

## Executive Skills Questionnaire—Teen Version

Rate each item below based on how well it describes you, 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 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

Item	Score
1. I act on impulse.	_____
2. I get in trouble for talking too much in class.	_____
3. I say things without thinking.	_____
<b>TOTAL SCORE:</b>	_____
4. I say, "I'll do it later" and then forget about it.	_____
5. I forget homework assignments or forget to take home needed materials.	_____
6. I lose or misplace belongings such as coats, gloves, sports equipment, etc.	_____
<b>TOTAL SCORE:</b>	_____
7. I get annoyed when homework is too hard or confusing or takes too long to finish.	_____
8. I have a short fuse—am easily frustrated.	_____
9. I get upset when things don't go as planned.	_____
<b>TOTAL SCORE:</b>	_____
10. If the first solution to a problem doesn't work, I have trouble thinking of a different one.	_____
11. I get upset when I have to change plans or routines.	_____
12. I have problems with open-ended homework assignments (e.g., deciding what to write about when given a creative writing assignment).	_____
<b>TOTAL SCORE:</b>	_____
13. I have difficulty paying attention and am easily distracted.	_____
14. I run out of steam before finishing homework or other tasks.	_____
15. I have problems sticking with schoolwork or chores until they are done.	_____
<b>TOTAL SCORE:</b>	_____
16. I put off homework or chores until the last minute.	_____
17. I have difficulty setting aside fun activities in order to start homework.	_____
18. I need to be reminded to start chores or homework.	_____
<b>TOTAL SCORE:</b>	_____

(cont.)

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# Executive Skills Questionnaire—Teen Version (cont.)

19. I have trouble planning for big assignments (knowing what to do first, second, etc.). \_\_\_\_\_
20. I have difficulty setting priorities when I have a lot of things to do. \_\_\_\_\_
21. I become overwhelmed by long-term projects or big assignments. \_\_\_\_\_
- TOTAL SCORE: \_\_\_\_\_
22. My backpack and notebooks aren't organized. \_\_\_\_\_
23. My desk or workspace at home or school is a mess. \_\_\_\_\_
24. I have trouble keeping my bedroom or locker tidy. \_\_\_\_\_
- TOTAL SCORE: \_\_\_\_\_
25. I have a hard time estimating how long it takes to do something (such as homework). \_\_\_\_\_
26. I often don't finish homework at night and may rush to get it done in school before class. \_\_\_\_\_
27. I need a lot of time to get ready for things (e.g., appointments, school, changing classes). \_\_\_\_\_
- TOTAL SCORE: \_\_\_\_\_
28. I can't seem to save up money for a desired object—problems delaying gratification. \_\_\_\_\_
29. I don't see the point of earning good grades to achieve a long-term goal. \_\_\_\_\_
30. I prefer to live in the present. \_\_\_\_\_
- TOTAL SCORE: \_\_\_\_\_
31. I don't have very effective study strategies. \_\_\_\_\_
32. I tend not to check my work for mistakes even when the stakes are high. \_\_\_\_\_
33. I don't evaluate my 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 executive skills strengths  
(lowest score)

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Your executive skills weaknesses  
(highest score)

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