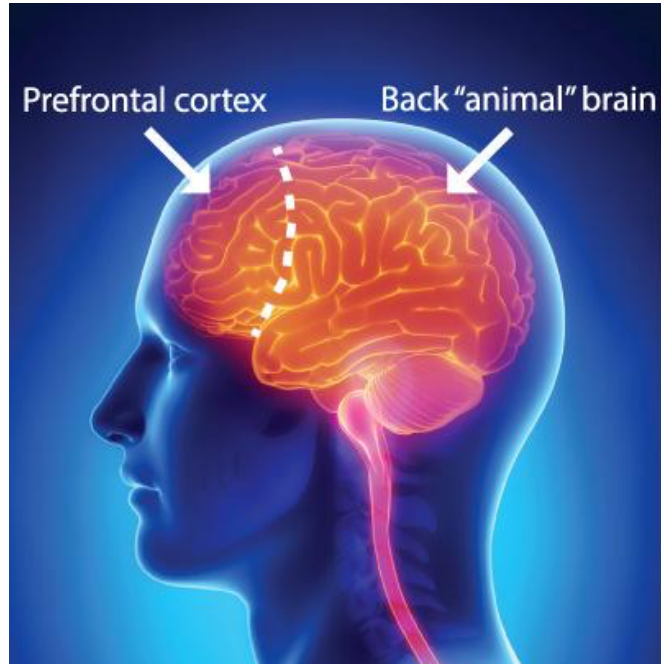
Goal-Directed Persistence

Stress Tolerance

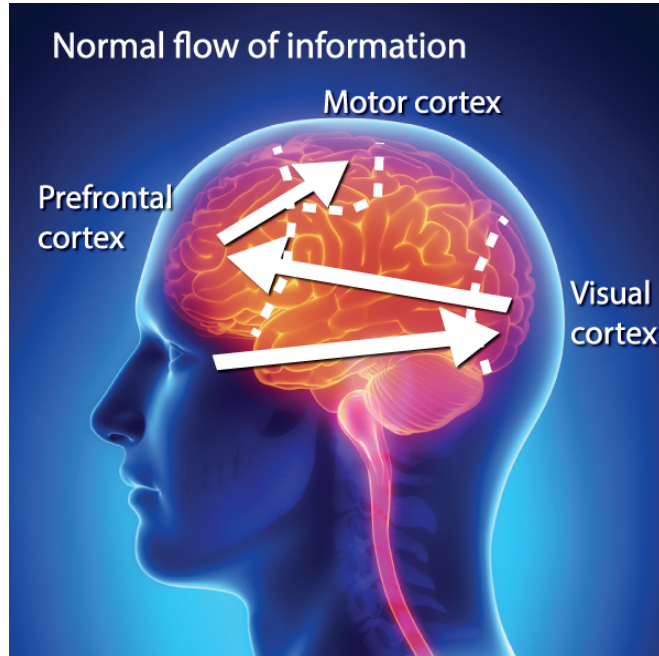
Everyday Challenges in College

1. Activation
2. Focus
3. Effort
4. Emotion
5. Memory
6. Action

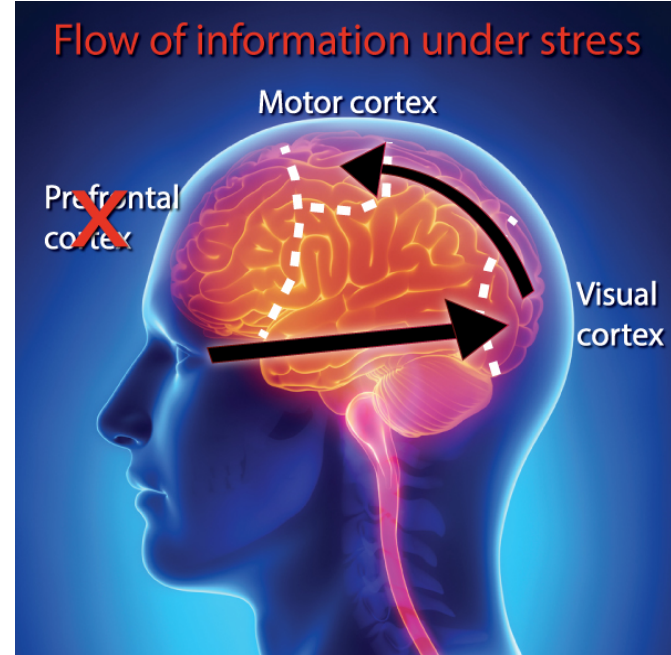
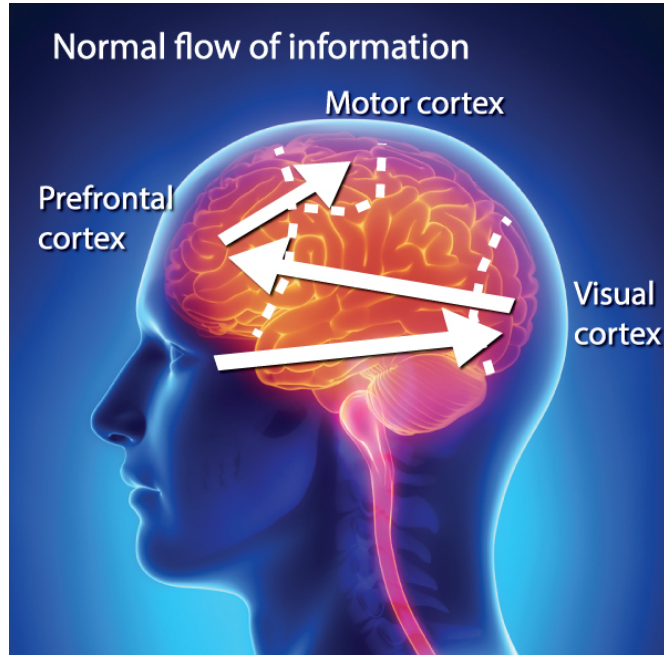
Two Distinctive Parts:



Pathway of Information:



Pathway of Information:



List of Disorders That Affect Executive Functioning

Traumatic Brain Injuries (TBI)/Concussions

Autism Spectrum Disorder (ASD)

Specific Learning Disorders (SLD)

Attention-Deficit-Hyperactivity-Disorder
(ADHD)

Anxiety Disorders

Depressive Disorders

Bipolar Disorders

Schizophrenia and other Psychotic
Disorders

TBI + Concussions

Heterogenous - all injuries are different

Possible problems with:

Working Memory

Processing Speed

Attention

Response Inhibition

Flexibility

Organization and planning

Emotional control

Autism Spectrum Disorder

Problems with planning and flexibility

- Need for structure

High levels of variability

Task-based difficulty

- Selective impairments depending on task

