

Executive Function Training Activities

Cognitive Psychology · Answer Key · 9 Questions

1. Which activity helps improve focus through time-bound work intervals?

- A) Building models
- B) Timed focus sessions**
- C) Daily planning
- D) Puzzles

2. What is a recommended strategy for daily planning?

- A) Writing 10 tasks
- B) Writing 3 tasks and completing them**
- C) Writing a list of everything
- D) Not planning at all

3. How can you use the 'Study + recall' method?

- A) Read the book twice
- B) Copy the text
- C) Study a topic, close the book, and explain from memory**
- D) Highlight key phrases

4. Which of these is suggested to improve logic and start-to-finish task ability?

- A) Watching TV
- B) Puzzles like Sudoku or chess**
- C) Sleeping
- D) Listening to music

5. What is the goal of the 'Goal-to-action' challenge?

- A) Completing a task in one hour
- B) Breaking a goal into 5 concrete steps**
- C) Doing many tasks at once
- D) Writing a long essay

6. Which activity is suggested for building physical items?

- A) Coding
- B) LEGO or models**
- C) Drawing
- D) Reading

7. What is a benefit of coding challenges?

A) Writing a program from start to finish

B) Learning to type fast

C) Playing video games

D) Fixing hardware

8. How does the 'Organization challenge' help executive function?

A) By buying new items

B) By organizing a desk or materials within a set time

C) By throwing things away

D) By ignoring clutter

9. What does the 'Creative project' activity involve?

A) Reading fiction

B) Drawing or designing a portfolio page

C) Watching art tutorials

D) Buying art supplies