Executive Functions
work together in various combinations

1. Activation
Organizing, prioritizing, and activating to work

2. Focus
Focusing, sustaining and shifting attention to tasks

3. Effort
Regulating alertness, sustaining effort, and processing speed

4. Emotion
Managing frustration and modulating emotions

5. Memory
Utilizing working memory and accessing recall

6. Action
Monitoring and self-regulating action

Adapted from: TE Brown (2001) Manual for Attention Deficit Disorder Scales for Children and Adolescents