



EXECUTIVE FUNCTION: UNDERSTANDING THE BRAIN SCIENCE OF POVERTY

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Colorado Department of Human Services**

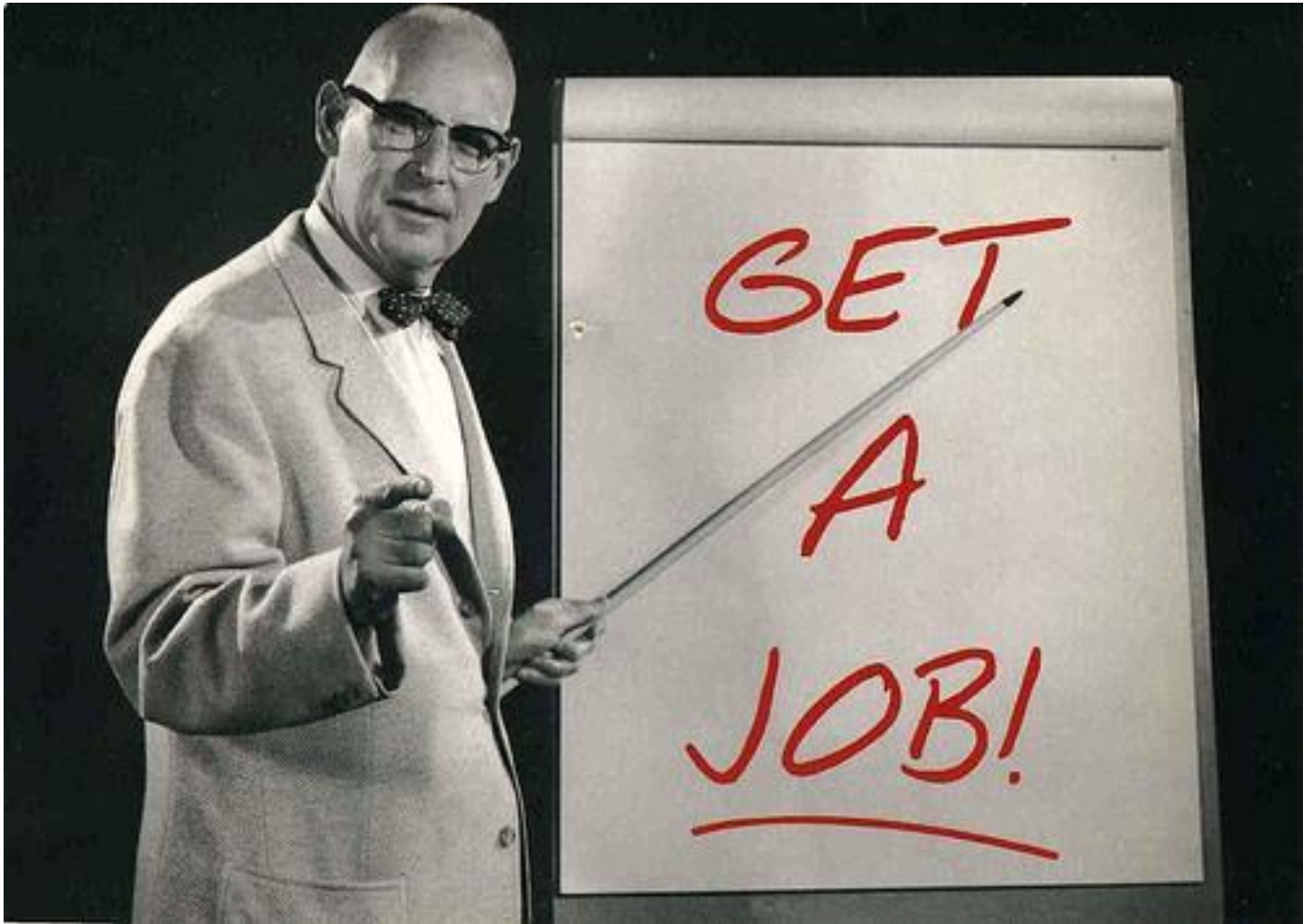
DISCLOSURE STATEMENT



SOLVE FOR X

