

PLANNING PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your planning skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I stick to a daily routine.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I start chores or homework, I finish them through to the end.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I use a calendar or a tool to remind me of events.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I like to have a plan so I don't feel overwhelmed.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I know which task to start first when I begin a project.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I get tasks done neatly and orderly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I know how to put steps in order for a bigger project

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My planning and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My planning and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My planning skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



TIME MANAGEMENT PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your time management skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I'm on time for appointments and family events.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can accurately estimate how long with will take me to complete a task.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have enough time to complete tasks carefully so I don't make mistakes.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I don't put off tasks or procrastinate.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I complete my daily routines and to-do lists.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I make lists or use a calendar so I know what I need to do each day

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I have a lot to do, I can prioritize what tasks to do first.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My time management and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My time management and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My time management skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



TASK INITIATION SKILLS

PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your task initiation skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

Procrastination is usually not a problem for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I know how to get started with most tasks.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I like to start chores and homework right away.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can set aside a fun activity when I have something more important to complete first.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I easily finish tasks, even ones I don't want to do.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can complete daily tasks without reminders from parents or teachers.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I know how to choose the most important task.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE

0-10

My task initiation and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My task initiation and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My task initiation skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



ORGANIZATIONAL SKILLS PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your organization skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I like my spaces neat and orderly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have systems to organize my work.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I know what I need to do, and when I need to do it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

People who know me say that I am an organized person.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I feel better when my space is organized.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I have a lot to do, I can make a plan and figure out what I need to do first.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I try to have a place for everything.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE

0-10

My organization and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My organization and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My organization skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



PROBLEM-SOLVING SKILLS

PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your problem-solving skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I can easily identify problems and when they start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can identify facts and gather relevant information.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can get to the bottom of why problems start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Finding multiple ways to complete a project is easy for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Others think my solutions to problems are creative.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Most times I evaluate the pros and cons before I take the next step.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I decide on a solution to a problem, I know how to implement it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My problem solving and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My problem solving and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My problem-solving skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



FLEXIBILITY

PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your flexibility skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I recognize problems and make changes to fix them.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'm okay if things change unexpectedly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Switching between tasks is easy for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I accept other's ideas even if they're different from my own.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can easily adjust to different rules and different expectations.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I don't mind if things go wrong or if I have to try a different way to solve a problem.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'm okay if I can't control things or when others make choices for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My flexibility and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My flexibility and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My flexibility skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



WORKING MEMORY PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your working memory.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I pay close attention to details to avoid mistakes.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have strong reading and math skills.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can remember multiple instructions for tasks.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Others say I have a good attention span.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can see chores, homework, and tasks through to the end.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I don't often forget what I'm doing or get lost in the middle of a task.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can keep track of lots of facts and information and recall them when I need it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My working memory and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My working memory and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My working memory is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



EMOTIONAL CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your emotional control.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

When bad things happen, I bounce back easily.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I control my temper.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I handle frustration in healthy ways.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Others say I have good patience.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I get upset, it's easy for me to calm down and get back to work.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I avoid saying things to 'get back' or hurt someone when I'm upset.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have a high tolerance for frustration. I can work through difficult things.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

TOTAL SCORE

0-10

My emotional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My emotional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My emotional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



IMPULSE CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your impulse control.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I read and follow instructions carefully.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I think about decisions before I make them.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'm okay waiting for something I really want, even if it's hard.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I like to think before I speak.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It's best not to take action until you have all the facts.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I avoid jumping to conclusions.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Others describe me as consistent and reliable.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE

0-10

My impulse control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My impulse control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My impulse control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



ATTENTIONAL CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your attentional control.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I can easily complete tasks with lots of steps.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I work carefully and avoid rushing through tasks.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can power through a task even if it's boring.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I focus on homework and chores without getting sidetracked.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Once I start on a task, I can work straight through to the end.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If I get interrupted in the middle of a task, I can easily pick up where I left off.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can focus on my work even when others are talking around me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

TOTAL SCORE

0-10

My attentional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My attentional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My attentional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?



SELF-MONITORING PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your self-monitoring skills.

Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

I try to get better at things over time.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can "read" situations and adjust my behavior if needed.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can see problems from others' perspectives.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I don't mind feedback and criticism because it helps me improve.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can step back from a situation and evaluate what's not working right.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I regularly evaluate my progress and try to adjust my plans.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'm open to making changes in order to do a better job.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

TOTAL SCORE

0-10

My self-monitoring and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My self-monitoring and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My self-monitoring skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

