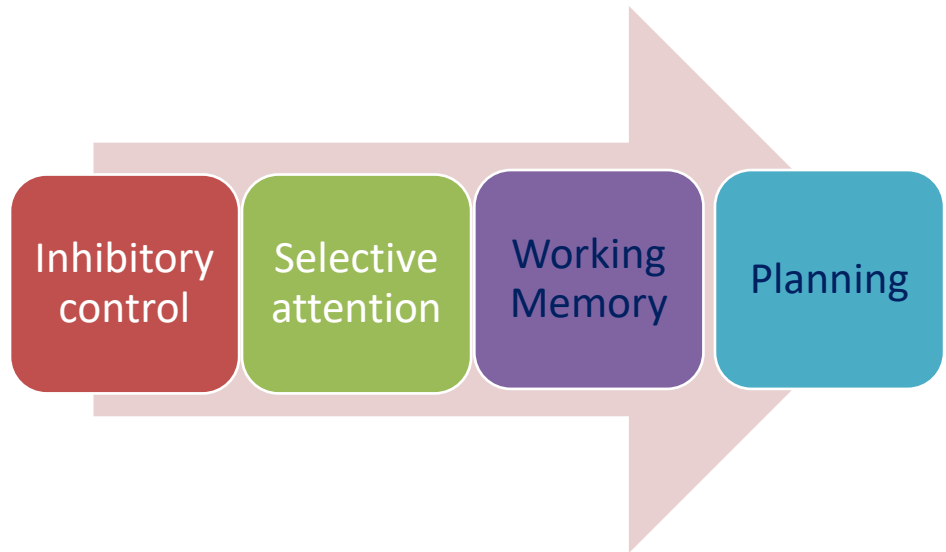


What are the developmental phases of executive functioning skills

Some children find planning and managing their time and possessions harder to do. Some people call this *executive functioning* skills. This is an umbrella of skills. This is a vital skill for future independence. It is a set of purposeful, goal directed, and problem solving behaviours.

This is highlighted when:

- There are planning or decision making
- Involvement in error correction or troubleshooting
- There are situations where responses are not well-rehearsed or contain novel sequences of actions
- There is a dangerous or technically difficult situation
- There are some situations that require the overcoming of a strong habitual response or resisting temptation



Early years

Inhibitory control and managing information (working memory)

Pre-adolescence

Not linear but in spurts. Major increases in verbal working memory; goal-directed behaviour (with a potential spurt around 12 years of age); selective attention; and strategic planning and organizational skills

Adolescence

More changes during this time especially with planning and organisational skills

Adulthood

At age 20-29 years, executive functioning skills are at their peak, which allows people of this age to participate in some of the most challenging mental tasks