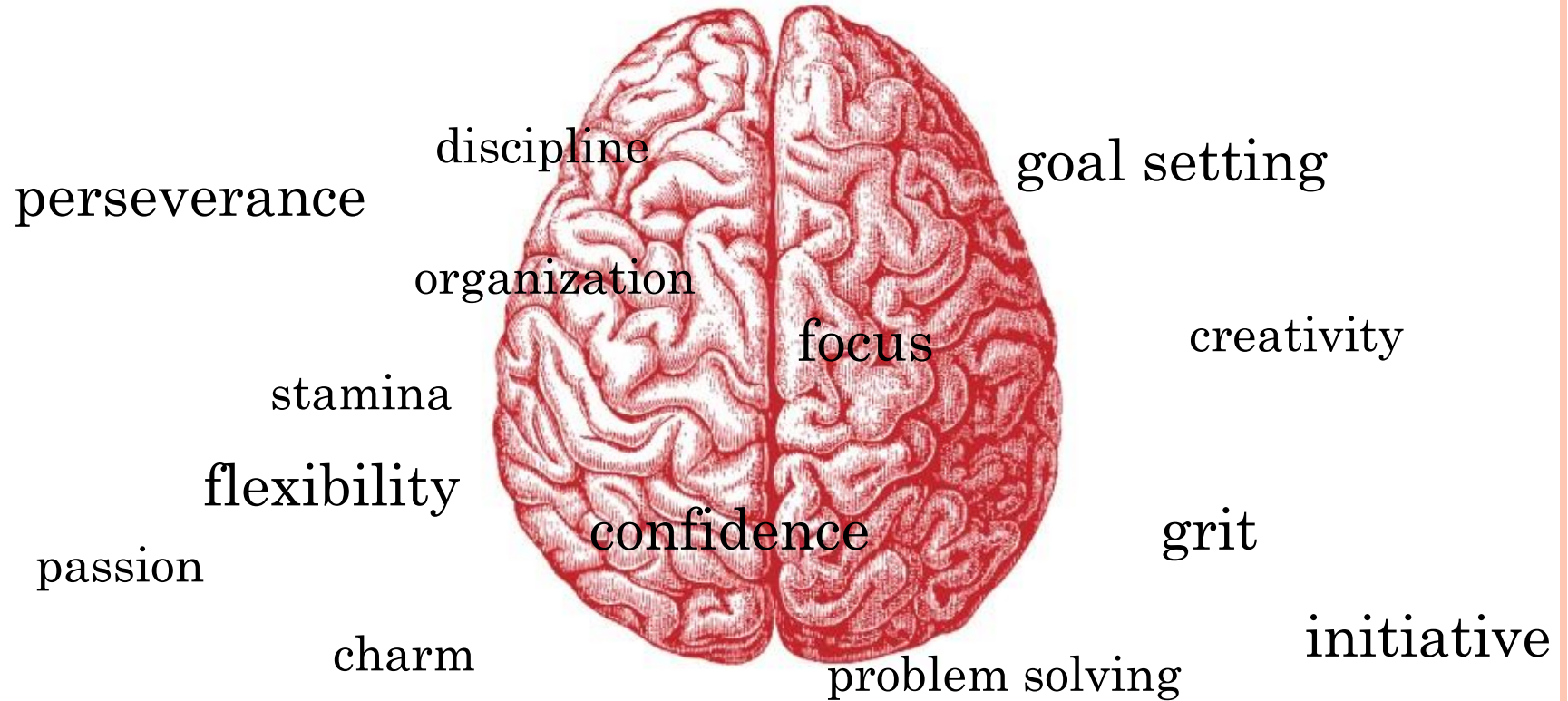
$$\begin{array}{c} (y) \text{ population} \\ + \\ \hline (x) \text{ strategy} \\ = \\ \text{economic well-being} \end{array}$$

X ≠ TELLING SOMEONE TO GET A JOB



WHAT MAKES SOMEONE SUCCESSFUL?

WHAT MAKES SOMEONE SUCCESSFUL?



