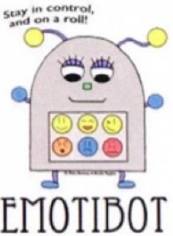
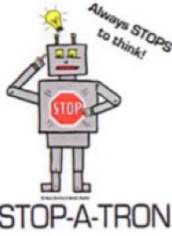










EXECUTIVE FUNCTIONS DEFINITIONS

	<p>Emotional Control</p> <p>The ability to recognize and regulate emotions in order to achieve goals, complete tasks, and direct behaviour.</p>		<p>Response Inhibition</p> <p>The capacity to stop, evaluate, and think before you act.</p>
	<p>Flexibility</p> <p>The ability to revise a plan in the face of obstacles, setbacks, new information, or mistakes. Flexibility involves adaptability to changing conditions.</p>		<p>Shifting and Time Management</p> <p>The ability to move appropriately from one situation to another. The capacity to estimate and to use time effectively.</p>
	<p>Goal-Directed Persistence</p> <p>The capacity to persevere and follow a task through to completion.</p>		<p>Sustained Attention</p> <p>The capacity to attend to a situation or task in spite of distractibility, fatigue, or lack of interest.</p>
	<p>Reflection</p> <p>The ability to self-monitor and self-evaluate by asking, "how am I doing?" or "how did I do?"</p>		<p>Task Initiation</p> <p>The ability to begin a task in a timely fashion.</p>
	<p>Planning and Organization</p> <p>The ability to create a roadmap, make decisions, and prioritize for task completion. The ability to design and maintain systems for tracking information and materials.</p>		<p>Working Memory</p> <p>The ability to hold information and past experience/learning in mind while performing complex tasks.</p>