Executive Function in Teens
What It Can Look Like



Forgetting materials



Losing track of time



Messy backpack or binder



Trouble starting tasks



Getting overwhelmed by steps



Missing deadlines



Struggling to prioritize



Procrastinating homework



Big ideas, hard follow-through



Needing more structure than peers

Executive Function in Teens
Planning and Organizing Support



Use one planner system



Break big projects into steps



Keep materials in labeled folders



Pack the backpack the night before



Use visual checklists



Create simple routines



Keep supplies in one place



Color-code subjects



Clean out the backpack weekiy

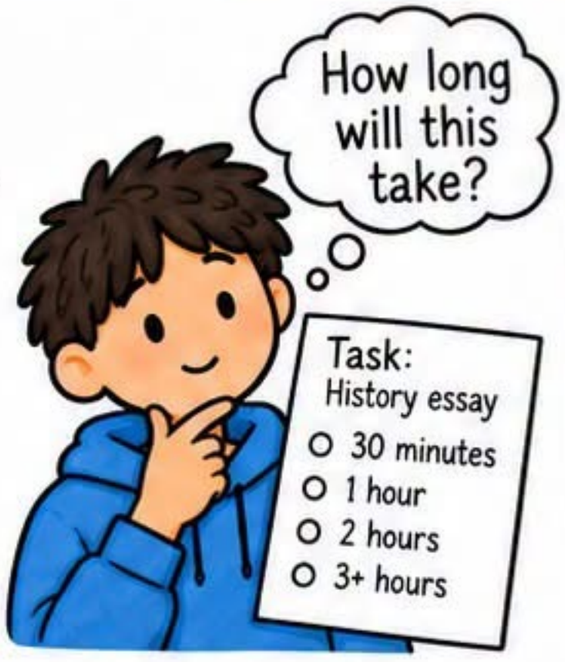


Model how to plan ahead

Executive Function in Teens
Time Management Support



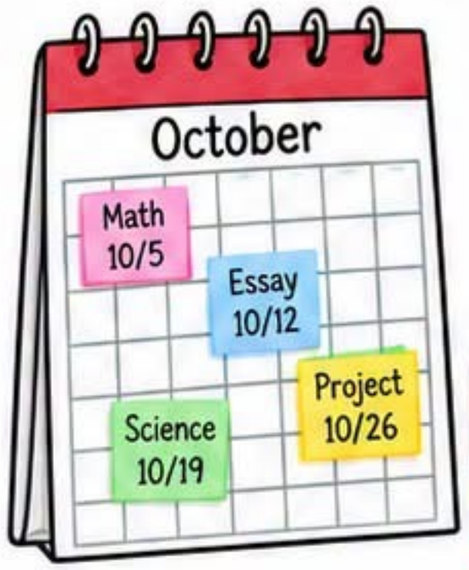
Use visual timers



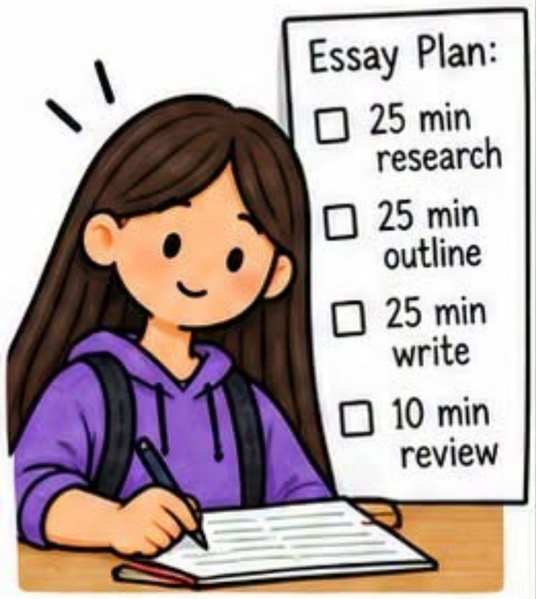
