



Executive Function Questionnaire

For Older Students

Name: _____ **Date:** _____

Directions:

- In the first section, list at least three strengths you have (academic, personal, and/or extracurricular). Include a specific example of each.
- Read, or have someone read to you, each category bar below, and the areas of difficulty that follow.
- Rate yourself on how true each statement is for you:

◆0=Never ◆2=Occasionally ◆3=Often ◆4=Usually

Strengths	List at least three strengths you have, and a specific example of each:
Activation	It is hard for me to:
	Keep my stuff organized
	Prioritize my assignments and activities
	Get started on tasks that are difficult or take a while to complete
	Get started on tasks I'm not interested in
	Stop doing one thing when I need to get going on something else
Focus	It is hard for me to:
	Pay attention during lectures or discussions
	Follow complex directions or lots of steps to complete a task
	Pay attention to what I'm reading for school
	Do work when there is noise or others are talking
	Stop thinking about things that distract me from my work
Effort	It is hard for me to:
	Continue working even when things get difficult or confusing
	Stay awake and focused in class or when doing homework
	Work fast to complete a timed task or to slow down and be careful
	Make sure I complete all the steps required for a task
	Stay motivated to do things I'm not interested in but must do
Emotion	I often feel:
	Disorganized
	Frustrated with myself or others
	Angry at myself or others



	Sad
	Overwhelmed with too many things to think about and do
Memory	I have trouble remembering:
	Things I am supposed to do
	To bring things I need for school or other activities
	Information I have learned
	What steps to follow for tasks
	Words
Action	I have difficulty:
	Checking my work to make sure it is correct and complete
	Finishing tasks
	Turning in my homework or class work
	Figuring out another way to do something if my way doesn't work
	Keeping my things neat and organized

Reflect on Your Self-Assessment

The categories above reflect facets of executive function. While many people have occasional challenges with executive functioning, some also have more severe or persistent difficulties that interfere with success in school and at home, and can make them feel badly about themselves.

Directions:

Circle or highlight any item that you rated with a 3 or 4. In the space below, write about how these difficulties interfere with your ability to be successful. Add any ideas about what you and/or your teacher could do to help you get stronger in these areas.