STOWELL Learning Center

FREE RESOURCE
FOR PARENTS AND TEACHERS

Executive Function Profiles

Characteristics and Strategies

Profile	Characteristics	Skill Needed	Strategy
#1 Ready, Fire, Aim	• 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) • 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?"** • Visualize what it looks like when done • Visualize self performing the intended action and describe what they're doing
#2 Situational Unawareness	• Difficulty with transitions • Forgets to turn-in assignments • Lacks social skills • Difficulty fitting in a group • Often coincides with ADHD or ASD	**Situational Awareness** • 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** • When enter a space, take time to notice and verbalize: **S**pace **T**ime **O**bjects **P**eople What's in this space? What's happening right now? What are people doing? What is expected of me?

Profile	Characteristics	Skill Needed and Strategy
#3A Last Minute Panic	• Waits until last minute • Needs adrenaline rush of panic to get things done • Refuses help or ignores reminders • Does this repeatedly	**Simplify and Chunk** • 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"** • 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** • Celebrate what worked • Modify what didn't and try again
#3B Failure to Launch	• Missing or incomplete assignments • Overwhelmed • Can't get started	

Schedule a free consultation

Talk with a learning specialist. Testing and programs are available in person or remotely, for children, teens, and adults.

Schedule a Free Call

(877) 774-0444

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