



# The RITES FACTS

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## 8 KEY EXECUTIVE FUNCTIONS

If your child struggles with executive functioning issues, he (or she) may be challenged by some or all of the following areas:

<i><b>What It Means</b></i>	<i><b>How It Looks</b></i>
<b>Impulse control</b> helps your child think before acting.	A child may say inappropriate things and engage in risky behaviors.
<b>Emotional control</b> helps your child keep his feelings in check.	A child may overreact. He may have trouble dealing with criticism or regrouping when something goes wrong.
<b>Flexible thinking</b> helps your child adjust to unexpected situations.	A child may be rigid in his thinking and get upset when the routine changes or if he is asked to think about something from a different angle.
<b>Working memory</b> helps your child hold key information in his head so he can use that information.	A child may have trouble remembering directions even if he has written them down or heard them several times.
<b>Self-monitoring</b> helps your child evaluate how he is doing.	Your child may be surprised by a bad grade or negative feedback.
<b>Planning and prioritizing</b> help your child decide on a goal and make a plan to reach that goal.	Your child may get overwhelmed with long-term projects and not know which parts of a project are most important.
<b>Task initiation</b> helps your child take action and get started.	A child may freeze up because he doesn't know where to begin.
<b>Organization</b> helps your child to keep track of his materials and his thoughts.	A child may lose his train of thought, as well as his homework and other materials.

Source: [Understood.org](http://Understood.org) - "At a Glance: 8 Key Executive Functions" by Amanda Morin

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