Cognitive Strategies for College Students by EF Domain

Executive Function	Instructor Strategies	Student Strategies
Planning	Encourage habits/routines	Calendaring with weekly review
	Large projects have multiple due dates	Task Management, To-Do list
	Consistent return of grades	Consistent time spent online
	Announce housekeeping end of class	Transfer syllabi to calendar
Attention	Leverage multi-media	Paraphrasing
	Increase # of smaller assignments	Take active breaks (i.e. walking)
	Consistent theme	Shorter more frequent study sessions
	Enable/promote LMS accessibility	Schedule based on energy
		Self-Talk
Memory	Organized lectures	Summarizing
	"Mind the gap"	Flash Cards
	Restate important points	Visualization
	Use PowerPoint effectively	Don't rely on PowerPoint
		Encode content on multiple levels
Mental Flexibility/ Set Shifting	Encourage registration with ODS	Brainstorming, Pro/con list
	Set limits on open-ended assignments	Talk through problem out loud
	Multiple methods of evaluation	Accommodation request
	Announce topic changes in lectures	Clarify questions with instructor
		Batching tasks
		Puzzles & games

Derek Malenczak, MS, CPRP – collegestudentsuccesspodcast@gmail.com