

Executive Function Profiles: Characteristics and Strategies

Profile	Characteristics	Skill Needed	Strategy
#1 Ready, Fire, Aim	<ul style="list-style-type: none"> -Impulsive, speedy, "careless." -Rush to get things done. -Unintended mistakes or accidents. -Unintentionally skip items/parts on tests, assignments, and multi-part instructions. -Often coincides with ADHD 	Visualization (non-verbal-working memory) <ul style="list-style-type: none"> -Mental movie -In time and space -Manipulate images Eyes tend to look up and person will use gestures in visual mode.	"What's your plan?" <ul style="list-style-type: none"> -Visualize what it looks like when done -Visualize self performing the intended action and describe what they're doing
#2 Situational Unawareness	<ul style="list-style-type: none"> -Difficulty with transitions -Forgets to turn-in assignments -Lacks social skills -Difficulty fitting in a group -Often coincides with ADHD or ASD 	Situational Awareness <ul style="list-style-type: none"> -Ability to read the room -Notice what's happening in the space -Awareness of what's expected 	S.T.O.P and Read the Room <ul style="list-style-type: none"> -When enter a space, take time to notice and verbalize: Space Time Objects People What's in this space? What's happening right now? What are people doing? What is expected of me?
#3A Last Minute Panic	<ul style="list-style-type: none"> -Waits until last minute -Needs adrenaline rush of panic to get things done -Refuses help or ignores reminders -Does this repeatedly 	Simplify and Chunk <ul style="list-style-type: none"> -Start with the end in mind - What will it look like when done? -Chunk task/project into 2 - 4 main parts -Break parts into tiny steps -Put steps on the calendar Build-in "Wins" <ul style="list-style-type: none"> -What's their Currency? What feels like a reward to them? -Start with a win (Simple attainable step they can easily do and feel good about to trigger dopamine boost. Evaluate <ul style="list-style-type: none"> -Celebrate what worked -Modify what didn't and try again 	
#3B Failure to Launch	<ul style="list-style-type: none"> -Missing or incomplete assignments -Overwhelmed -Can't get started 		