

EXECUTIVE SKILLS QUESTIONNAIRE FOR CHILDREN— MIDDLE SCHOOL VERSION (GRADES 6-8)

Read each item below and then rate that item based on how well it describes your child.
Then add the three scores in each section. Find the three highest and three lowest scores.

Strongly agree	5
Agree	4
Neutral	3
Disagree	2
Strongly disagree	1

- | | Score |
|--|-------|
| 1. Is able to walk away from confrontation or provocation by a peer. | _____ |
| 2. Can say no to a fun activity if other plans have already been made. | _____ |
| 3. Resists saying hurtful things when with a group of friends. | _____ |
| TOTAL SCORE: _____ | |
| 4. Able to keep track of assignments and classroom rules of multiple teachers. | _____ |
| 5. Remembers events or responsibilities that deviate from the norm (e.g., special instructions for field trips, extracurricular activities). | _____ |
| 6. Remembers multistep directions, given sufficient time and practice. | _____ |
| TOTAL SCORE: _____ | |
| 7. Is able to "read" reactions from friends and adjust behavior accordingly. | _____ |
| 8. Can accept not getting what he/she wants when working/playing in a group. | _____ |
| 9. Can be appropriately assertive (e.g., asking teacher for help, inviting someone to dance at a school dance). | _____ |
| TOTAL SCORE: _____ | |
| 10. Can spend 60-90 minutes on homework (may need one or more breaks). | _____ |
| 11. Can tolerate family gatherings without complaining of boredom or getting in trouble. | _____ |
| 12. Can complete chores that take up to 2 hours (may need breaks). | _____ |
| TOTAL SCORE: _____ | |

(cont.)

Executive Skills Questionnaire for Children—Middle School Version (cont.)

13. Can make and follow nightly homework schedule without undue procrastination. _____
14. Can start chores at agreed-on time (e.g., right after school; may need written reminder). _____
15. Can set aside fun activity when he/she remembers a promised obligation. _____
- TOTAL SCORE: _____
16. Can do research on the Internet either for school or to learn something of interest. _____
17. Can make plans for extracurricular activities or summertime activities. _____
18. Can carry out a long-term project for school with little or no support from adults. _____
- TOTAL SCORE: _____
19. Can maintain notebooks as required for school. _____
20. Doesn't lose sports equipment/personal electronics. _____
21. Keeps study area at home reasonably tidy. _____
- TOTAL SCORE: _____
22. Can usually finish homework before bedtime. _____
23. Can make good decisions about priorities when time is limited (e.g., coming home from school to finish project rather than playing with friends). _____
24. Can spread out a long-term project over several days. _____
- TOTAL SCORE: _____
25. Is able to increase effort to improve performance (e.g., change study strategies to earn a higher grade on a test or bring up report card grades). _____
26. Willing to engage in effortful tasks to earn money. _____
27. Willing to practice without reminders to improve a skill. _____
- TOTAL SCORE: _____
28. Is able to adjust to different teachers, classroom rules, and routines. _____
29. Is willing to adjust in a group situation when a peer is behaving inflexibly. _____
30. Is willing to adjust to or accept a younger sibling's agenda (e.g., allowing someone else to select a family movie). _____
- TOTAL SCORE: _____

(cont.)

Executive Skills Questionnaire for Children—Middle School Version (cont.)

31. Can accurately evaluate own performance (e.g., in sports event or school performance). _____
32. Is able to see impact of behavior on peers and make adjustments (e.g., to fit in with a group or avoid being teased). _____
33. Can perform tasks requiring more abstract reasoning. _____

TOTAL SCORE: _____

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

Your child's executive skill strengths
(highest scores)

Your child's executive skill weaknesses
(lowest scores)
