

# Knowledge shared = Knowledge<sup>2</sup>



## Chit Chat Discussion Sheet

### Adele Diamond – Executive Function

Welcome to the Chit Chat between Carla McNeil of Learning MATTERS and Professor Adele Diamond. During this Chit Chat, Carla and Adele discuss Executive Function, what it is and the implications for teaching and learning.

We encourage you to listen to the Chit Chat (35 minutes) with your colleagues, team and/or staff, and consider the following questions and discussion points along the way. We hope this helps to cause some robust conversations, build shared understandings and offers an opportunity for reflection.

You may wish to use the strategy of **READ** (*this discussion doc*) → **LISTEN** (*listen to the Chit Chat*) → **CHAT** (*with your colleagues*), sharing your thoughts, learnings and reflections.

- What are executive functions? Define the following:
  - Inhibitory Control.....
  - Working Memory.....
  - Cognitive Flexibility.....
- How might cognitive inhibition impact learning and reading?
- What is the correlation between executive function and mindfulness?
- Who is executive function relevant for? What does it mean for us as adults?
- How would you rate your executive function? Which aspects do you believe you could improve?
- What are the implications of limited executive function?
- Discuss with your colleagues what a feedback loop is and how we can be aware of the implications of positive and negative feedback loops.
- Can we develop and improve executive function?
- List the tips Adele shares to improve executive function.



We hope you found the Chit Chat thought-provoking and a good opportunity to reflect on your practice. Perhaps you have begun your journey into Structured Literacy and the Science of Reading and there was a lot of affirmation, or perhaps this is your starting point. Either way, you are on your way. We wish you all the best as you too work to make a greater evidence-based shift in your setting.

- Do you have more to learn? What will you do now? What do you think are the next steps for your school?
  - Build more knowledge?
  - Improve teaching practice?
  - Consider resourcing?
  - Build consistency across classrooms?

