



<p><i>Cannon, Kenworthy, Alexander, Adler Werner and Anthony, 2011, p.5 (from Rogers and Benetto, 2000)</i></p> <ol style="list-style-type: none"> 1. Inhibition / impulse control 2. Flexibility 3. Working memory 4. Organisation of materials 5. Planning 6. Self-monitoring 	<p><i>McCloskey, in McCloskey, Perkins and van Divner, 2009, p.38</i></p> <p>Self-control: self-activation</p> <ol style="list-style-type: none"> 1. Awaken 2. Attend <p>Self-control: self-regulation (Sensation/perception Cognition Emotion Action)</p> <ol style="list-style-type: none"> 1. Perceive 2. Select focus 3. Initiate 4. Modulate 5. Inhibit 6. Gauge 7. Sustain 8. Hold 9. Manipulate 10. Interrupt / stop 11. Shift / flexible 12. Foresee / plan (short-term) 13. Organise 14. Generate 15. Associate 16. Balance 17. Store 18. Retrieve 19. Pace 20. Time 21. Execute 22. Monitor/check 23. Correct <p>Self-control</p> <p><i>Self-realisation</i></p> <ol style="list-style-type: none"> 1. Self-awareness 2. Self-analysis <p><i>Self-determination</i></p> <ol style="list-style-type: none"> 1. Goal generation 2. Long-term foresight / planning <p>Self-generation</p> <ol style="list-style-type: none"> 1. Mind-body integration 2. Sense of spirit <p>Trans-self integration</p> <ol style="list-style-type: none"> 1. Sense of source 2. Sense of consciousness 	<p><i>Kutscher, 2014 pp. 56-58 (from Barkley, 2013, Brown, 2009, Kutscher, 2009)</i></p> <ol style="list-style-type: none"> 1. Inhibition 2. Foresight 3. Hindsight 4. Self-talk 5. Working memory 6. Prospective memory 7. Problem solving 8. Organisation 9. Sense of time 10. Persistence 11. Shifting 12. Separating emotion from fact 13. Adding emotion to fact
<p><i>Gioia et al. (2000)</i></p> <p>Behaviour</p> <ol style="list-style-type: none"> 1. Inhibit 2. Shift 3. Emotional control <p>Metacognitive</p> <ol style="list-style-type: none"> 1. Initiate 2. Working memory 3. Plan / organise 4. Organisation of materials 5. Monitor 		<p><i>Moraine, 2012, p.14</i></p> <ol style="list-style-type: none"> 1. Attention 2. Initiative 3. Inhibition 4. Flexibility 5. Shift 6. Planning 7. Organisation 8. Time management 9. Memory 10. Working memory 11. Self-monitoring 12. Emotional control 13. Problem solving 14. Goal setting 15. Cognitive activation
<p><i>Kaufman, 2010, p.4</i></p> <p>Metacognitive strand</p> <ol style="list-style-type: none"> 1. Goal setting 2. Planning / strategising 3. Sequencing 4. Organisation of materials 5. Time management <ol style="list-style-type: none"> 1. Task initiation 2. Executive / goal-directed attention 3. Task persistence 4. Working memory 5. Set shifting <p>Social / emotional regulation strand</p> <ol style="list-style-type: none"> 1. Response inhibition (impulse control) 2. Emotional control 3. Adaptability 		<p><i>Moyes, 2014, p.23</i></p> <ol style="list-style-type: none"> 1. Behavioural inhibition 2. Theory of mind 3. Working memory 4. Organisation skills 5. Initiation 6. Planning and time management 7. Attention and filtering 8. Self-talk

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