

Flexibility as an Executive Function

Learning Objectives



Draw conclusions
regarding the
cognitive
flexibility



Present information
on cognitive flexibility
in the form of a video



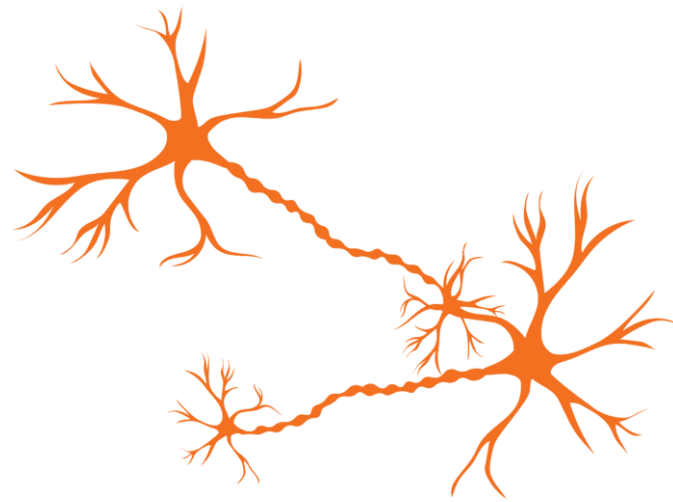
Have a flexible
attitude



Brain Flexibility in Youth



Key changes in youth brain development.



Synapses enhancement:
Strengthens connections between brain cells to support complex mental tasks.



Synaptic pruning:
Eliminates rarely used connections, increasing the brain's efficiency and specialization.



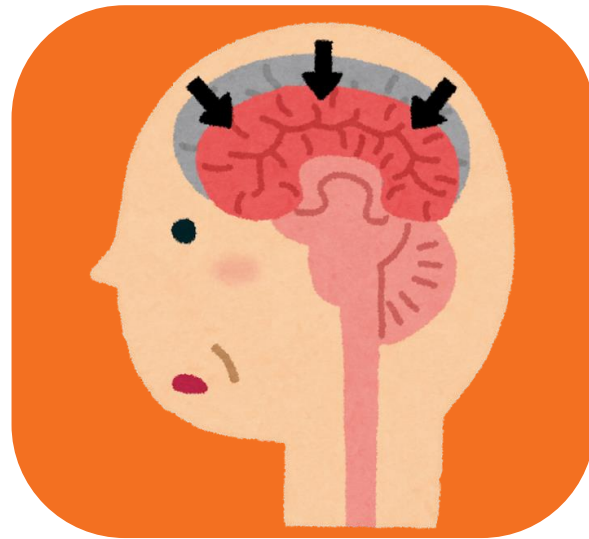
Myelination:
Increases the speed of communication between nerve cells, speeding up the thinking process.

Executive Function ♦♦♦



"Higher-order cognitive processes that involve abstract thinking, planning, decision-making, seeing a situation from a different perspective than usual, and visualization, prediction, and future planning."

The Executive Function is influenced by



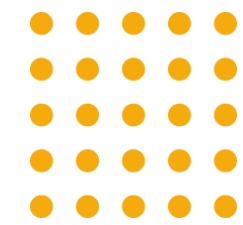
Changes in brain structure



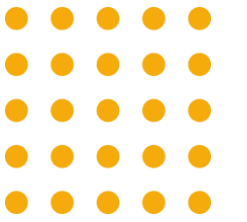
Increased parental autonomy



Community contexts and expectations such as those in the school environment.



How to Regulate Behavior Through Executive Functions



Applying Thinking Skills

Includes planning, organization, time management, and working memory, and metacognition to create a picture of the goal, the path to that goal, and the resources we will need along the way.



Applying Self-Control Skills

Includes goal-directed response inhibition, emotional control, sustained attention, task initiation, flexibility and persistence.

Cognitive Flexibility



"An executive function that develops at a more advanced stage, which is built from response inhibition and working memory, and the opposite of rigidity of thought."

Aspects of Cognitive Flexibility



Changing perspectives,
both spatially and interpersonally.



Changing the way we think about things and
Finding new ways when old ways don't work.



Adjust
to changes, admit mistakes, and take advantage of
unexpected opportunities.



Benefits of Flexibility for Youth

Being flexible helps youth avoid.



1
Repeating the same
mistakes.

2
Feel irritated by
changes in plans.

3
Difficulty adapting to
schedule changes.

4
Challenges with task
transition.

5
Arguing constantly
about the same thing.



Strategies for Enhancing Flexibility Skills in Youth



Learn new things



Think of alternative solutions



Imagine different scenarios



Know when to be flexible



Change routines



Add an element of uncertainty



Practice collaboration

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

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Korea International
Cooperation Agency

KDS Korea Institute for
Development Strategy

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World Vision



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