Unit Vocabulary



Executive functions

Executive functions are a family of three skills that help you stay focused, plan ahead, solve problems, and reach goals.



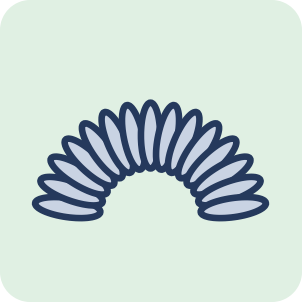
Working memory

Working memory helps you hold information in your mind so you can use it and update it.



Inhibitory control

Inhibitory control helps you control your thoughts, feelings, and actions.



Cognitive flexibility

Cognitive flexibility helps you think about things in a new or different way.