

FORM 2.4

Executive Skills Questionnaire for Parents/Teachers

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

| Item | Score |
|--|-------|
| 1. Acts on impulse | _____ |
| 2. Gets in trouble for talking too much in class | _____ |
| 3. Says things without thinking | _____ |
| TOTAL SCORE: | _____ |
| 4. Says, "I'll do it later" and then forgets about it | _____ |
| 5. Forgets homework assignments or forgets to bring home needed materials | _____ |
| 6. Loses or misplaces belongings such as coats, mittens, sports equipment, etc. | _____ |
| TOTAL SCORE: | _____ |
| 7. Gets annoyed when homework is too hard or confusing or takes too long to finish | _____ |
| 8. Has a short fuse; easily frustrated | _____ |
| 9. Easily upset when things don't go as planned | _____ |
| TOTAL SCORE: | _____ |
| 10. Difficulty paying attention; easily distracted | _____ |
| 11. Runs out of steam before finishing homework or other tasks | _____ |
| 12. Problems sticking with schoolwork or chores until they are done | _____ |
| TOTAL SCORE: | _____ |
| 13. Puts off homework or chores until the last minute | _____ |
| 14. Difficulty setting aside fun activities in order to start homework | _____ |
| 15. Needs many reminders to start chores | _____ |
| TOTAL SCORE: | _____ |
| 16. Trouble planning for big assignments (knowing what to do first, second, etc.?) | _____ |
| 17. Difficulty setting priorities when has a lot of things to do | _____ |
| 18. Becomes overwhelmed by long-term projects or big assignments | _____ |
| TOTAL SCORE: | _____ |
| 19. Backpack and notebooks are disorganized | _____ |
| 20. Desk or workspace at home or school is a mess | _____ |
| 21. Trouble keeping bedroom or locker tidy | _____ |
| TOTAL SCORE: | _____ |

(cont.)

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Executive Skills Questionnaire for Parents/Teachers (page 2 of 2)

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|--|-------|
| Item | Score |
| 22. Has a hard time estimating how long it takes to do something (such as homework?) | _____ |
| 23. Often doesn't finish homework at night; rushes to get it done in school before class | _____ |
| 24. Slow getting ready for things (e.g., appointments, school, changing classes?) | _____ |
| TOTAL SCORE: _____ | |
| 25. If the first solution to a problem doesn't work, has trouble thinking of a different one | _____ |
| 26. Resists changes in plans or routines | _____ |
| 27. Has 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. Lacks effective study strategies | _____ |
| 29. Doesn't check work for mistakes even when the stakes are high | _____ |
| 30. Doesn't evaluate performance and change tactics in order to increase success | _____ |
| TOTAL SCORE: _____ | |
| 31. Can't seem to save up money for a desired object; problems delaying gratification | _____ |
| 32. Doesn't see the value in earning good grades to achieve a long-term goal | _____ |
| 33. Seems to live in the present | _____ |
| 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 | | |

Child's Executive Skills Strengths

Child's Executive Skills Weaknesses

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.)

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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
