Section E

Training Executive Functions
Training Improves Executive Functions

- Executive function contributes to academic success, personal self-esteem, and feelings of social, and personal competence

- Executive dysfunction predicts academic failure, conduct disorders, and poor social skills

- School intervention programs focus on training
  - Self-regulation
  - Problem solving
  - Relational skills
Interventions/Early Intervention

- Good Behavior Game
- PATHS
- PAX-GBG
- Incredible Years
- I Can Problem Solve
Good Behavior Game

- Behavior modification program
- Students divided into competitive teams
- Reward the team with best self-regulation and on-task behavior
- Study of 19- to 21-year-olds with GBG in elementary school
  - Reduction of rates of antisocial personality disorder, chemical abuse (Kellam et al., 2008)
  - Reduction of violence (Petras et al., 2008)
Promoting Alternative Thinking Strategies (K-5)

- Elementary and middle school program teaching problem solving skills through discussion and exercises

- Long-term benefits
  - Emotional competence
  - Self-regulation and control of emotions
  - Conflict resolution skills
  - Decreased: conduct problems, anxiety, depression

PAX Good Behavior Game and PATHS TO PAX

- Aimed at students at risk
  - Disorders of conduct
  - Relational skill building

- Uses the GBG and PATHS

- Focuses on
  - Self-control/regulation
  - Attention to task
  - Respect toward others
I Can Problem Solve

- PreK to grade 6

- Teaches
  - Self/feelings awareness
  - Self-regulation
  - Social awareness/perspective taking

- Goal is to reduce
  - Aggression
  - Lack of empathy
Incredible Years

- Ages 2 to 8

- Goal:
  - Emotional and social competence
  - Reduce, prevent, and treat
  - Behavioral and emotional problems

- Addresses home risk factors/parenting
  - Positive discipline
  - Nurturance
Summary

- EF follows a normal developmental continuum, but is heavily impacted by temperament as well as training in the environment.

- Foundation: self-regulation and attention

- Goal: problem solving, decision making

- EF can be trained through school programs and parental guidance

- EF are those skills needed to reach competence and resilience