

Executive Function IEP Goals — Middle School

17 measurable goals written to IDEA standards. Replace [student] and [date]; adjust criteria to the student's baseline.

Middle school multiplies executive function demands overnight — six teachers, six sets of expectations, longer-term projects. These 17 goals include an organization system that has to work across every class, not just one.

MANAGING MULTIPLE CLASSES & ASSIGNMENTS

1. [student] will use a planner or digital calendar to track assignments and due dates across all classes, with adult support fading, across 4 of 5 school days.
2. [student] will prioritize assignments by due date and difficulty when planning study time, with 80% accuracy across 4 of 5 trials.
3. [student] will submit completed assignments on time across all classes, with no more than 1 late assignment per grading period.

LONG-TERM PROJECT PLANNING

4. [student] will break a long-term project into smaller steps with deadlines, using a planning template, with 80% accuracy across 4 of 5 projects.
5. [student] will begin work on a long-term project at least 3 days before the deadline, rather than the night before, across 4 of 5 assignments.

WORKING MEMORY & ATTENTION

6. [student] will follow multi-step verbal instructions embedded in a lecture without needing individual repetition, with 80% accuracy across 4 of 5 trials.
7. [student] will maintain attention and take usable notes during a full class period, with 80% of key content captured, across 4 of 5 observed periods.

SELF-MONITORING & METACOGNITION

8. [student] will self-monitor their own understanding during a lesson and ask a clarifying question when needed, in 4 of 5 observed opportunities.
9. [student] will review and self-correct an assignment before submission using a rubric or checklist, with 1 or fewer reminders, across 4 of 5 assignments.
10. [student] will reflect on what study or organization strategy worked or didn't after a test or project, identifying at least 1 change, across 4 of 5 reflections.

COGNITIVE FLEXIBILITY & ORGANIZATION SYSTEMS

11. [student] will maintain an organization system, digital or physical, across all classes, locating a needed item within [X] minutes, across 4 of 5 checks.
12. [student] will adjust their approach to a task or assignment when the first strategy isn't working, with 1 adult prompt or fewer, in 4 of 5 observed opportunities.
13. [student] will transition between the demands of different classes (materials, expectations, routines) without significant difficulty, across 4 of 5 observed transitions.

SELF-ADVOCACY & INDEPENDENCE

14. [student] will self-advocate for an executive function support (extra time, a checklist, a reminder) when needed, in 4 of 5 observed opportunities.
15. [student] will independently use a taught executive function strategy (a checklist, a timer, a planner) without staff prompting, across 4 of 5 observed opportunities.
16. [student] will manage competing demands (homework, extracurriculars, chores) using a personal schedule, across 4 of 5 weeks.
17. [student] will pause and evaluate before acting impulsively on an academic or social decision, in 4 of 5 documented opportunities.

Using These Executive Function Goals at 6th – 8th Grade

Six classes means six systems to reconcile

An organization goal that only works for one class doesn't transfer — test it across the student's full schedule.

Start-early goals need a real number, not a hope

“Will start early” is vague; “will begin at least 3 days before the deadline” is checkable.

Reflection after a test is a teachable habit

Asking a student what worked or didn't after a grade comes back builds metacognition directly, instead of assuming it develops on its own.

Self-advocacy for EF support is a skill, not a given

A student who can ask for a checklist or extra time when they need it will need far less adult monitoring over time.

Organization systems and planner formats vary by school and by student — confirm which system this student actually uses before setting a criterion around it.

Tired of rebuilding these forms every year?

IEP Goal Writer also drafts your PLAAFP and progress notes from the same student profile — free to try at iepgoalwriter.pro