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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