

Executive Functioning Program

5+ Years

Executive Function Difficulties are difficulties with the following skills that are required for effective learning:

- **Attention** - problems with staying on task, staying focused until completion, and ignoring distractions
- **Impulse Control & Inhibition** - problems with imposing restraint on a mental process or behaviour
- **Attention Shifting** - problems with shifting attention between different sources
- **Emotional Control** - with many things going on in one's head at any time it can create anxiety and disrupt emotional control (regulating emotions)
- **Task Initiation** - problems with initiating or starting tasks
- **Working Memory/Processing** - memory for temporarily holding information available for processing; important for reading, maths, reasoning

There are 4 parts to working memory:

- *Phonological Loop* - stores sound information/what we hear
 - *Visual Spatial Sketchpad* - stores visual & spatial information or what we see and location of objects in space
 - *Central Executive* - attention, controls information to and from other areas of working memory
 - *Episodic Buffer* - pulls information from phonological and visual-spatial memory to create a complete picture e.g. needed for sounding out words, needed for carrying over in maths, simultaneous translation from one language to another, holding conversation in memory while formulating a response
- **Flexible Thinking & Understanding Different Points of View**
 - **Planning/Organisation (Sequencing) and Prioritising**
 - **Time Management**
 - **Goal Directed Persistence**
 - **Organisation of Materials**
 - **Self-Monitoring** - keeping track of what you are doing
 - **Metacognition**

RUNS AS

This program is highly individualised. Some programs are computerised while others use a range of training techniques.

REQUIREMENTS

General reports as required in the application form.

TEAM

Speech-Language Interventionists, Occupational Therapists, Psychologists and Special Educators.

To see more about our **eligibility criteria**, please visit the [Variety SHINE Intensive Program Eligibility Page](#).

For further information please visit the [Variety SHINE Intensive Program 2020 Application Form](#).