

## Supporting Affective Executive Functioning Skills

Emotional control is essential for students to thrive academically, helping them manage stress, stay motivated, and meet course demands. Developing these skills fosters an awareness of their strengths, goals, and reactions, which can enhance engagement in the classroom. This guide offers strategies for supporting affective executive functioning skills.

- Define expectations for engagement: Your expectations for engagement may differ from other instructors, so specify your expectations for each type of activity. For example, if technology is restricted during lectures but allowed for group work, make this clear. Consider including these expectations in your syllabus for easy reference.
- Encourage individual and group reflection: Oreate opportunities for students to reflect on their progress, using specific prompts for individual and group reflection. Incorporate charts or