



THE LEARNING MIND

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Executive Skills Questionnaire for Parents/Teachers (33 Questions)

Carefully read the criteria below and choose 1-5 for all of the following questions:

- 1 = Big Problem
- 2 = Moderate Problem
- 3 = Mild Problem
- 4 = Slight Problem
- 5 = No Problem

Response Inhibition

- 1. Acts on impulse

- 2. Gets in trouble for talking too much in class

- 3. Says things without thinking

Working Memory

4. Says "I'll do it later," and forgets to do it

5. Forgets to bring home assignments or needed materials

6. Loses or misplaces belongings

Emotional Control

7. Gets annoyed when assignments take too long to finish

8. has a short fuse or is easily frustrated

9. Gets upset when things don't go as planned

Sustained Attention

10. Difficulty paying attention

11. Runs out of steam before completing tasks

12. Problems sticking with assignments or chores until they are done

Task Initiation

13. Puts off homework or chores until the last minute

14. Difficulty putting aside fun things to complete homework

15. Needs reminders to start chores

Planning Prioritization

16. Difficulty planning for big or long-term assignments

17. Difficulty prioritizing when there are many things to do

18. Becomes overwhelmed by long-term projects or big assignments

Organization

19. Backpack and notebooks are disorganized

20. Desk or workspace is a mess

21. Trouble keeping room or locker tidy

Time Management

22. Has a hard time estimating how long it takes to do something

23. Often doesn't finish homework ahead of time, crams last minute or before class

24. Slow getting ready for things

Flexibility

25. If first solution to a problem doesn't work, has trouble coming up with an alternative

26. Resists change in plans or routines

27. Struggles with open-ended assignments, such as creative writing

Metacognition | High School Students Only

28. Lacks effective study strategies

29. Doesn't check work for mistakes

30. Doesn't evaluate performance and change tactics to improve

Goal-Directed Persistence | High School Students Only

31. Doesn't save money

32. Doesn't see the long-term value of good grades

33. Seems to live in the present