

### EXECUTIVE FUNCTION

Executive function is an umbrella term for a set of high-level mental processes that control and regulate other abilities and behaviors. They include the ability to initiate and stop actions, to monitor and change behavior as needed, and to plan future behavior when faced with novel asks and situations. Executive functions allow us to anticipate outcomes and adapt to changing situations.

Examples: attention, memory, behavior, organization, time management, self control

### COMMUNICATION

Communication is your ability to exchange information, thoughts, and opinions through verbal and written expression including speech, language, voice and writing; as well as non verbal expression such as gesture, facial expressions, and body language.

Examples: verbal comprehension, oral & written communication, voice quality, reading comprehension, understood by others, understanding body language

### AUDITORY PROCESSING

Auditory processing is your ability to understand and make sense of what you hear. Difficulty processing auditory information can have a negative impact on learning, thinking, communication and relationships.

Examples: listening, following verbal directions, focusing with background noise, comfort with sound, understanding tone of voice, sound discrimination

### SOCIAL & EMOTIONAL

Your ability to relate to others, manage emotions, resolve conflicts, understand and respond to social situations is impacted by your social skills and emotional intelligence.

Examples: self-confidence, compassion, social interactions, interpersonal relationships, mood regulation, conflict resolution

## STRESS RESPONSE

Your body and brain is hard-wired to react to stress to protect you against threats, whether real or imagined. But, if your mind and body are constantly on edge because of excessive stress in your life, you may face serious health problems. That's because your body's "fight-or-flight reaction" — its natural alarm system — is constantly on.

Examples: stress reduction, relaxation, less overwhelmed, lower tension, better sleep, reduce nervous habits

## MOTOR COORDINATION

Motor coordination is the harmonious functioning of body parts that involve movement including: gross motor skills such as walking, skipping, running and throwing; fine motor movement such as handwriting, buttoning a shirt, and keyboarding; and motor planning, the ability of the brain to conceive, organize and carry out purposeful movements.

Examples: balance, body awareness, coordination, fine motor skills, gross motor skills, activity level

## CREATIVE EXPRESSION

Your ability to express yourself creatively involves original & open thinking, imagination, problem solving, and movement to create something new and/or respond to opportunities.

Examples: musicality, opening thinking, visual arts, creative writing, innovation, problem solving