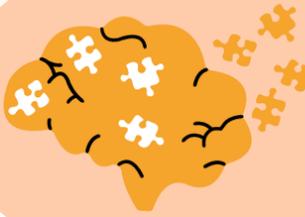


# 6 CORE EXECUTIVE FUNCTIONS for Middle Schoolers

75% of middle schoolers struggle with at least one core executive function!



## 01. Working Memory:

40% struggle with remembering multi-step instructions

35% find it hard to switch between tasks

## 02. Cognitive Flexibility



## 03. Inhibitory Control:

45% have trouble resisting distractions

50% struggle to plan long-term projects

## 04. Planning



## 05. Organization

60% have difficulty keeping materials in order

55% underestimate how long tasks take

## 06. Time Management



## 07. Task Initiation

48% of students need extra prompts to start homework

52% struggle to stay focused on long-term goals

## 08. Goal-Directed Persistence



## 09. Self-Monitoring

58% of students have difficulty assessing their own work quality

EF coaching helps strengthen these skills for academic success!

