

**FORM 2.6**

## Executive Skills Questionnaire for Students

**Directions:** Read each item and decide how often it's a problem for you. Then add up the three scores in each set and write that number on the **Total score** line. Use the **Key** on page 271 to determine your executive skills strengths (two to three highest scores) and weaknesses (two to three lowest scores).

**1. I act on impulse.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**2. I get in trouble for talking too much in class.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**3. I say things without thinking.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 1–3:** \_\_\_\_\_

**4. I say “I’ll do it later” and then forget about it.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**5. I forget homework assignments or forget to bring home needed materials.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**6. I lose or misplace belongings such as coats, notebooks, sports equipment, etc.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 4–6:** \_\_\_\_\_

**7. I get annoyed when homework is too hard or confusing or takes too long to finish.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**8. I have a short fuse, am easily frustrated.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**9. I get upset easily when things don't go as planned.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 7–9:** \_\_\_\_\_

*(continued)*

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Executive Skills Questionnaire for Students (page 2 of 4)

10. I have difficulty paying attention, am easily distracted.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

11. I run out of steam before finishing my homework.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

12. I have problems sticking with chores until they are done.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

Total score, items 10–12: \_\_\_\_\_

13. I put off homework or chores until the last minute.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

14. It's hard for me to put aside fun activities to start homework.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

15. I need many reminders to start chores.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

Total score, items 13–15: \_\_\_\_\_

16. I have trouble planning for big assignments (knowing what to do first, second, etc.).

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

17. It's hard for me to set priorities when I have a lot of things to do.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

18. I become overwhelmed by long-term projects or big assignments.

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

Total score, items 16–18: \_\_\_\_\_

(continued)

Executive Skills Questionnaire for Students (page 3 of 4)

19. **My backpack and notebooks are disorganized.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

20. **My desk or workspace at home is a mess.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

21. **I have trouble keeping my room tidy.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 19–21:** \_\_\_\_\_

22. **I have a hard time estimating how long it takes to do something (such as homework).**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

23. **I often don't finish homework at night and rush to get it done in school before class.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

24. **I'm slow getting ready for things (for example, school or appointments).**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 22–24:** \_\_\_\_\_

25. **If the first solution to a problem doesn't work, I have trouble thinking of a different one.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

26. **It's hard for me to deal with changes in plans or routines.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

27. **I have problems with open-ended homework assignments (e.g., knowing what to write about for a creative writing assignment or coming up with topics for a long-term project).**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 25–27:** \_\_\_\_\_

(continued)

**Executive Skills Questionnaire for Students** (page 4 of 4)

28. **I don't have effective study strategies.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

29. **I don't check my work for mistakes even when the stakes are high.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

30. **I don't evaluate my performance and change tactics to increase my success.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 28–30:** \_\_\_\_\_

31. **I can't seem to save up money for something I want.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

32. **I don't see the value in earning good grades to achieve a long-term goal.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

33. **If something fun comes up when I should be studying, it's hard for me to make myself study.**

Most of the time	Frequently	Sometimes	Very rarely	Never
1	2	3	4	5

**Total score, items 31–33:** \_\_\_\_\_

**KEY**

<u>Items</u>	<u>Executive Skill</u>	<u>Items</u>	<u>Executive Skill</u>
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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