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