

Dear Counselling Corner:

I keep hearing the term 'executive functioning' being used. I was recently told by a friend that kids who have strong executive functioning skills do better at school. Can you tell me more about this? And what can I do as a parent to support my child in this area? Thanks!

An inquiring mind about Executive Functioning

Dear inquiring:

Good for you for wanting to learn more about executive functioning and also wanting to know how you can support your child. The term executive functioning, is relatively new in the world of education and certainly wasn't used when I was a child (but then, I am very old), but in actual fact, neuropsychologists have been studying executive functioning for many years. Joyce Cooper-Kahn and Laurie Dietzel describe executive functioning as a 'set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills involving mental control and self-regulation'.

I found a couple of great websites. The website below explains what executive functioning is in more detail.

<https://developingchild.harvard.edu/resources/inbrief-executive-function-skills-for-life-and-learning/>

This second website focuses on strategies which you can use to support your child's executive functioning skills at home.

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/executive-functioning-issues-strategies-you-can-try-at-home>

Take care everyone and be safe!

Harriette Chang
School Counsellor

(Please contact Ms. Chang at hchang@sd43.bc.ca if you have any questions or concerns regarding your child's social and emotional learning.)