Estimate how long tasks take



Plan backward from deadlines



Put due dates in one calendar



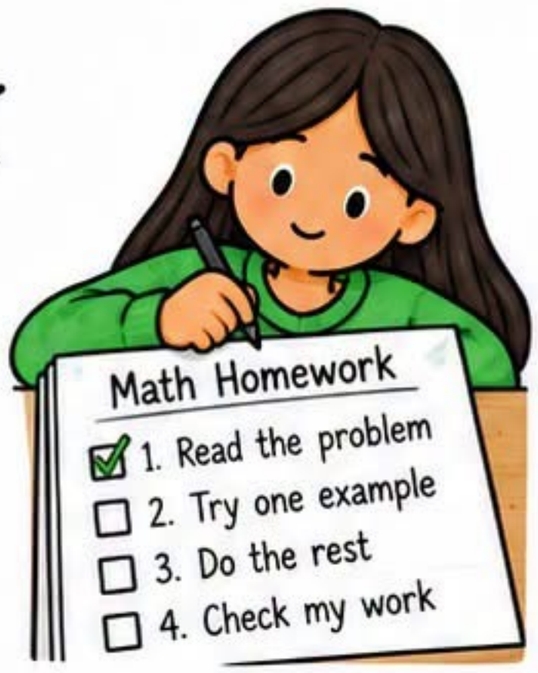
Break work into short blocks



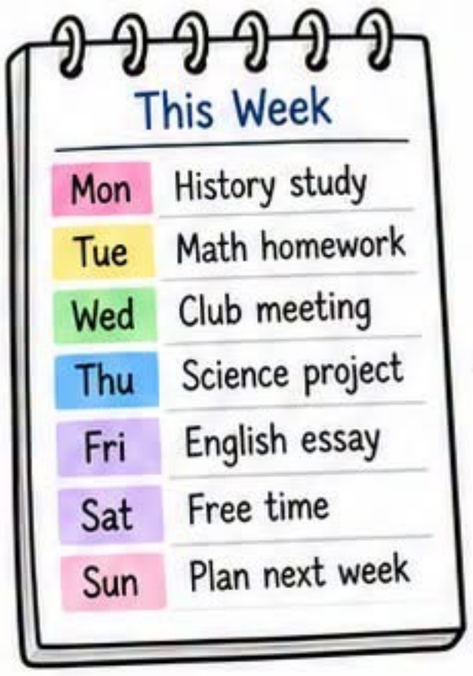
Build in transition time



Use reminders and alarms



Start with the first small step



Preview the day or week



Celebrate finishing on time

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Executive Function in Teens
Task Initiation Support



Start with one tiny step



Use check-ins or body doubling



Reduce clutter before starting



Offer clear starting directions



Use a countdown to begin



Pair hard tasks with support



Make the first part easy



Allow choice in how to start



Use simple do-now routines



Praise getting started

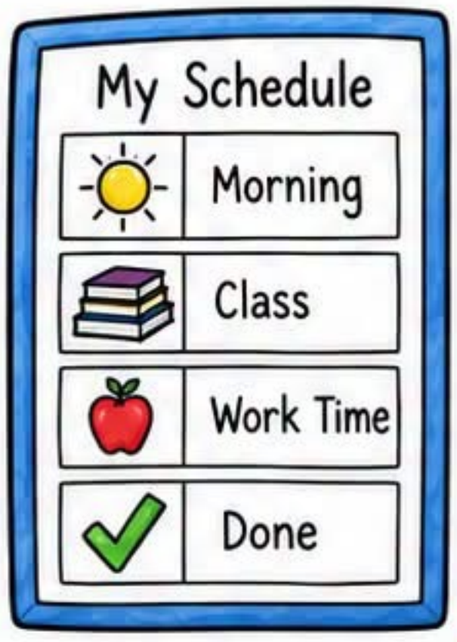
Executive Function in Teens
Working Memory Support



