

# Executive Functions

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Cognitive Cluster	Executive Functions
<b>Activation</b>	<b>Organizing, prioritizing, and activating to work</b> <i>* Initiating, planning, strategizing, and sequencing</i>
<b>Focus</b>	<b>Focusing, sustaining, and shifting attention to tasks</b>
<b>Effort</b>	<b>Regulating alertness, sustaining, and processing speed</b> <i>* Pacing, managing time, and resisting distraction</i>
<b>Emotion</b>	<b>Managing frustration and regulating emotions</b>
<b>Memory</b>	<b>Utilizing working memory and accessing recall</b> <i>* Using feedback</i>
<b>Action</b>	<b>Monitoring and self-regulating action</b> <i>* Inhibiting</i>



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