



# S-C Brain Science–2: Understanding Executive Functions

## Handout 1.4.2



### Get Started:

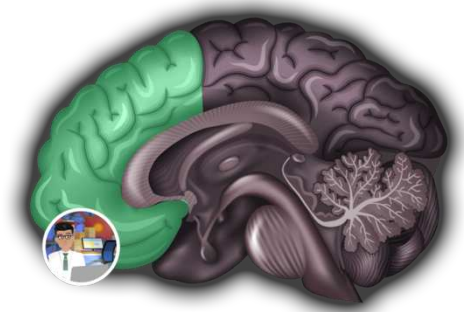
Exe (for EXEcutive Functions) is kind of like a CEO or head coach of Ze’s brain.

- What are some things Exe (executive functions) could help Ze with?

### Brain Anatomy:

Executive functions are managed in:

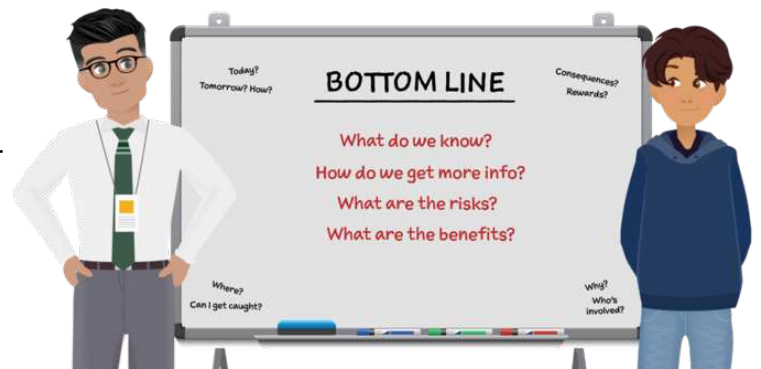
- |                      |                     |
|----------------------|---------------------|
| a. Frontal Lobe      | d. a and b          |
| b. Amygdala          | e. a and c          |
| c. Prefrontal Cortex | f. All of the above |



### Thinking It Through:

Use the BOTTOM LINE questions to think through possible options:

- Your friend seems like he may be mad at you.
- You have a test on Friday and you’re not ready.
- You’re thinking about applying for a job.



### Self-Reflection Questions:

- How is this similar to or different from how you usually make decisions?
- What are examples of how you use your executive functions in life and school? How could a decision-making process like this be helpful?

Write/draw your “takeaways” from this episode

What would life be like without your brain’s ability to manage executive functions?