

FORM 2.5

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.	_____
TOTAL SCORE:	_____
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.	_____
TOTAL SCORE:	_____
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.	_____
TOTAL SCORE:	_____
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.	_____
TOTAL SCORE:	_____
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.	_____
TOTAL SCORE:	_____
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.	_____
TOTAL SCORE:	_____
19. My backpack and notebooks are disorganized.	_____
20. My desk or workspace at home is a mess.	_____
21. I have trouble keeping bedroom tidy.	_____
TOTAL SCORE:	_____

(cont.)

Copyright 2010 by Peg Dawson and Richard Guare. From Dawson and Guare (2010, The Guilford Press. Permission to photocopy this form is granted to purchasers of this book for personal use only (see copyright page for details).

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

Your Executive Skills Weaknesses