EXECUTIVE SKILLS

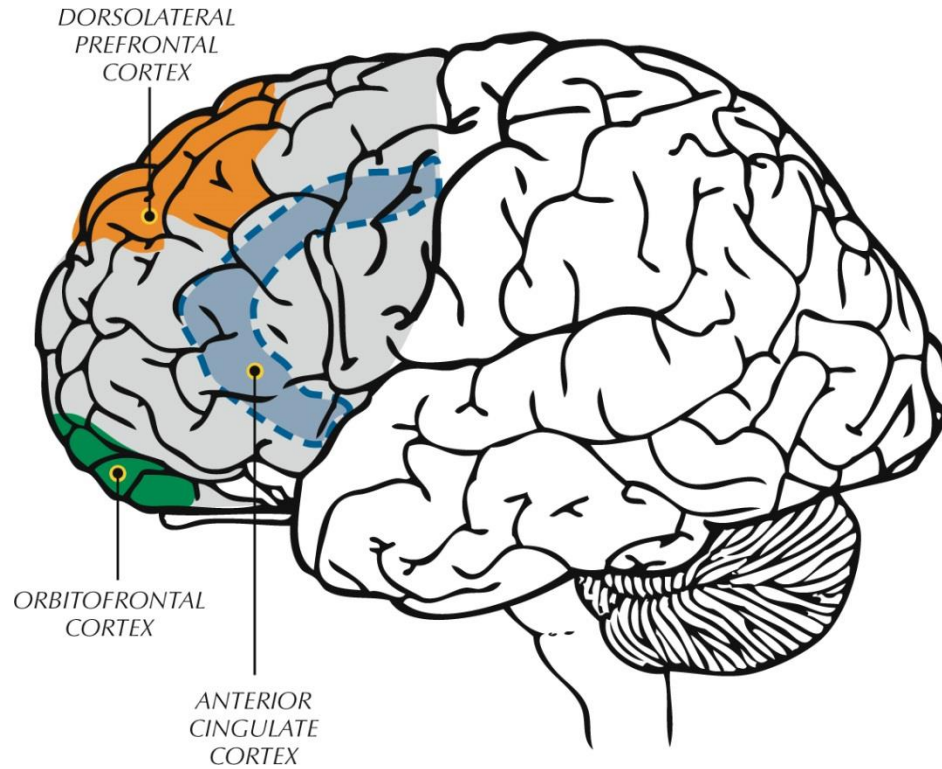
Thought

- Prioritizing
- Organization
- Working Memory
- Reflection (Meta-cognition)

