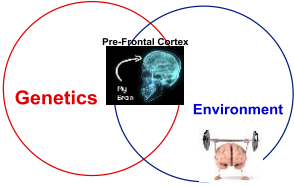


Executive Function: Your Skin, Your Game

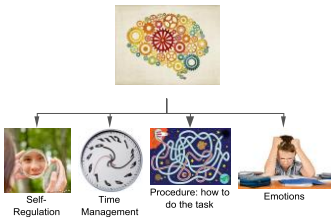
Executive Function:
Your Skin, Your Game



Executive Function

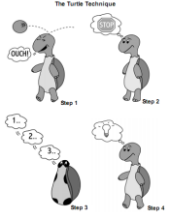



Skills listed: Prioritizing, Transitioning, Task-Analysis, Reflection, Planning, Problem-Solving, Sustaining-Attention, Internalizing, Language, Sequencing, Organization, Materials, Active-Working-Memory, Time Management, Social Attunement, Working-Memory, Recall, Self-Talk, Inhibition, Alertness-Activation-Effort, Self-Regulation, Emotional-Regulation, Initiation, Self-Awareness.



Self-Regulation

The Turtle Technique



(Not automatic, Goal directed.)

Dr. "Psychology of Technology"


DR. LARRY ROSEN



Dr. Rosen is Professor and First Chair of the Psychology Department at California State University, Dominguez Hills. He is a research psychologist, computer educator, keynote speaker and is recognized as an international expert in the "Psychology of Technology." See Dr. Rosen on The Daily Show being interviewed about Google Glass.

Procedures

- Starting, staying on track, handing in
- Writing
- Managing projects
- Remembering: due dates, details
- Multi-step problems
- Note taking
- Summarizing
- Reading comprehension
- Keeping a calendar



Time Management



-No Time horizon-

Past, present, future disconnected

No hindsight
No foresight

Emotional Piece

Q: Why should I do that?
A: Based on how you **feel** about it.
(And feelings drive behaviors.)

- Russell Barkley

Huge impact on choice.

