

ELMHURST COUNSELING



Typical Developmental Tasks Requiring Executive Skills:

Executive Skills in Children and Adolescents: Dawson and Guare

Preschoolers:

- Follow simple directions - go get your jacket
- Pick up toys
- Brush teeth, Clear dishes
- Inhibit some behaviors such as not touching the hot stove, running into street, don't hit, begin to share things

Kindergarten to grade 2:

- 2-3 step directions - get shoes, jacket and backpack
- Pick up their bedroom and Make bed - with reminders/support
- Be responsible to bring papers to and from school
- Inhibit behaviors such as following general safety rules, poor language, raise hand at school before speaking, keeping hands to self

Grade 3-5:

- Can do time delayed errands: go to neighbors to pick up something, remember to do something after school
- Vacuuming or dusting, clean up the kitchen (more complex)
- Remember assignments and materials for homework
- Complete homework independently, plan & complete a project (book report)
- Keep track of daily schedule and changes
- Save money/delay gratification for a long-term goal
 - Inhibit/self-regulate: behave even when not adult watching, no temper tantrums

Grades 6-8:

- Help out with many chores/tasks at home
- Baby-sit young siblings
- Has system for organizing schoolwork
- Can follow complex school schedule involving multiple classes/teachers
- Plan/carry out long-term projects with timeline, perhaps multiple projects at once
- Plan time including after/during/before school, homework, family responsibilities
- Inhibit rule breaking in the absence of visible authority

High School:

- Manage schoolwork on daily basis, handing in and coordinating time for completion by due dates for multiple teachers/activities
- Make and keep long-term goals with realistic plans for meeting these goals
- See the connection to high school and the long-term goal of college, what needs to be done in order to make that happen
- Make positive use of leisure time, employment, sports, activities, etc.
- Inhibit reckless and dangerous behaviors: drugs, sex, vandalism, etc.