

Executive Functioning (EF) Intro

EF skills are skills you use to accomplish goals in your everyday life. The goal of this activity is to familiarize you with the basic definitions of each skill so that when you encounter the use of these terms in the future you'll know what they mean.

The skills are:

Sustained Attention – paying attention for extended periods of time or until your task is done despite distractions.

Emotional Control – not letting your feelings get in the way of reaching your goal.

Response Inhibition – controlling your impulses, thinking before you act, and making good choices.

Working Memory – keeping track of information while you are using it, and recalling strategies in the past to solve problems in the present.

Goal-Directed Persistence – not giving up, determination to succeed and planning to reach your goal.

Flexibility – being able to readily change tasks, or to accept different ways of doing something, learn to adapt.

In this activity you will watch several videos with your group and attempt to identify which EF skill or skills, or lack of skills that video represents, and then explain your thoughts to the class.

<p>Video 1 – “No, please. NOOO!” https://www.youtube.com/watch?v=8VNJRzNmn_b0</p>	<p>EF Skills -</p>
--	--------------------

<p>Video 2 – The duckling. https://www.youtube.com/watch?v=1Yi44jhwHnk</p>	<p>EF Skills -</p>
<p>Video 3 – The helicopter seatbelts. https://www.youtube.com/watch?v=ghKy8FRhs28</p>	<p>EF Skills -</p>
<p>Video 4 – Reading while the dogs play. https://www.youtube.com/watch?v=AUU-RRNm2Ts</p>	<p>EF Skills -</p>
<p>Video 5 – The quarterback. https://www.youtube.com/watch?v=E_JiwStLBIQ</p>	<p>EF Skills -</p>

Reflection: Which skills did you use to begin, participate in, and complete this activity?