Studies differ in results

- Some report memory and attention deficits

- Others report no dysfunction with memory or attention

No clear picture - very heterogenous

Response inhibition not related to executive functioning

Specific Learning Disorders and ADHD

Lots of research focuses on comorbid SLD and ADHD diagnosis

Difficulty with memory, multitasking and processing speed in SLD

- Problems analyzing information quickly and efficiently

- Can lead to time management problems

ADHD associated with attention and memory problems, multitasking, and response inhibition

- Possibly poor organization and planning

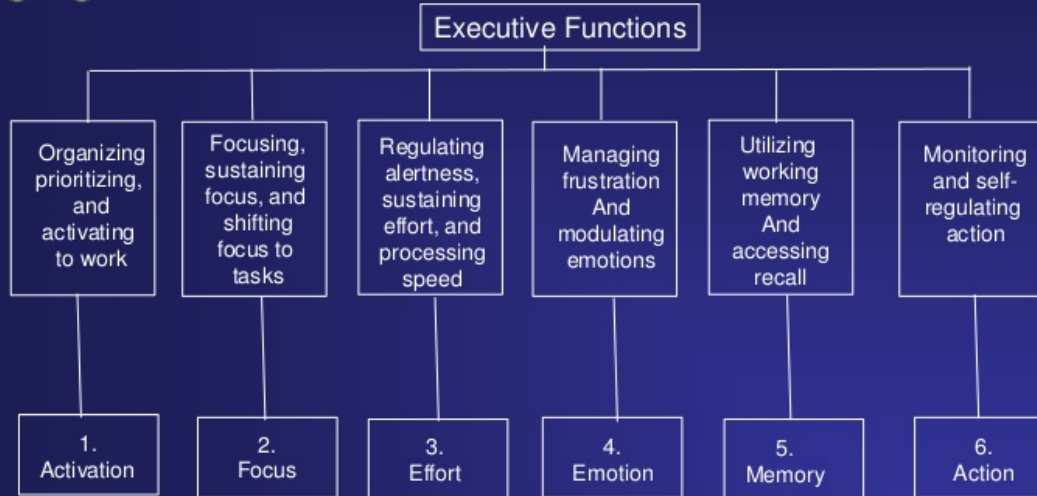
- Time management skills

“Executive Functioning Disorder” used interchangeably with ADHD

ADHD = neuropsychologically heterogeneous

- Multiple “subgroups” even within types

Executive Functions Often Impaired in ADHD



Anxiety and Depressive Disorders

Emotional control impacted in both disorders

Trouble with Anxiety Disorders and multitasking

- Often worry too much about the “more important task”