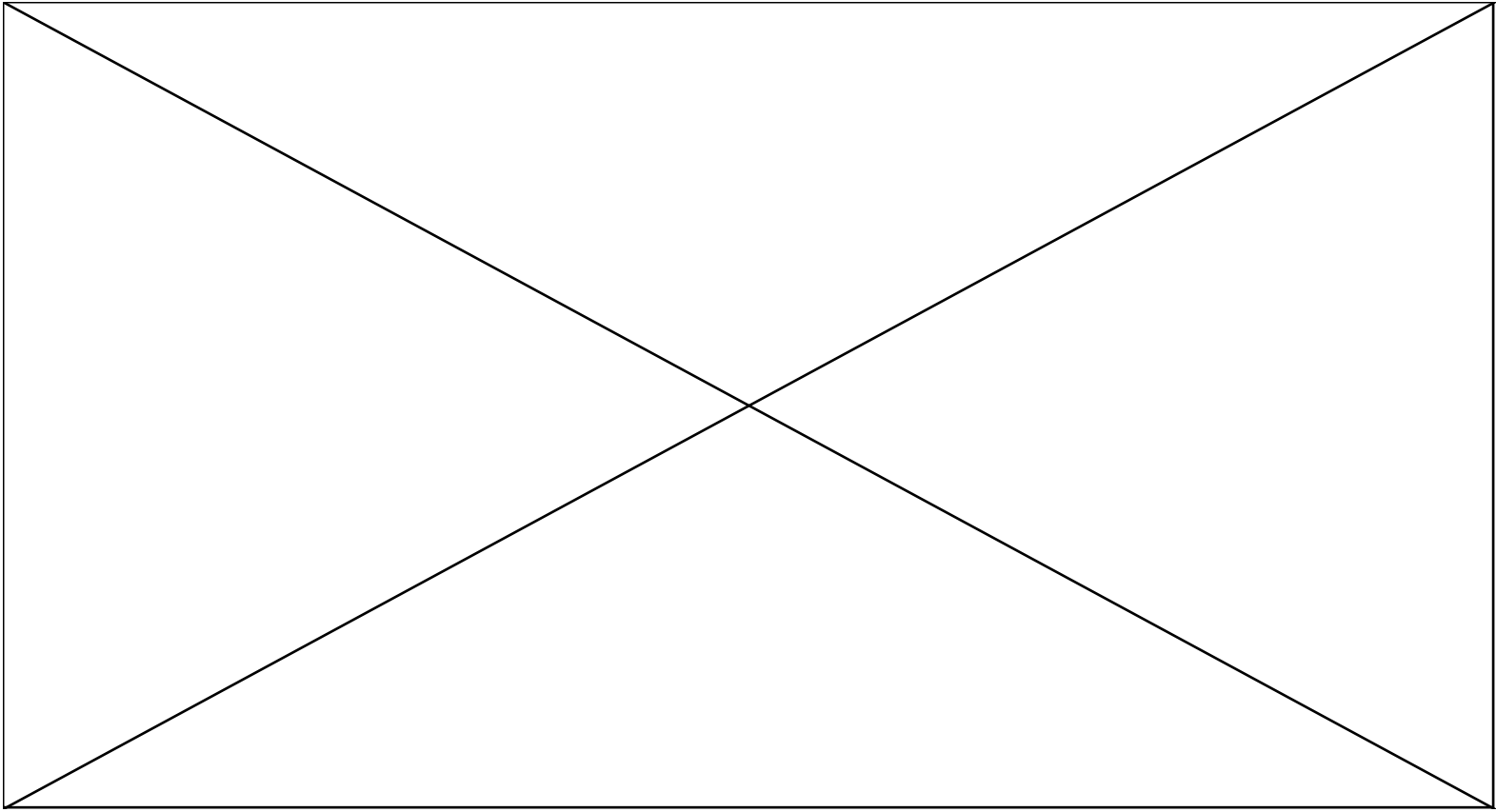
Behavior

- Task Initiation
 - Flexibility
- Impulse Control
- Self-Monitoring

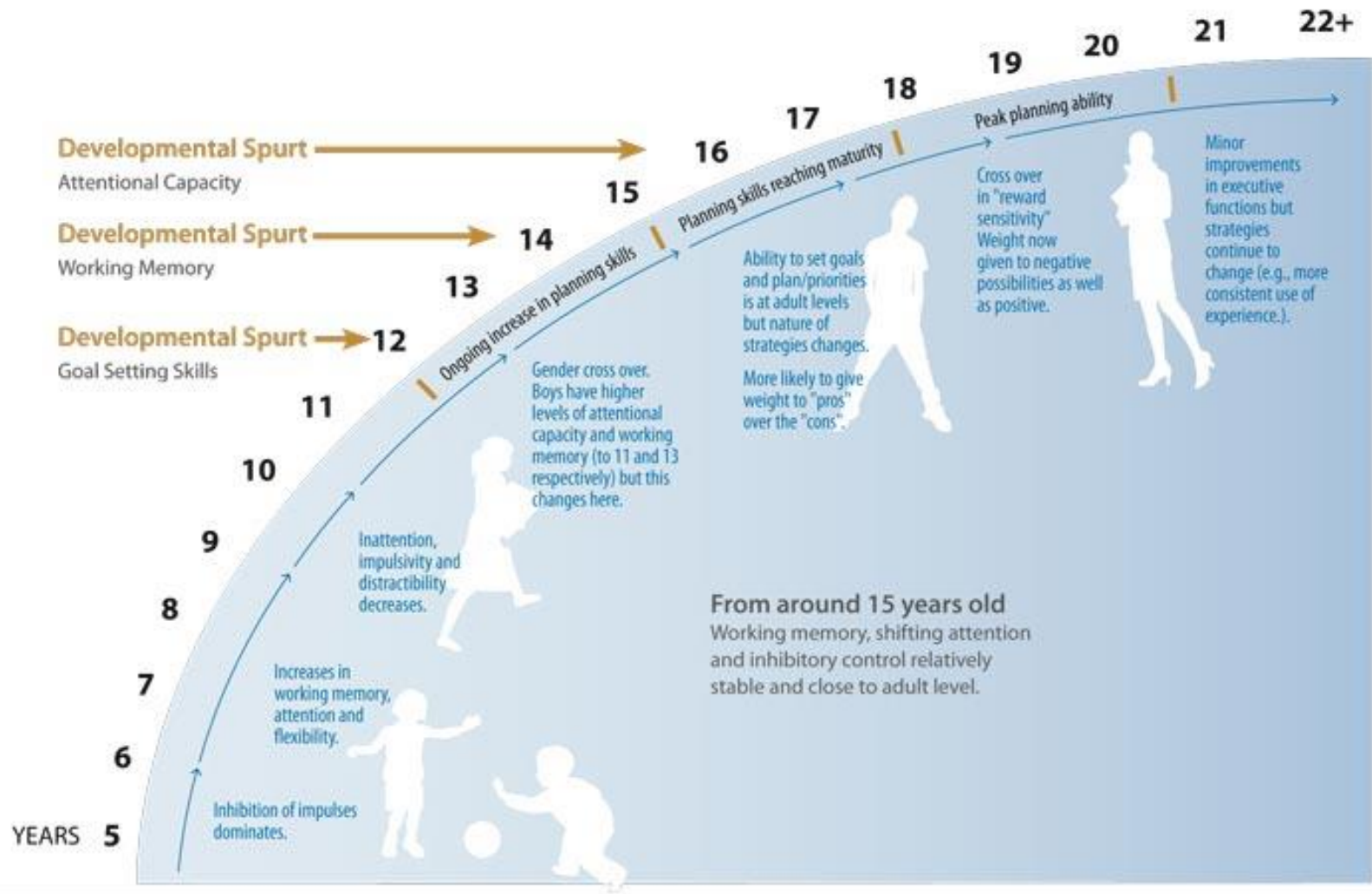
BRAINS ARE BODY PARTS



HOW BRAINS GET BUILT



BRAINS DEVELOP WITH AGE



MARSHMALLOWS: TEMPTATION, WILL-POWER AND GRIT



EXECUTIVE SKILLS

Thought

- Prioritizing
- Organization
- Working Memory
- Reflection (Meta-cognition)

Behavior

- Task Initiation
 - Flexibility
- Impulse Control
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SOLVE FOR X

