

Executive Function

MYTH



Fact

By Successful Solutions Training in Child Development

Let's discuss common myths and facts about executive function.



#1

Executives only
affected while
the

MYTH

only
while
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#1

Executive function not only affects schoolwork and school life but it also affects daily routines, interactions, and planning. All of the skills needed to do simple things such as getting dressed to more complex things such as make a model of the White House take executive function skills.



#2

A person can have executive
function challenges if they also have

MYTH



#2

While these two disorders do sometimes occur together, having one does not indicate that the other will exist.



#3

Everybody starts with some sort of
executive challenge.

FACT



#3

Believe it or not, we all suffer from executive function challenges at some point. Examples of this include forgetting our keys, being unorganized, or having a hard time adapting to change.



#4

**Executive fund transfers occur in
the US more often than in other places in**

MYTH



#4

Executive function disorder has nothing to do with geographical location, societal pressure, or country of residence.



#5

**There's not much that can be done for
executive challenges.**

MYTH



#5

There are many strategies that can help to manage executive function challenges. Some people use checklists, visual cues, timers, speech dictation and more!



Before you settle for believing myths about executive function, do some research from reputable sources! You will be surprised at what you will learn!

