

When EF Skills BEGIN

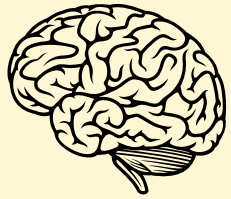
Based on the work by Peg Dawson and Richard Guare in [Smart But Scattered](#).

Response Inhibition



Thinking before you act – resisting the urge to say or do something to give us time to evaluate a situation and how our behaviour might impact it.

Working Memory



Holding information in memory while performing complex tasks. Remembering past learning experiences to apply to the present or to project into the future.

Emotional Control



Managing emotions to reach goals, finish tasks, or control behaviour.

Sustained Attention



Keeping attention on a situation or task in spite of distractibility, fatigue, or boredom.

6-12 months



8-18 months



1-2 years

Flexibility

Changing plans in the face of obstacles, setbacks, new information or mistakes. The adaptability and ability to manage changing conditions.



Planning / Prioritization

Creating a plan to reach a goal or to complete a task. Deciding where to place your focus.



Organization

Creating and maintaining systems to keep track of information or materials.



Time Management

Estimating how much time you have, how to use it, and how to stay within deadlines.

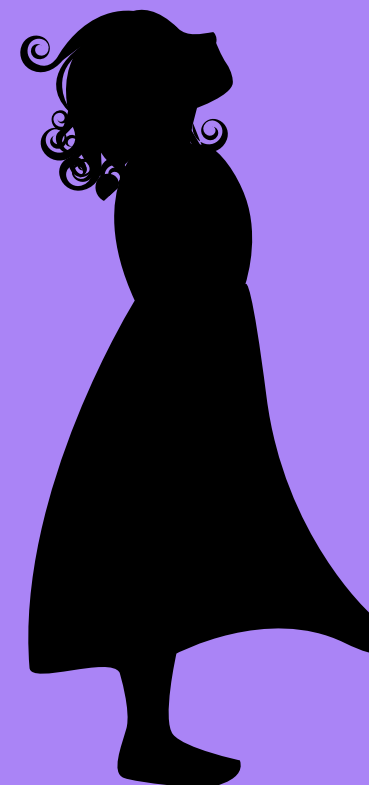


Goal-directed Persistence

Having a goal, following through, and not being distracted by other interests.

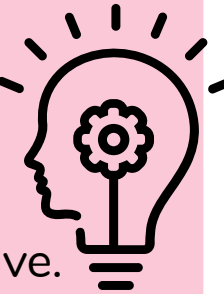


3-8 years



Metacognition

Standing back and taking a look at yourself in a situation. Observing how you problem solve. This includes self-monitoring and self-evaluation skills (asking yourself, "How am I doing?" or "How did I do?")



10-11 years

