



THE FULTON SCHOOL

AT ST. ALBANS

Executive Functions and Their Definitions

RESPONSE INHIBITION I think before I act, resist peer pressure, and make good choices.	TASK INITIATION I make myself start tasks, especially when it will bring me closer to my goal.
WORKING MEMORY I keep in mind what I need to do and remember what worked the last time.	PLANNING/PRIORITIZING I focus on what's important and let little things go. My plan is my GPS to bring me to my goal.
EMOTIONAL CONTROL I manage my feelings so they don't get in the way of my work.	TIME MANAGEMENT I understand there are 24 hours in a day. I manage and balance what I WANT to do, what I NEED to do, and what others ask me to do.
FLEXIBILITY I adapt to change even when it's unexpected because I can find multiple solutions to a problem.	GOAL-DIRECTED PERSISTENCE I am determined to reach my goal and I understand that what I accomplish each day brings me closer to my goal.
SUSTAINED ATTENTION I stay on task and get my work done, even if I am bored, tired, or there are distractions.	METACOGNITION I am able to reflect on my actions in order to learn lessons and make better decisions.