

SELF ASSESSMENT OF EXECUTIVE FUNCTION

SECTION I: GOALS/TASK	POOR	FAIR	GOOD	EXCELLENT
Set short-term and long term goals (study sessions: daily, weekly, monthly)				
Analyze task requirements (projects, papers, test preparation, etc.)				
SECTION II: SKILL (PERFORMANCE)	POOR	FAIR	GOOD	EXCELLENT
Attend/ Concentrate (during class and study sessions)				
Plan (strategize and create deadlines to complete tasks)				
Change strategies as needed				
LEARNING SKILLS	POOR	FAIR	GOOD	EXCELLENT
Take notes in class				
Read assigned texts (identify, summarize, and learn important ideas)				
Prepare for exams (study homework/quizzes, create notecards, outlines, charts)				

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SECTION III: MOTIVATION/ BELIEFS	POOR	FAIR	GOOD	EXCELLENT
Believe in my ability to accomplish any chosen or assigned task				
Believe that success is generally based more on effort and skill than on fixed ability.				
Manage Stress (diet, exercise, time)				
SECTION IV: SELF REGULATION	POOR	FAIR	GOOD	EXCELLENT
Self evaluation (evaluate effectiveness of study strategies)				
Self-reinforce (reward oneself for accomplishments)				
Self- Record (keeping track of time spent studying and effectiveness of study strategies)				
RESOURCE MANAGEMENT	POOR	FAIR	GOOD	EXCELLENT
Utilize my resources (tutoring, writing center, success coaches)				

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Control of environment (study time and location)				
Total:				