

Executive Skills Questionnaire—Parent Version

Rate each item below based on how well it describes your teen, using this rating scale to choose the appropriate score. Then add the three scores in each section. Use the key on the next page to determine your teen's executive skills strengths (two to three lowest scores) and weaknesses (two to three highest scores).

1	2	3	4	5	6	7
Strongly disagree	Disagree	Tend to disagree	Neutral	Tend to agree	Agree	Strongly agree

<u>Item</u>	<u>Score</u>
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. Is easily upset when things don't go as planned.	_____
TOTAL SCORE:	_____
10. Has trouble thinking of a different solution to a problem if the first one doesn't work.	_____
11. Resists changes in plans or routines.	_____
12. Has problems with open-ended homework assignments (e.g., doesn't know what to write about when given a creative writing assignment).	_____
TOTAL SCORE:	_____
13. Has difficulty paying attention—easily distracted.	_____
14. Runs out of steam before finishing homework or other tasks.	_____
15. Has problems sticking with schoolwork or chores until they are done.	_____
TOTAL SCORE:	_____
16. Puts off homework or chores until the last minute.	_____
17. Has difficulty setting aside fun activities to start homework.	_____
18. Needs many reminders to start chores.	_____
TOTAL SCORE:	_____

(cont.)

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Executive Skills Questionnaire—Parent Version (cont.)

19. Has trouble planning for big assignments (knowing what to do first, second, etc.). _____
20. Has difficulty setting priorities when he/she has a lot of things to do. _____
21. Becomes overwhelmed by long-term projects or big assignments. _____
- TOTAL SCORE: _____
22. Has disorganized backpack and notebooks. _____
23. Leaves desk or workspace at home or school messy. _____
24. Has trouble keeping bedroom or locker tidy. _____
- TOTAL SCORE: _____
25. Has a hard time estimating how long it takes to do something (such as homework). _____
26. Often doesn't finish homework at night; rushes to get it done in school before class. _____
27. Is slow getting ready for things (e.g., appointments, school, changing classes). _____
- TOTAL SCORE: _____
28. Can't seem to save up money for a desired object—problems delaying gratification. _____
29. Doesn't see the value in earning good grades to achieve a long-term goal. _____
30. Seems to live in the present. _____
- TOTAL SCORE: _____
31. Lacks effective study strategies. _____
32. Doesn't check work for mistakes even when the stakes are high. _____
33. Doesn't evaluate performance and change tactics to increase success. _____
- TOTAL SCORE: _____

KEY					
Items	Executive skill	Items	Executive skill	Items	Executive skill
1-3	Response inhibition	13-15	Sustained attention	25-27	Time management
4-6	Working memory	16-18	Task initiation	28-30	Goal-directed persistence
7-9	Emotional control	19-21	Planning/prioritizing	31-33	Metacognition
10-12	Flexibility	22-24	Organization		

**Your teen's executive skills strengths
(lowest score)**

**Your teen's executive skills weaknesses
(highest score)**
