

Understanding & Improving Executive Functioning Workshop

Executive functions are a set of mental skills that help us plan, monitor, and successfully execute our goals. Examples of executive skills include working memory, task initiation, sustained attention, time management, flexibility, organization, and emotional control. This workshop is designed to explore how executive functioning impacts many aspects of life, including your role as a student. Come learn about your executive skill strengths/weaknesses and strategies to improve executive functioning.

With Dr. Katie Johnson, Student Psychological Services



THURS
OCT 24 | **2:30-3:30 PM**



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& Join

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