



12 Example Practices That Enhance Executive Function

Must Include Explicit Instruction and Guided Practice to Establish Routines

Target Skill	Example Activity
Self-awareness building	Use learning reflection journals and questionnaires about strengths and needs, motivations, personality styles, thinking styles, and learning styles.
Goal-setting	Create goal-setting sheets for personal and academic goals.
Planning	Complete step-by-step planning sheets for meeting goals and write reflections on progress frequently.
Managing focus	Implement multisensory instruction, and plan to have students actively engaged with language (e.g., talking, writing).
Managing materials	Follow a materials management system for tools, and paper and digital academic files.
Managing time	Practice time estimation and self-assessment for common academic tasks. Use a strategic calendar system.
Managing language	Use a columned note-taking system (e.g., Cornell notes).
Managing memory	Use card-sorting activities and teach self-cuing techniques.
Managing emotion	Teach and practice mini-meditation sessions.
Managing effort	Stop work every 5-10 minutes and have students rate their effort levels.
Self-Assessing	Use self-assessment sheets, attach to work, and keep in learning journals.
Self-Advocating	Script, practice, and provide time for identifying and requesting needed assistance.