

EFRA1
Executive Functioning Remedial Assessment 1



Executive Functioning Remediation Assessment:



By Dr. Erica Warren

Your Executive Functioning Report

John Doe

Monday, July 8, 2024



Dear John,

Thank you for completing the Executive Functioning Remedial Assessment 1 (EFRA1). The EFRA1 is a valuable resource for evaluating executive functioning skills and for defining specific remedial approaches. Created by educational therapist, Dr Erica Warren, this assessment identifies the likelihood of an executive functioning disorder and also provides remedial insights as well as strategies to develop specific executive functioning skills across the domains of working memory, response inhibition, emotional regulation, and cognitive flexibility. Please note that executive functioning skills are not fully developed until one reaches their 20s. Therefore, when working with 6-10 year olds, it is essential to offer explicit instruction and significant scaffolding to support the development of these crucial skills.

Assessment Overview For John

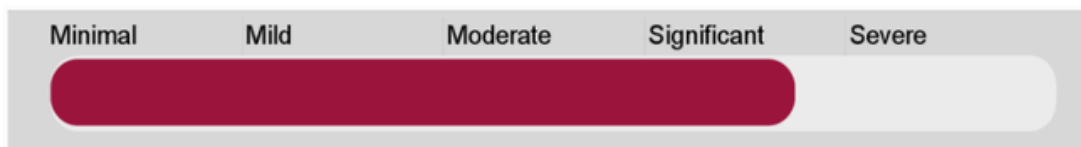
Overall Symptom Score is 74%



Significant overall executive function symptoms were reported, so support and intervention is recommended. Review the subtest scores (working memory, inhibitory control, cognitive flexibility, and higher level executive functions) to focus support. In addition, individual test items that were scored as a 4, or 5 can be reviewed, so coaches can address specific areas that need attention.

Degree of Symptoms Horizontal Bar Graph

Review the image below to reveal the degree of symptoms reported.

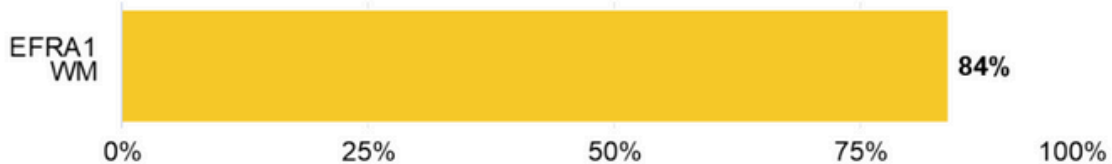




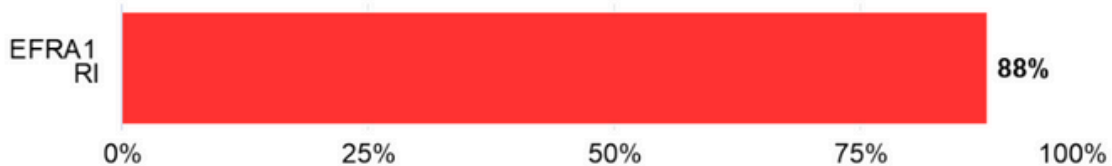
Subtest Results for John

The EFRA1 also provides the percentage of symptoms reported for subtests related to working memory, response inhibition, emotional regulation, and cognitive flexibility. Review the scores to see if there are any areas that require support and strategies. Please note, the higher the percentage, the greater the executive functioning challenges.

