

## Executive Skills Questionnaire for Students

Big problem	1
Moderate problem	2
Mild problem	3
Slight problem	4
No problem	5

Item	Score
1. I act on impulse.	_____
2. I get in trouble for talking too much in class.	_____
3. I say things without thinking.	_____
<b>TOTAL SCORE:</b>	_____
4. I say, "I'll do it later" and then forget about it.	_____
5. I forget homework assignments or forget to bring home needed materials.	_____
6. I lose or misplace belongings such as coats, notebooks, sports equipment, etc.	_____
<b>TOTAL SCORE:</b>	_____
7. I get annoyed when homework is too hard or confusing or takes too long to finish.	_____
8. I have a short fuse; am easily frustrated.	_____
9. I get upset easily when things don't go as planned.	_____
<b>TOTAL SCORE:</b>	_____
10. I have difficulty paying attention and am easily distracted.	_____
11. I run out of steam before finishing my homework.	_____
12. I have problems sticking with chores until they are done.	_____
<b>TOTAL SCORE:</b>	_____
13. I put off homework or chores until the last minute.	_____
14. It's hard for me to put aside fun activities in order to start homework.	_____
15. I need many reminders to start chores.	_____
<b>TOTAL SCORE:</b>	_____
16. I have trouble planning for big assignments (knowing what to do first, second, etc.?)	_____
17. It's hard for me to set priorities when I have a lot of things to do.	_____
18. I become overwhelmed by long-term projects or big assignments.	_____
<b>TOTAL SCORE:</b>	_____
19. My backpack and notebooks are disorganized.	_____
20. My desk or workspace at home is a mess.	_____
21. I have trouble keeping bedroom tidy.	_____
<b>TOTAL SCORE:</b>	_____

(cont.)

## Executive Skills Questionnaire for Students *(page 2 of 2)*

- | Item   | Score |
|--|-------|
| 22. I have a hard time estimating how long it takes to do something (such as homework)?    | _____ |
| 23. I often don't finish homework at night and rush to get it done in school before class. | _____ |
| 24. I'm slow getting ready for things (e.g., school or appointments)?                      | _____ |

**TOTAL SCORE:** \_\_\_\_\_

- |   |       |
|---|-------|
| 25. If the first solution to a problem doesn't work, I have trouble thinking of a different one.  | _____ |
| 26. It's hard for me to deal with changes in plans or routines.   | _____ |
| 27. I have problems with open-ended homework assignments (e.g., doesn't know what to write about when given a creative writing assignment?) | _____ |

**TOTAL SCORE:** \_\_\_\_\_

### High School Students Only

- |  |       |
|--|-------|
| 28. I don't have effective study strategies.   | _____ |
| 29. I don't check my work for mistakes even when the stakes are high.                | _____ |
| 30. I don't evaluate my performance and change tactics in order to increase success. | _____ |

**TOTAL SCORE:** \_\_\_\_\_

- |  |       |
|--|-------|
| 31. I can't seem to save up money for a desired object.  | _____ |
| 32. I don't see the value in earning good grades to achieve a long-term goal.                  | _____ |
| 33. If I should be studying and something fun comes up, it's hard for me to make myself study. | _____ |

**TOTAL SCORE:** \_\_\_\_\_

KEY			
Items	Executive Skill	Items	Executive Skill
1–3	Response inhibition	4–6	Working memory
7–9	Emotional control	10–12	Sustained attention
13–15	Task initiation	16–18	Planning/prioritization
19–21	Organization	22–24	Time management
25–27	Flexibility	28–30	Metacognition
31–33	Goal-directed persistence		

### Your Executive Skills Strengths

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### Your Executive Skills Weaknesses

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