$$\begin{array}{r} (y) \text{ population} \\ + \\ \hline (x) \text{ strategy} \\ \hline = \\ \text{strong executive skills} \end{array}$$

TYPES OF STRESS

- Positive
- Tolerable
- Toxic

IMPACTS OF STRESS



structural
development

bandwidth
tax

HOW CAN I CREATE OR REDUCE STRESS?



HOW DO I BUILD EXECUTIVE SKILLS?

(y) population

+

(x) strategy

=

strong executive skills

GOAL SETTING

W

Wish



O

Opportunity



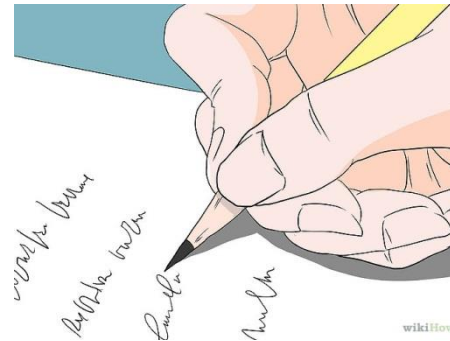
O

Obstacle



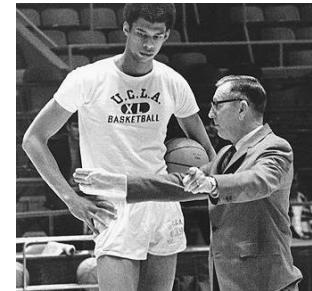
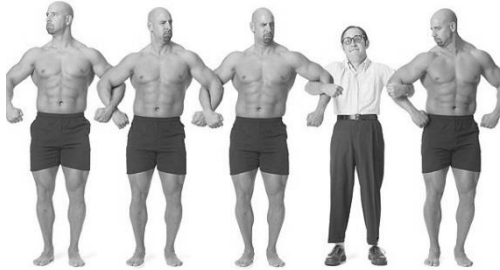
P

