The aim of this session is to inspire participants to explore how Generative AI (GenAI) tools can support executive functioning and cognition. These skills are essential for students, and GenAI can help them better understand themselves - their needs, their learning preferences, and the strategies that enable them to make confident decisions about how they engage in higher education. The session will also address how students can navigate emerging technologies ethically and deliberately. By fostering both awareness and practical understanding, the session seeks to empower educators to use these tools effectively in academic and professional contexts.