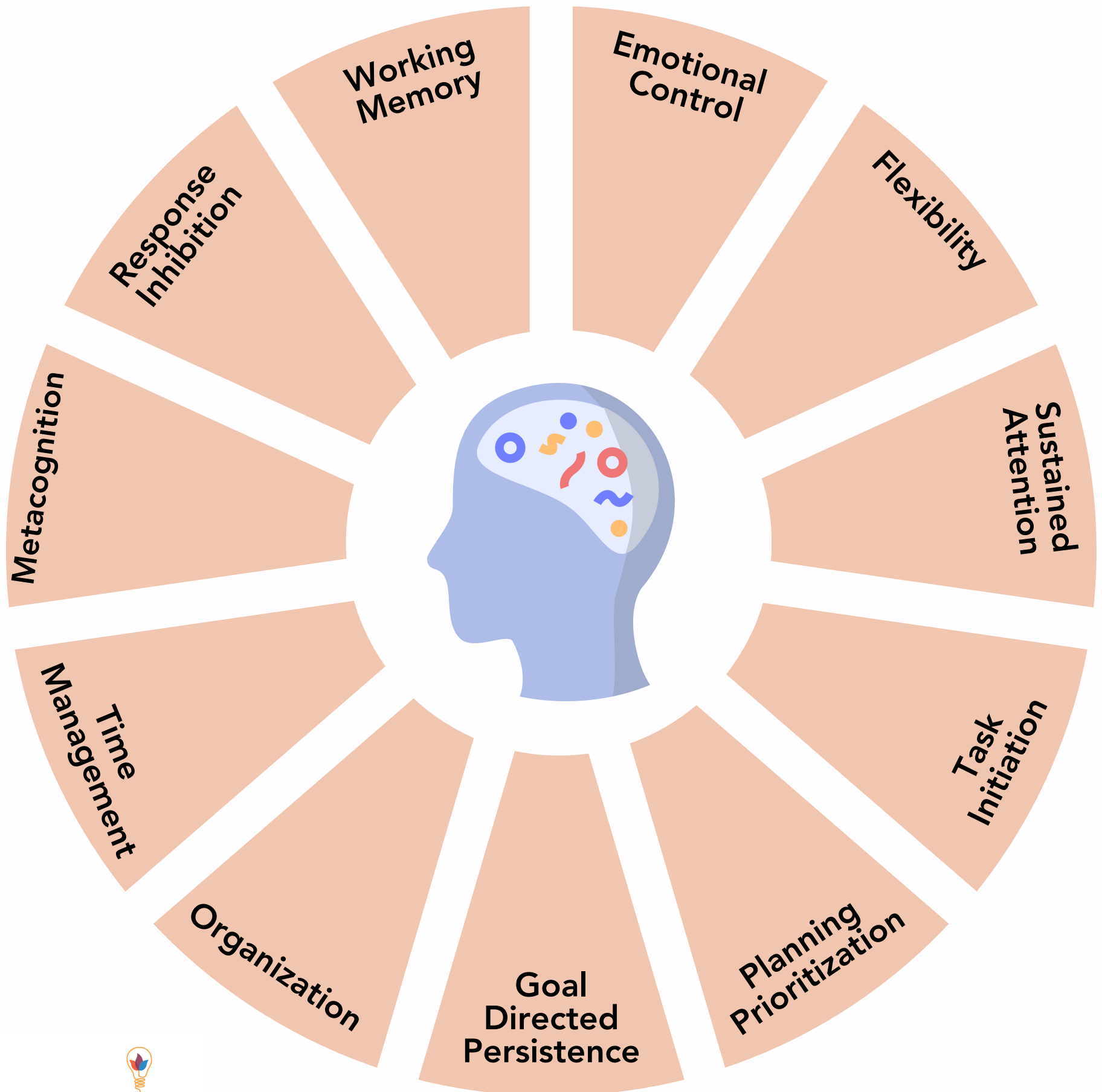


Executive Skills Wheel

Adepted from ADHD Experts Dr. Peg Dawson & Dr. Richard Guare



Executive Skills Wheel Definitions

- **Response Inhibition** - ability to think before you act. This ability to resist the urge to say or do something allows one the time to evaluate a situation and how their behavior might impact it.
- **Working Memory** - ability to keep key information in mind while using it. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project into the future.
- **Emotional Control** - manage emotions while completing tasks that may cause stress and/or overwhelm
- **Flexibility** - The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes. It relates to an adaptability to changing conditions.
- **Sustained Attention** - able to maintain focus on task at hand in spite of distractibility, fatigue, or boredom
- **Task Initiation** - able to start tasks without waiting until the last minute
- **Planning, Prioritization** - ability to create a roadmap to complete a task and figure out what is most important
- **Organization** - ability to create and maintain systems to keep track of information or materials.
- **Time Management** - ability to keep track of time, estimate how long something takes, how to allocate it, how to stay within in time limits and deadlines
- **Goal Directed Persistence** - The capacity to have a goal, follow through to the completion of the goal, and not be put off by or distracted by competing interests.
- **Metacognition** - ability to see a personal situation for a birds eye view, to observe how to problem solve. It also includes self-monitoring and self evaluative skills , Ask yourself "How am I doing? How did I do?"

