



Help Your Teen Succeed in School: Support Executive Function Skills

Executive Functions Challenges Can Negatively Impact Academics

Organization	• Losing materials and schoolwork • Not using planner or calendar to record assignments • Messy backpack
Time Management	• Often late for school or class • Missing or late assignments and projects • Run out of time before finishing a task
Planning/ Prioritizing	• Not having a plan to complete HW night before it is due • Missing or late assignments and projects • Doing less important assignments or tasks before important ones
Self-Monitoring and Metacognition	• Not looking back and evaluating performances to learn from mistakes • Repeatedly doing the same thing and expecting different results • Silly mistakes (distractibility)
Flexibility	• Getting “stuck” or having meltdowns when there is change in the routine • Complaining about injustice of change or great difficulty adjusting to new routine
Working Memory	• Following directions multi-step directions • Forgetting something is due or there is an assessment or meeting with a teacher • Memorizing facts for tests
Task Initiation	• Starting assignments • Procrastinating • Especially difficult to begin writing assignments
Emotional Regulation	• Interrupting teacher during the class • Overly emotional responses in certain situations • Acting without thinking about consequences

