

Executive Functioning Skills Questionnaire

<p>Planning The ability to create a roadmap to reach a goal or to complete a task. Being able to make decisions about what's important to focus on.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Organization The ability to arrange or place things according to a system.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Time Management The capacity to estimate how much time I have, how to allocate it, and how to stay within a time limit and deadlines. It also involves a sense that time is important.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Working Memory The ability to hold information in mind while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project problem-solving strategies into the future.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Metacognition The ability to stand back and take a bird's eye view of myself in a situation. It is an ability to observe how you problem solve. It also includes self-monitoring and self-evaluative skills (e.g., asking yourself, "How am I doing?" or "How did I do?").</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Response Inhibition The capacity to think before you act. The ability to resist the urge to say or do something allows us the time to evaluate a situation and how our behavior might impact it.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Self-Regulation of Affect The ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Task Initiation The ability to begin a task without undue procrastination; to do a task in a timely fashion.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Flexibility The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes. It involves adaptability to changing conditions.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>
<p>Goal-Directed Persistence The capacity or drive to follow through to the completion of a goal and not be put off by other demands or competing interests.</p>	<p>Not a problem Sometimes a problem Frequently a problem</p>