Plan



SOLVE FOR X

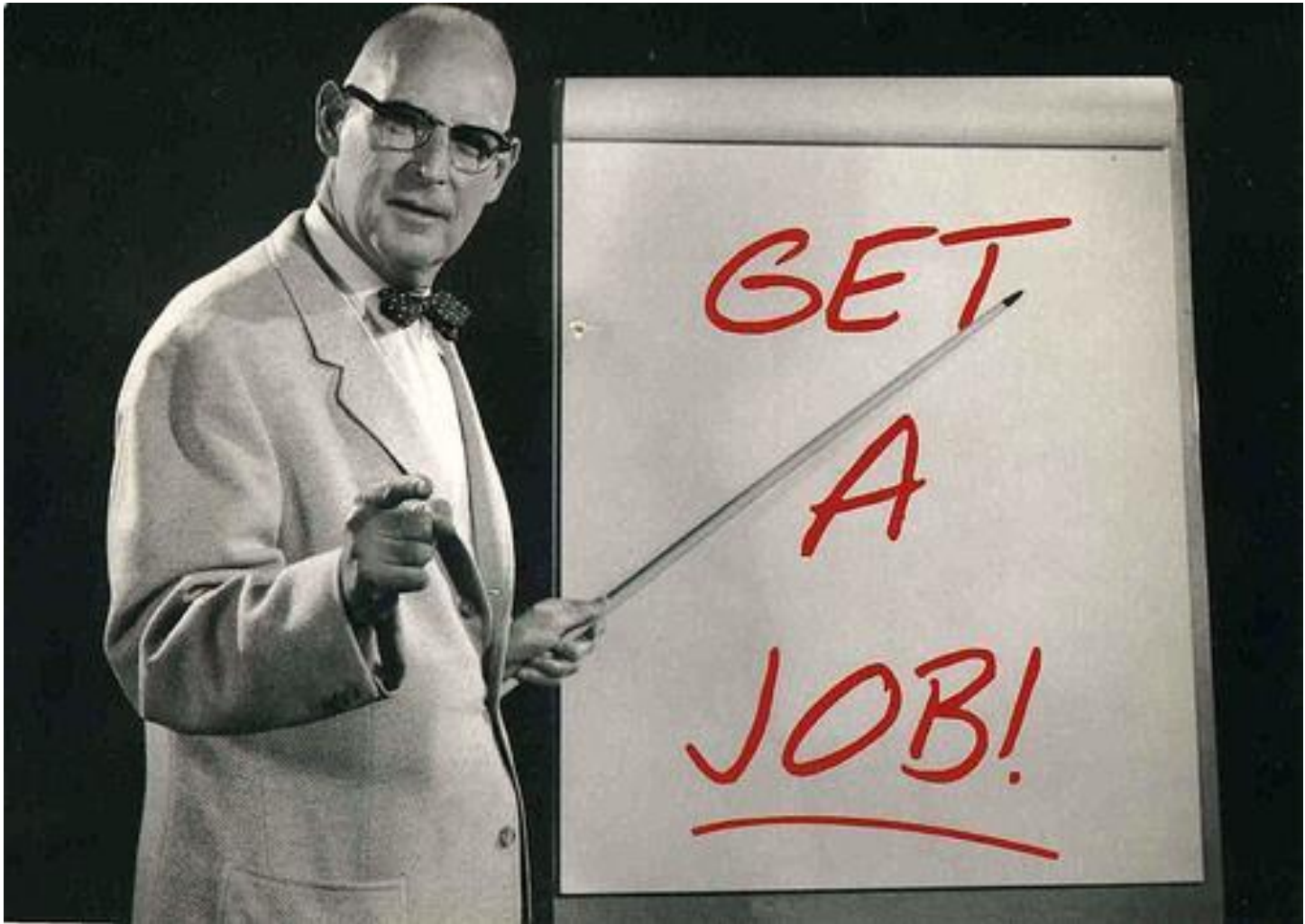
(y) population
+
goal setting



=

strong executive skills





Thank you!

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