How Executive Function Skills Support Social and Emotional Learning  
(EF → SEL)

In *Building Executive Function: The Missing Link to Student Achievement*, Nancy Sulla presents forty executive function skills based on the higher level life skills they support. Executive function skills are also foundational for social and emotional learning ([www.casel.org](http://www.casel.org)). Check off all of the social and emotional learning competencies that are supported by each executive function skill.

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<th>EF↓</th>
<th>SEL →</th>
<th>Self-Awareness</th>
<th>Self-Management</th>
<th>Social Awareness</th>
<th>Relationship Skills</th>
<th>Responsible Decision-Making</th>
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**Efficacy:**

Being creative

Working towards a goal

Organizing actions and thoughts

Considering future consequences in light of current action

Making hypotheses, deductions, and inferences

Applying former approaches to new situations

Defining a problem

Analyzing

Creating mental images

Generating possible solutions

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**Empowerment:**

- Catching and correcting errors
- Setting goals
- Managing time
- Self-assessing
- Monitoring performance
- Reflecting on goals

**Collaboration:**

- Seeing multiple sides to a situation
- Being open to others’ points of view
- Maintaining social appropriateness
- Overcoming temptation
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**Engagement:**

- Identifying same and different
- Following multiple steps
- Identifying cause-and-effect relationships
- Categorizing information
- Changing perspective
- Thinking about multiple concepts simultaneously
- Initiating a task
- Persisting in a task

**Conscious Control:**

- Storing and manipulating visual and verbal information
- Remembering details
- Holding on to information while considering other information
- Shifting focus from one event to another
- Attending to a person or activity
- Focusing
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Concentrating
Thinking before acting
Managing conflicting thoughts