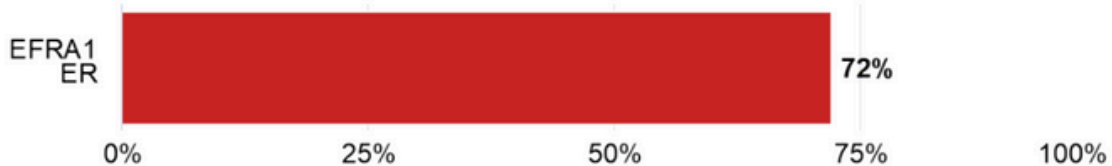
Working Memory (WM) Severity of Symptoms



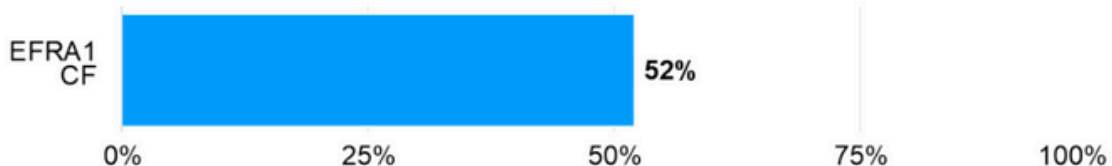
Response Inhibition (RI) Severity of Symptoms



Emotional Regulation (ER) Severity of Symptoms



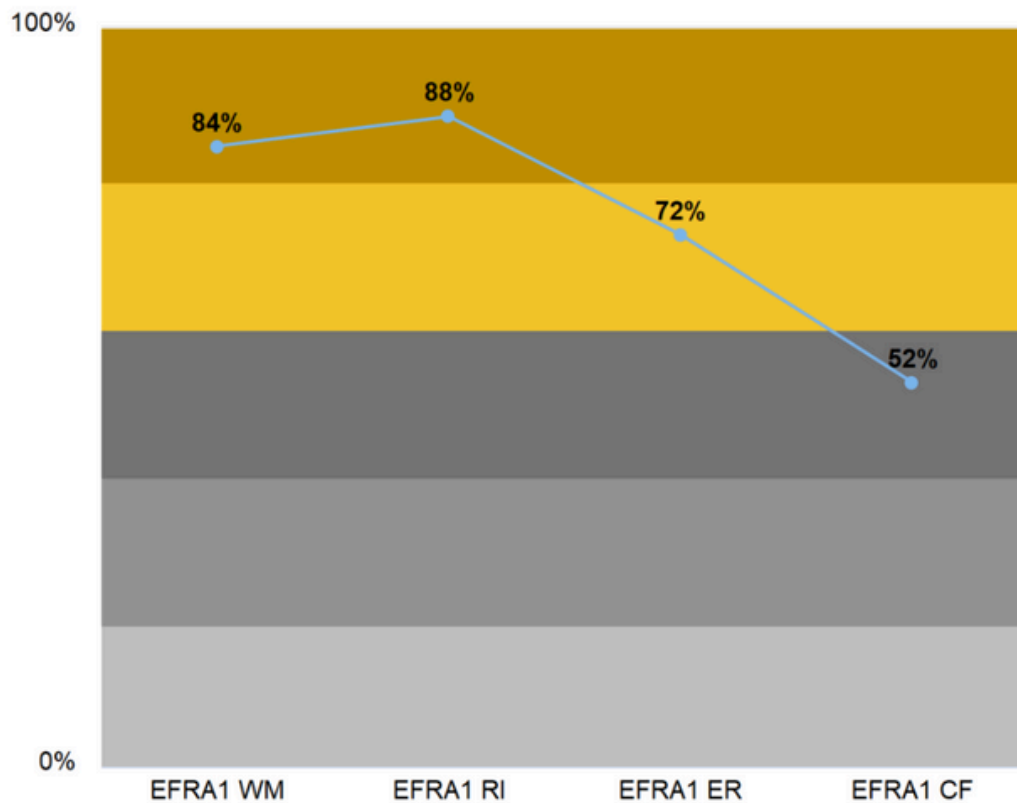
Cognitive Flexibility (CF) Severity of Symptoms





Degree of Symptoms Line Graph

This line graph compares the level of symptoms across the four subtests for John. The higher the percentage, the greater the reported difficulties. Also note, the bands of colors suggest the degree of executive functioning symptoms as reported in the legend below.



