

Name _____ Date _____

EXECUTIVE SKILLS QUESTIONNAIRE

1	2	3	4	5	6	7
Strongly Agree	agree	tend to Agree	Neutral	tend to disagree	disagree	Strongly Disagree

Weakness _____ Strength

Response Inhibition/Impulsivity:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 1. Jumps to conclusions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Starts before instructions are complete | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Takes action without all the facts | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Working Memory:

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 4. Has poor memory for facts, dates, details | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Struggles with math tables and quick facts | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. Needs reminders to complete tasks | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Emotional Control:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 7. Emotions get in the way of performance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Little things distract or affect them emotionally | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. Can't control emotions during a task | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Task Initiation:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 10. Trouble getting started | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. Tends to procrastinate with long projects | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. Has trouble getting back to work after a break | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Sustained Attention:

- | | | | | | | | |
|----------------------------------|---|---|---|---|---|---|---|
| 13. Has trouble focusing on work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. Difficulty completing work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. Can't focus when interrupted | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Planning/Prioritization:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 16. Has trouble planning day | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. Struggles with completing what's most important, first | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. Trouble breaking down tasks to complete in steps | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Organization:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 19. Not organized | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. Bedroom, binder and/or locker are a disaster | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. Trouble organizing ideas during writing | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Time Management:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 22. At the end of the day, hasn't finished what was assigned | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. Trouble estimating how long it takes to do something | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. Usually late or has trouble with short passing periods | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Executive Functioning P 2.

Name _____

Flexibility:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 25. Thrown off by unexpected events | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. Doesn't like starting something new that wasn't expected | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. If plans change, behavior is hard to regulate | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Metacognition:

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 28. Trouble evaluating own performance for improvement | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. Hard to "read" a situation and adjust behavior or performance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. Setting goals and adjusting to expectations is hard | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Goals-Directed Persistence:

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 31. Trouble following through/finishing long assignments | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32. If something fun comes up, hard to stay focused on goal | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 33. Struggle with setting and reaching high standards | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Stress Tolerance:

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 34. Doesn't like high demand, fast paced environments | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 35. Crumbles with too much pressure | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 36. Unpredictability=stress, likes to know what's coming | 1 | 2 | 3 | 4 | 5 | 6 | 7 |