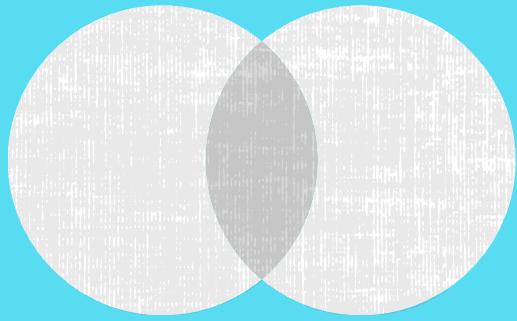


Language-Based Executive Functioning Skills

1.) ORGANIZATION



Organization skills extend to all aspects of life from a student's backpack to their writing skills. Language-based organization skills include organizing written language, interpreting information from a text, and effectively categorizing information for note-taking.

2.) SELF-MONITORING

Language-based self-monitoring is called *metalinguistic awareness*. This skill involves using an “internal script” to reflect on and consciously evaluate our own behavior and performance. Language skills are vital to this process. Metalinguistic awareness is essential in following complex directions, editing written work, and determining how well one comprehends information presented to them.



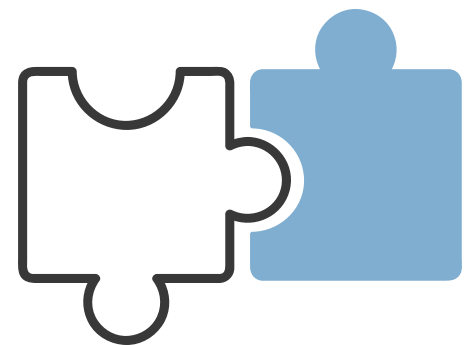
3.) WORKING MEMORY



Working memory is the process of temporarily storing and manipulating information for complex tasks, especially language. Working memory skills are critical in understanding spoken and written language, decoding and encoding, and following multi-step directions.

4.) COGNITIVE FLEXIBILITY

Cognitive flexibility is the ability to think flexibly by changing approaches or strategies when needed. It is a critical executive function for learning and succeeding in school. Language plays into this skill as students are increasingly required to interpret learned information in multiple ways. This skill is required for studying, reading comprehension, interpreting abstract language, and formulating written responses.



DO I NEED A SPEECH-LANGUAGE PATHOLOGIST?

The reciprocal relationship between language and executive function skills is unquestionable. Both are needed to help students succeed academically and in life. Therefore, a certified Speech Language Pathologist is often the best resource to help parents and students understand that connection, and provide treatment when there are difficulties.