Legend

Degree of Executive Functioning Symptoms Reported

- Minimal
- Mild
- Moderate
- Significant
- Severe



Focused Approach

To effectively address the frequently reported symptoms, a focused approach is essential. Begin by reviewing the list of these items below and brainstorming strategies to tackle each challenge. Utilize the Quick Tips provided in this report, along with the comprehensive coaching recommendations available through the Free, Comprehensive Coaching Recommendations link on the Additional Resources page. These resources offer valuable insights and practical advice to help manage and mitigate the identified symptoms.

Items Scored 4 or 5 (usually or always)

- They struggle to remember names right after hearing them.
- They struggle to stop an activity or action when they are asked to.
- They have trouble controlling behaviors when facing setbacks or corrections.
- They have trouble remembering where they left personal items like toys or books.
- They struggle to recover from their own emotional outbursts or upsets.
- They have trouble recalling information from a story and answering questions about it.
- They struggle to maintain their focus on a single task.
- They struggle to recognize and communicate different emotions in themselves and others.
- They interrupt and blurt out thoughts and ideas.
- They struggle with sorting and categorizing games or activities.
- They have difficulty engaging with tasks they find boring.



Definitions

Review the following definitions to gain a better understanding of executive functions for youngsters and the 4 subtests: working memory, response inhibition, emotional regulation, and cognitive flexibility.

Working Memory is like a budding mental sketchpad and inner voice, crucial for briefly retaining and handling information. It helps kids follow instructions, solve problems, grasp new ideas, and organize their thoughts and actions. However, as their working memory is still maturing, they may experience forgetfulness. Enhancing this skill involves engaging them in fun, age-appropriate activities like imaginary play, simple categorizing, spatial games, and sequential tasks that promote playful learning.

Response Inhibition involves the ability to control attention and resist immediate impulses, like having an inner traffic light that helps kids stop and think before acting. This skill is crucial for focusing on tasks, waiting their turn, and listening without interrupting. Developing response inhibition involves practicing patience, attention to detail, and thoughtful decision-making through structured activities and guided interactions.

Emotional Regulation is the ability to manage and express feelings appropriately, like using an internal thermostat to adjust emotional responses. Children are learning to understand their emotions, calm themselves, express feelings acceptably, and empathize with others. This skill is crucial for forming relationships, engaging in cooperative play, and handling frustrations. It can be fostered by modeling healthy emotional responses, providing support, and teaching simple techniques for managing emotions.

Cognitive Flexibility refers to the is the ability to adapt thinking and behavior to new or changing situations, like a mental gearshift for switching perspectives. This skill helps them transition between tasks, understand different rules, and think creatively. Since it's still developing, they might struggle with routine changes or new approaches. Encouraging cognitive flexibility involves engaging them in diverse play activities that require problem-solving and creative thinking, and gently guiding them through new experiences.



Quick Tips

Working Memory

1. **Break Down Instructions:** Break down instructions into small, easy steps. Explain each step, ask the child to repeat it back to you, and ask out the activities. Provide verbal reminders like a cue with a handhold or paper to help them to remember to finish their work and get ready to test.
2. **Use Pictures and Simple Diagrams:** Help children remember information by using simple charts, formulas, or simple diagrams. You can also create verbal pictures or easy sentences to help them recall information or facts.
3. **Encourage Repetition and Practice:** Repeat verbal facts strengthen working memory. This can be as straightforward as having the child repeat a few words or words or practicing a skill by using their voice.
4. **Establish Routines and Simple Organizational Tools:** Creating daily routines can make remembering tasks easier for children. Use simple tools like to-do lists or check calendars to help them keep track of their activities and responsibilities.
5. **Play Games that Involve Task Skills:** Engage children in fun games that challenge memory, imagination, and learning with categorizing, team verbal games, memory tasks, coloring, board games that require strategy, or memory-based puzzles. These activities can be a part of their playtime or family game night.

