



## Executive Functioning

**Event Date: Thursday, January 20, 2022**

**Time: 3:30 – 5:30 p.m.**

**Registration link:**

<https://us02web.zoom.us/join/jZAtdOiurzwvH91-b5Hmtg0WKcXdR26zuOZp>

Interpretation Provided: Spanish & Korean

Executive Function is a set of cognitive skills that includes focus, following directions, flexible thinking, self-control, and handling emotions. When executive functioning is disrupted, we may have difficulty paying attention, starting tasks, prioritizing, planning, understanding different points of view and self-monitoring behaviors. As we continue to navigate the COVID-19 pandemic, let's dialogue on how to be prepared to tackle this growing challenge.

In this session, attendees will learn to:

- Identify what difficulties with executive functioning looks like
- The impact of deficits in executive functioning and how this can impact life in all settings
- The three main areas of executive function: working memory, cognitive flexibility and inhibitory control
- Strategies on how to help us
  - Start and complete tasks
  - Prioritize tasks
  - Switching from one task to another
  - Keep track of belongings
  - Manage time
  - Identify strengths to leverage weaknesses

Facilitator: Marcie Peoples

Location: Zoom

Sponsor: Inclusive Design/Specialized Services

**Interpretation will be provided in Spanish and Korean**

Regional Center Contact:

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