

RESPONSE INHIBITION

Ability to think
before acting.

WORKING MEMORY

Ability to hold
information in your
head while you are
doing a problem.

EMOTIONAL CONTROL

Ability to manage
emotions.

**SUSTAINED
ATTENTION**

Ability to maintain
attention to a task.

TASK INITIATION

Ability to begin work
in a timely manner.

PLANNING

Ability to see the
individual steps in
an assignment.

ORGANIZATION

Ability to keep track
of information and
materials.

TIME MANAGEMENT

Ability to use time
effectively.

FLEXIBILITY

Ability to change
plans as needed.

METACOGNITION

Ability to think
about your thinking.

**GOAL
DIRECTED
PERSISTENCE**

Ability to keep
working towards a
goal.