

Executive Function Questionnaire

For **YOUNGER** Students

Name: _____ Date: _____

Directions:

- In the first box below, list at least three things you are good at doing.
- Read, or have someone read to you, each category below, and the areas of difficulty that follow.
- Mark an X for each statement that is true for you. If a statement is not true for you, leave it blank.

Strengths	List three things you are good at doing.
Getting Started	It is hard for me to get started on:
	My work at school
	My homework
	My chores at home
	A new task
	Reading, writing, or math work
Paying Attention	It is hard for me to:
	Pay attention when the teacher is talking
	Follow directions
	Pay attention to what I'm reading
	Do work when there is noise or others are talking
	Stop daydreaming
Trying	It is hard for me to:
	Keep working even when things get difficult or confusing
	Stay awake and pay attention
	Work fast
	Make sure I do all the steps needed to complete a difficult task
	Put effort into things I'm not interested in but must do

Continued

Feeling	I often feel:
	Disorganized
	Frustrated
	Angry at myself or others
	Sad
	Overwhelmed with too many things to think about and do
Remembering	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
Doing	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 a task if my way doesn't work
	Keeping my things neat and organized

What Should I Do?

Directions:

Circle the items you marked with an X that you wish you could improve or change.

In the space below, list any ideas you have about what you and your teacher could do to help you achieve your goals.