Executive Functioning

 What does it mean?

Executive functioning refers to a set of mental processes that impact working memory, inhibitory control, and cognitive flexibility. Executive functions help with managing emotions, time management, memory, planning, and organization across time.

Barriers to executive functioning can be experienced by students with disabilities such as ADHD, learning disabilities, anxiety, autism spectrum disorder, depression, etc.

What to do?

* Meet with a disability counselor
* If already connected to SSD use identified accommodations
* Seek out support from campus resources
* Create a daily schedule
* Establish a consistent routine
* Utilize calendars/planners to keep track of important deadlines and dates
* Practice mindfulness

Reference:

Executive Control Network, (2020, January, 8) *Executive Function*. Psychology Today. <https://www.psychologytoday.com/us/basics/executive-function>