As-U-R
Supporting Students with Executive Function Challenges

Inhibition/Impulse Control:
Ability to inhibit, resist, or not act on impulse

Emotional Control:
Ability to modulate emotional responses

Task Initiation:
Ability to begin a task or activity

Flexibility/Shifting Tasks:
Ability to move freely from one situation to another

Self-Monitoring:
Ability to keep track of behavior and its effect on others

Working Memory:
Capacity to actively hold information in the mind to complete a task

Planning/Organization:
Ability to manage current and future-oriented tasks

Task Monitoring:
Ability to keep track of individual problem-solving success and failure

Organizing Materials:
Organization of environment with respect to orderliness

SERVICES:
- Strategic tutoring
- Peer mentoring
- Drop-in assistance
- Intensive support & accountability
- Dedicated quiet rooms in Study Central
- Access to assistive technology (Livescribe Smart Pen)
- Transition assistance for incoming students
- Coordination with other campus resources

College STAR Campuses
- Appalachian State University - Boone, NC
- East Carolina University - Greenville, NC
- Fayetteville State University - Fayetteville, NC

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