Response Inhibition

1. **Establish Routines and Structure:** Create consistent routines for daily activities like meals, homework, and bedtime to help children develop self-discipline and time management skills. Use visual schedules or charts to support understanding.
2. **Break Tasks into Smaller Steps:** Make large tasks manageable by breaking them into smaller steps, helping children finish and complete each part without frustration.
3. **Use Play-Based Learning:** Integrate play into learning with games that involve taking turns, remembering rules, or asking questions to enhance attention and inhibitory control, keeping learning fun and engaging.
4. **Encourage Mindfulness and Relaxation Techniques:** Teach simple mindfulness activities, like deep breathing or guided imagery, to help children calm their minds and bodies, manage impulses, and maintain focus.
5. **Positive Reinforcement and Feedback:** Provide frequent positive reinforcement and specific feedback for efforts and achievements. Celebrate small successes to build confidence and encourage continued effort.



Quick Tips

Emotional Regulation

1. **Model Emotional Regulation:** Demonstrate your own emotional regulation in challenging situations to provide a powerful example for children to emulate. Share your inner thoughts and coping strategies openly.
2. **Validate Their Feelings:** Acknowledge and validate children's emotions to help them feel understood and accepted. Use phrases like, "It's okay to feel sad," or "I understand that you're angry."
3. **Teach Emotional Literacy:** Help children recognize and name their emotions using books, pictures, or games that describe different feelings. This enhances their vocabulary and helps them communicate their emotions effectively.
4. **Encourage Problem-Solving Skills:** Guide children in finding solutions to emotional challenges by asking questions like, "What can we do to make you feel better?" This empowers them to take control of their emotions.
5. **Create a Calm-Down Space:** Designate a quiet, comfortable area where the child can go to calm down when feeling overwhelmed. Equip it with calming tools like pillows, stress balls, coloring books, or calm music, and encourage its use for emotional management.

Cognitive Flexibility

1. **Encourage Varied Play:** Engage children in diverse play activities like puzzles, building blocks, role-playing, and strategy games to enhance cognitive flexibility and help them approach problems from different angles.
2. **Practice Switching Between Tasks:** Create fun activities that require kids to switch between tasks, like moving from drawing to a counting game, to train their brains to adapt to new information and rules.
3. **Teach Flexible Thinking:** Discuss scenarios with multiple solutions or perspectives, encouraging children to think of various approaches to problems.
4. **Use 'What If' Scenarios:** Pose hypothetical questions like, "What if we went to school at night?" to stimulate creative thinking and comfort with change.
5. **Provide Opportunities for Choice Making:** Allow children to make choices, such as picking a book or deciding on a snack, to help them understand their ability to think independently and adapt to different situations.



Additional Resources

If you wish to learn more about executive functioning or would like to strengthen this vital skill, consider the following resources:

- **Access Free, Comprehensive Remedial Recommendations:**

- <https://www.learning-specialist.com/2020/04/>
- **Find an Expert: Executive Functioning Coaching Recommendations**
<https://www.learning-specialist.com/2020/04/>
- **Course: Developing Executive Functions and Study Strategies**
<https://www.learning-specialist.com/445250c>
- **Online Activities: Executive Functioning Library**
<https://www.learning-specialist.com/424242b>
- **Games: E Fun - Executive Functioning Games for Groups and Classes**
<https://www.learning-specialist.com/520504d>
- **Handbook: Planning, Time Management, & Organization for Success**
<https://www.learning-specialist.com/464646e>
- **Resource: Mindful Activity Cards for Working Memory**
<https://www.learning-specialist.com/264264f>
- **Dr. Warren's EF Games & Activities: Good Sensory Learning Resource List**
<https://www.learning-specialist.com/101010g>
- **Dr. Warren's Working Memory Activities: Learn more about this download**
<https://www.learning-specialist.com/2020/04/>
- **Workshop: What is Executive Functioning and How Can I Build this Skill?**
<https://www.learning-specialist.com/424242b>
- **Workshop: A Working Memory Workshop**
<https://www.learning-specialist.com/464646e>

To learn about Dr Warren's other assessments: [Click Here](#)