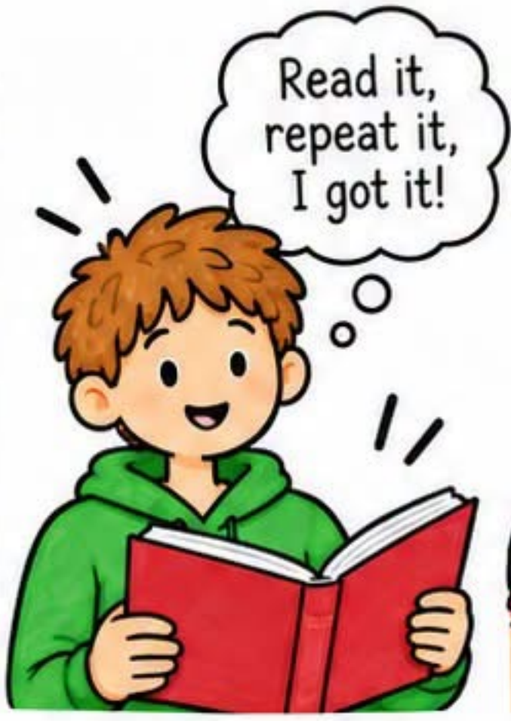
Give one step at a time



Write directions down



Use visual schedules



Repeat and review instructions



Encourage note-taking



Use examples and models



Keep key information visible



Check for understanding



Provide graphic organizers



Use cue cards or prompts

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Executive Function in Teens
Emotional Regulation and EF



Pause before reacting



Name the feeling



Use breathing or grounding



Take movement breaks



Use a calm-down plan



Ask for help early



Notice early stress signs



Return when regulated



Problem-solve after calming



Build self-compassion

Executive Function in Teens
Flexible Thinking and Problem Solving



Expect changes sometimes



Practice plan B thinking



Brainstorm more than one solution



Ask what else could work



Use if-then plans



Learn from mistakes



Try another strategy



Break perfectionism



Use support when stuck

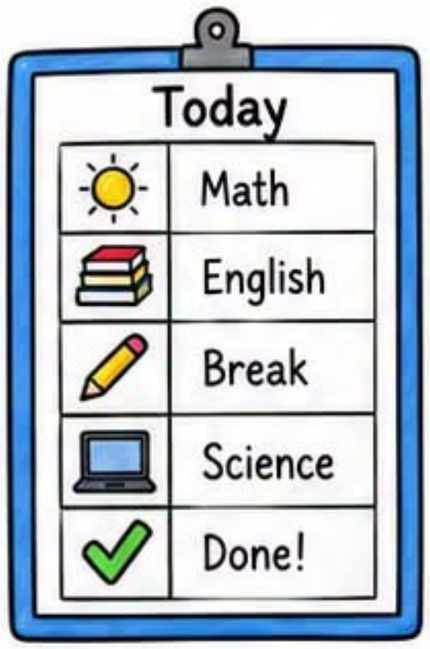


Focus on progress

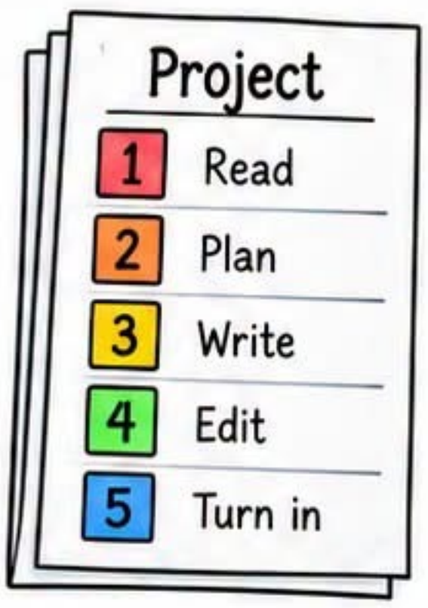
Executive Function in Teens
Helpful School Accommodations



