

Executive Function Training Activities

Cognitive Psychology · Practice Test · 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