How Executive Function Skills Support Social and Emotional Learning

(EF → SEL)

In *Building Executive Function: The Missing Link to Student Achievement*, Dr. Nancy Sulla presents 40 executive function skills based on the higher-level life skills they support. Executive function skills are also foundational for social and emotional learning (www.casel.org). Check off all of the social and emotional learning competencies that are supported by each executive function skill.

EF↓ SEL →	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Efficacy:					
Being creative					
Working toward a goal					
Organizing actions and thoughts					
Considering future consequences in light of current action					
Making hypotheses, deductions, and inferences					
Applying former approaches to new situations					
Defining a problem					
Analyzing					
Creating mental images					
Generating possible solutions					

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EF↓ SEL →	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Anticipating					
Predicting outcomes					
Evaluating					
Empowerment:					
Catching and correcting errors					
Setting goals					
Managing time					
Self-assessing					
Monitoring performance					
Reflecting on goals					
Collaboration:					
Seeing multiple sides to a situation					
Being open to others' points of view					
Maintaining social appropriateness					
Overcoming temptation					

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EF↓ SEL →	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Engagement:					
Identifying same and different					
Following multiple steps					
Identifying cause-and-effect relationships					
Categorizing information					
Changing perspective					
Thinking about multiple concepts simultaneously					
Initiating a task					
Persisting in a task					
Conscious Control:					
Storing and manipulating visual and verbal information					
Remembering details					
Holding on to information while considering other information					
Shifting focus from one event to another					
Attending to a person or activity					
Focusing					

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EF↓ SEL →	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Concentrating					
Thinking before acting					
Managing conflicting thoughts					

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