Extended time



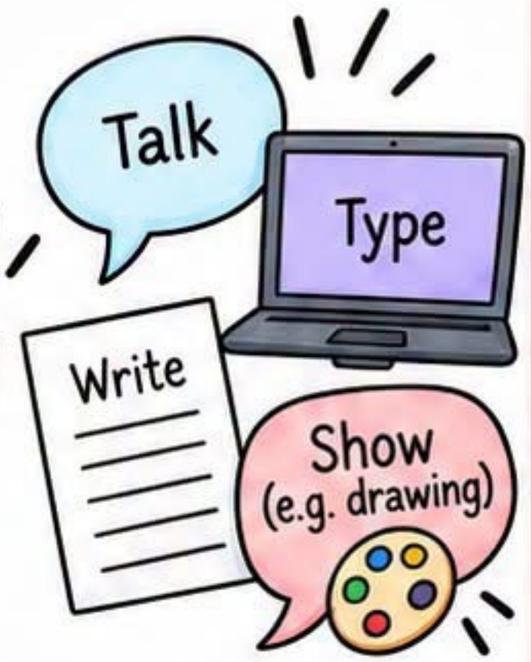
Visual schedules and previews



Chunked assignments



Written directions



Alternative ways to respond



Check-ins before deadlines



Organization support



Quiet testing location



Low-distraction workspace

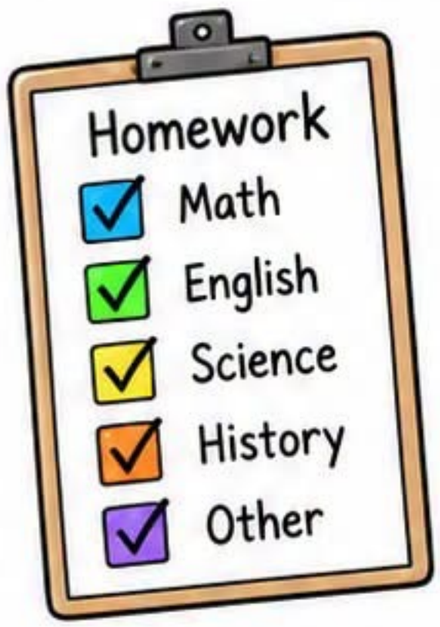


Breaks and movement

Executive Function in Teens
Homework and Study Support



Preview assignments early



Use a homework checklist



Create a low-distraction space



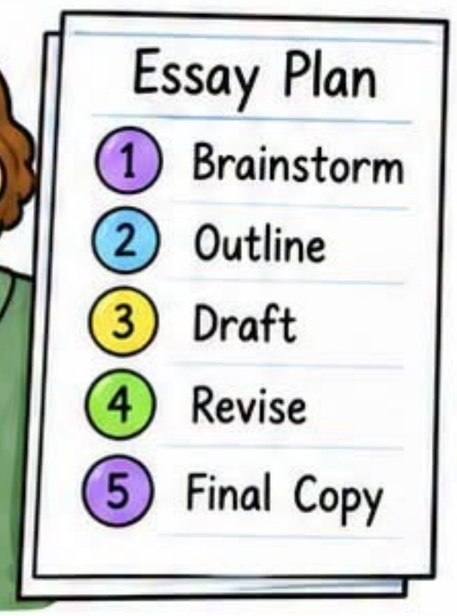
Study in short chunks



Use folders for each subject



Ask for clarification early



Break essays into parts



Use review tools and flashcards



Pack finished work right away



Check what is due tomorrow

Executive Function in Teens
Building Independence



Use self-checklists



Set personal goals



Practice asking for help



Reflect on what worked



Use reminders without shame



Learn one routine at a time



Track responsibilities



Make choices and plan ahead



Build problem-solving skills



Celebrate small wins

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