

# Resources for Implementation

## Chapter 2 Applied Learning Activity: Using Executive Functions—Leading by Example



Figure 1. Executive functions

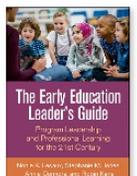
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Consider each of the executive functions (EF) listed in Figure 1, and reflect on how you use them in your daily work as a leader in early education. Then, complete the self-assessment below to reflect on how and when you use this skill and evaluate how effectively you use each EF to support adults in your professional work and settings. For each EF, select one of the following options: *very ineffective*, *ineffective*, *neither effective nor effective*, *effective*, or *very effective*.

	Think of and jot down an example of how you use this EF skills in an average day.	When was the last time this happened?	How did it go?				
			Very Ineffective	Ineffective	Neither Ineffective Nor Effective	Effective	Very Effective
Goal-setting							
Planning							
Maintaining self-control (e.g., focusing, following through)							
Using several skills at once							
Reflecting							
Thinking flexibly							

After completing the self-assessment, answer the questions below:

These resources are a supplement to *The Early Education Leader's Guide: Program Leadership and Professional Learning for the 21st Century* by Nonie Lesaux, Stephanie Jones, Annie Connors, and Robin Kane (Guilford Press, 2018). The resources were developed based on work carried out through generous funding from the Saul Zaentz Charitable Foundation, the Barr Foundation (Grant No.4552) & the Robert Wood Johnson Foundation (Grant No. 69362).



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1. Which EF skill is currently your greatest strength when it comes to supporting others in your professional work and setting?
2. Why do you think you excel at using this skill?
3. How do you use this EF skill in your daily work as a leader to support others?
4. Which EF skill is currently your greatest challenge or area for growth?
5. Why do you think using this skill is particularly challenging for you?
6. Think back to a moment when this EF skill could have been helpful in your work to support other adults. How could you have used this skill in the moment to be more effective?
7. How might you develop the EF skill you identified as an area of growth? List specific next steps: