

What are Executive Functioning Skills?



Executive Function Skills or EF Skills are a set of cognitive processes that allow individuals to plan, organize, initiate, focus, and self-monitor and adapt their behavior in order to achieve a goal. These skills enable individuals to manage their thoughts, emotions, and behaviors, effectively to regulate their impulses in order to make positive choices. EF Skills are critical for success in academic, professional, and personal settings, and are essential for daily functioning and independent living.



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