**For full article, please see:**

[**http://www.ldonline.org/article/29122/**](http://www.ldonline.org/article/29122/)

**A List of Executive Functions**

With this example as a base, let's turn back to the question of what specific abilities are covered under the umbrella term of executive functioning.

1. **Inhibition** - The ability to stop one's own behavior at the appropriate time, including stopping actions and thoughts. The flip side of inhibition is impulsivity; if you have weak ability to stop yourself from acting on your impulses, then you are "impulsive."
2. **Shift** - The ability to move freely from one situation to another and to think flexibly in order to respond appropriately to the situation.
3. **Emotional Control** - The ability to modulate emotional responses by bringing rational thought to bear on feelings.
4. **Initiation** - The ability to begin a task or activity and to independently generate ideas, responses, or problem-solving strategies.
5. **Working memory** - The capacity to hold information in mind for the purpose of completing a task.
6. **Planning/Organization** - The ability to manage current and future- oriented task demands.
7. **Organization of Materials** - The ability to impose order on work, play, and storage spaces.
8. **Self-Monitoring** - The ability to monitor one's own performance and to measure it against some standard of what is needed or expected.