



# Executive Functioning and the Gifted Child

# Dilemma of parents of the gifted

How can my kid have such a high IQ and still not remember to turn in her homework?


It takes him forever to get started.

How does she find anything in that mess of a room?

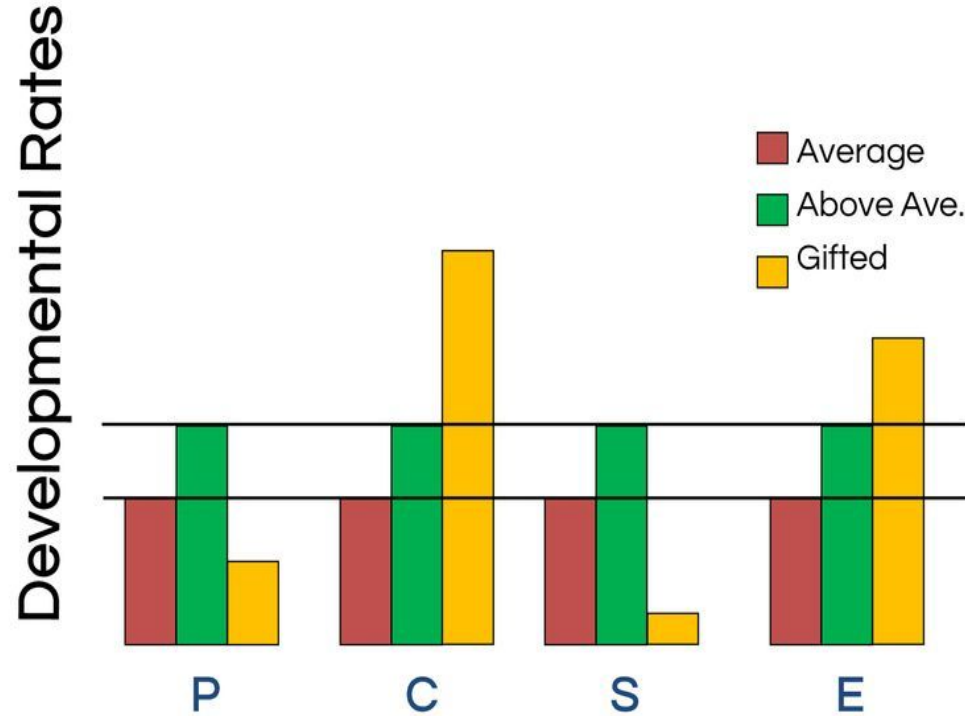
He fixates on one thing and forgets to do anything else.



# What is executive functioning?

- ❖ Umbrella term
  - ❖ Set of processes to help manage self and resources to achieve a goal
  - ❖ Mental control and self-regulation
  - ❖ Plan, focus, remember instructions, multi-task
  - ❖ Filter distractions, prioritize tasks, set and achieve goals, control impulses
- 

# Asynchronous development



# 8 areas of executive functioning

- ❖ Organization
- ❖ Impulse Control
- ❖ Emotional Control
- ❖ Flexible Thinking
- ❖ Working Memory
- ❖ Self-Monitoring
- ❖ Planning and Prioritizing
- ❖ Task Initiation





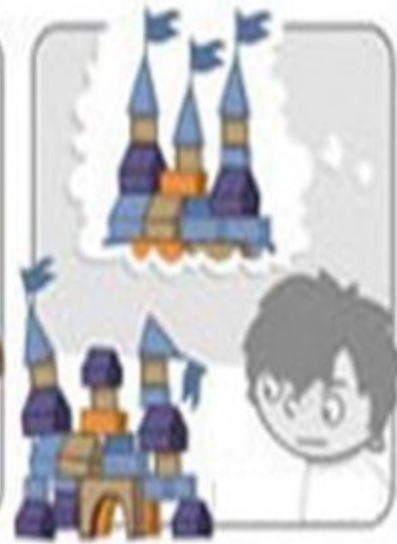
**REPRESENT**



**PLAN**



**EXECUTE**



**EVALUATE**

# General strategies to help improve E.F.

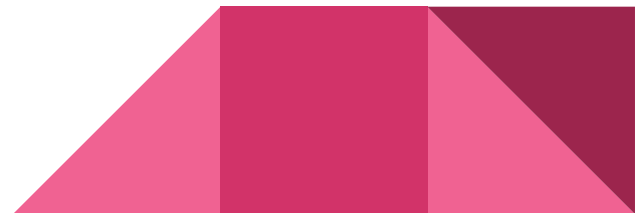
Start with Buy-In

Help students learn to identify E.F struggles for what they are.

Target a single skill.

Find the balance between encouragement and challenge.

Keep it simple.



# Why can't my child have a built-in gps?

**Organization** is both physical and mental.

- Lose your train of thought . . .
- Lose your homework

Simplify

Saliency

Automaticity

Choice





# It's not defiance

**Impulse control** - think before you act.

- Risky behaviors are enticing.

Stop and think

Preview likely consequences



# Inhibition as a positive trait

## Having **Emotional Control**

- Don't overreact
- Dealing with criticism
- Shift/regroup when faced with adversity
- Don't blurt out answers



# Expect the unexpected

## **Flexible thinking** vs rigid thinking

- Analogous to growth mindset
- Adapting to situations
- Switch gears
- Adjust to changing perspectives



# Personal Challenge

Using **working memory** to your advantage

Both holding information and manipulating information



- 1 The standard Lorem Ipsum passage, used since the 1500s
- 2 "Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.\*"
- 3 Section 1.10.32 of "de Finibus Bonorum et Malorum", written by Cicero in 45 BC
- 4 "Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed quia consequuntur magni dolores eos qui ratione voluptatem sequi nesciunt. Neque porro quisquam est, qui dolorem ipsum quia dolor sit amet, consectetur, adipisci velit, sed quia non numquam eius modi tempora incidunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim ad minima veniam, quis nostrum exercitationem ullam corporis suscipit laboriosam, nisi ut aliquid ex ea commodi consequatur? Quis autem vel eum iure reprehenderit qui in ea voluptate velit esse quam nihil molestiae consequatur, vel illum qui dolorem eum fugiat quo voluptas nulla pariatur?\*

VS



# Out-of-body Experience

**Self-monitoring** as a way to observe your own performance

Compare to standards not to others



# Plan Ahead

**Planning and Prioritizing** tasks makes them manageable

Take a large task and break it down

Students should create system

Wrap in goals



# Let's Get Going

**Task initiation** can be intimidating

Fear of failure can mean fear of starting





# It's a Team

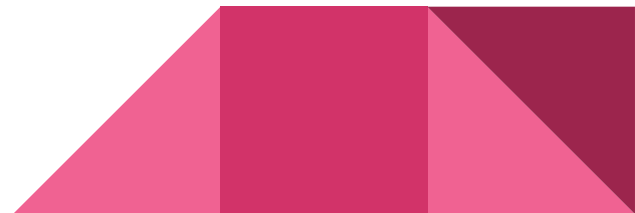
Parents - you can't take over

Students - you can't give up



# Effective Praise

- Delivered immediately after display of positive behavior
- Specifies the particulars of the accomplishment
- Provides information about value of accomplishment
- Lets your child know that they worked hard
- Orients your child to better appreciate their own behavior



# Next Steps

EF chart

Engaging your thinking

