

EXECUTIVE SKILLS QUESTIONNAIRE

(Adapted from Guare and Dawson 2013, pp. 42-43)

Please rate each of the following items using the scale below. Then add the sets of three items as indicated. Use the key at the bottom of the questionnaire to determine your executive skills strengths (2-3 lowest scores) and weaknesses (2-3 highest scores).

1	2	3	4	5	6	7
Strongl disagre		Tend to disagree	Neutral	Tend to agree	Agree	Strongly agree
ITEM						RATING
A.	I tend to act impuls People say I talk too I say things withou	much in group	os.	_		
B.	I say, "I'll do it later I forget tasks assigr I lose or misplace b	ned to me or dor	n't have the things I	need to complete tl l phone, keys, etc.	d: Group A ne tasks. d: Group B	
C.	I get annoyed when I have a short fuse a I get upset when th	and get frustrate	ed easily.	take too long to con	nplete nl: Group C	_
D.	If the first solution to with a different I get upset when I h I have problems with structured expla	solution. ave to change p th open-ended	lans or routines. assignments that d	n hard time coming u	-	
E.	I have trouble payir I run out of steam b I have trouble stick	efore finishing	tasks.	eted.	 d: Group E	
F.	I put off tasks until I have trouble postp I need reminding to	oning fun activ	rities in order to get	work done.	_	
				Tota	l: Group F	

	1	2	3	4	5		6	7
	ongly sagree	Disagree	Tend to disagree	Neutral	Teno agre		Agree	Strongly agree
GR	OUP							RATING
ui.		ouble planning	for large proje	cts.				Iuiiiiu
G.				n I have a lot of th	ings to do.			_
	I becom	e overwhelmed	l by large or lon	g-term projects.				_
						Total: 0	Group G	
	Mardocl	and other wor	lzena coe aro a m	000				
Н.	-	fcase/purse are	-					_
	-	ouble keeping	_					_
		1 0	J	Ĭ		Total: (Group H	
							•	
				g it will take me to				_
I.				ore they are due, a		0		
	_			before deadlines gs (appointments	_			_
	THEEUR	is of time to get	tready for tilling	gs (appointments	s, work, etc.j			_
						Total:	Group I	
							F	
		_	-	nce for things I wa	ınt to buy.			_
J.				long term goals.				_
	I prefer	to live in the pr	esent.					_
						Totalı	Group J	
						Tutali	այսար յ	
		ave very effecti						_
K.		-		es even when the	_			_
	I don't e	valuate my per	formance and c	hange my strateg	gies to increase	my succe	SS	_
						Totalı	Group K	
	YOUR EX	KECUTIVE SKIL	LS STRENGTHS	S		i Utai.	droup K	
		(Lowest Sco	res)					
					KEY			
					<u>Group</u>		tive Skill	
					A		nse Inhibitior	1
					B C		ng Memory onal Control	
					C D	Flexibi		
•	YOUR EX	ECUTIVE SKILL		ES	E		ned Attention	
		(Highest Sco	ores)		F		nitiation	
					G		ng & Prioritiz	ing
					H	Organi		
					l T		lanagement	stongo
					J K		irected persis	sterice
					11	1.1Ctact	/B.111C1011	