- Can get stuck on certain thoughts

Impaired memory with anxiety

- Cortisol plays a role

Depressive Disorders associated with working memory and cognitive flexibility

Results mixed on planning, inhibition, problem solving

- Highly variable

Problems with attention and focusing if task is demanding

- Otherwise, normal

Deficits in executive functioning may remain during remission

Bipolar Disorder and Schizophrenia

Disorders overlap in genetics, neurology

Evidence that cortical thickness related to deficits

Cortical thickness associated with cognitive functioning

Those with schizophrenia show more difficulty with response speed and accuracy

Greater attention and inhibitory problems, planning, and organization problems

Bipolar problems with inhibitory control, working memory, attention

Bipolar problems regardless of state (manic or depressed)

Though mania associated with more deficits, worse inhibitory control and attention

Deficits present whether symptoms are active or not

Both disorders show difficulty with multitasking, emotional control

Executive functioning remains dysfunctional or declines with time



Scenario 1:

**Creating
Structure/Schedules**

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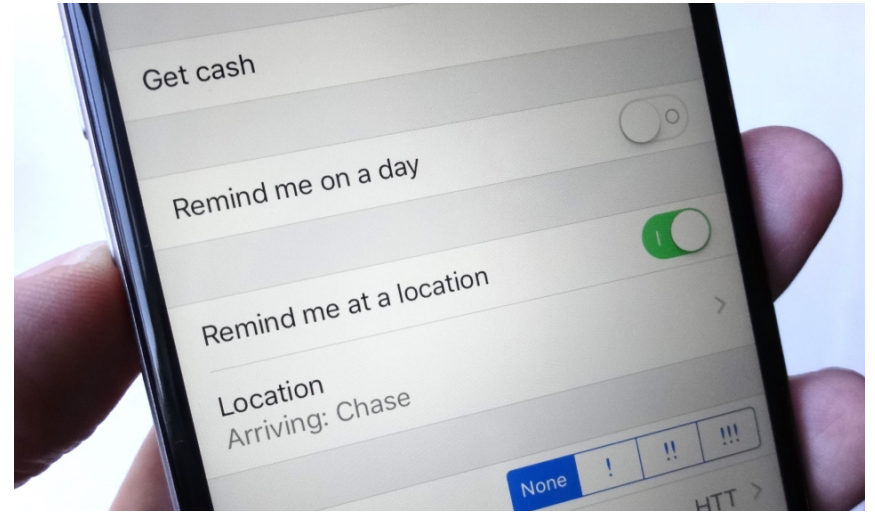
Flexibility

Metacognition

Goal-Directed Persistence

Stress Tolerance

How To Help:





Scenario 2:

**Starting
Homework/Projects**

Key Components of Executive Functioning

Response Inhibition

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Metacognition

Goal-Directed Persistence

Stress Tolerance

Starting Homework/ Projects

Response Inhibition

Working Memory

Emotional Control

Task Initiation

Sustained Attention

Planning/Prioritization

Organization

Time Management

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Stress Tolerance

How To Help:

TIME TABLE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	
12:30p.	Home	from	school	—————▶				
1p.	SNACK	—————▶						
1:30p.	REST	—————▶						
2:30p.	SCIENCE	MATH	SCIENCE	MATH		Wrestling Match		
4p.	Wrestling Practice ———▶							
5p.	SPANISH VOCAB	ART	SPANISH VOCAB	ART				
6p.	DINNER ———▶							
7p.	VIOLIN PRACTICE	LIT.	VIOLIN PRACTICE	LIT.				



Accommodations That Can Help!

Livescribe Pen

Google Read and Write

Inspiration

Extra time on tests

Distraction reduced environment

Notetakers

Technologies That Can Help!

WatchMinder

MotivAider

MY tiny REMINDER

Google Keep

Any.do

myHOMEWORK

EverNote

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