

Table 4.2 Executive Functioning Exercise

<i>Question</i>	<i>Yes</i>	<i>No</i>	<i>Sometimes</i>
Do you look at your daily assignments and plan how you will complete them?			
Do you prioritize your assignments by thinking about what will take the most time or effort?			
Do you think about what is the most important task for you to complete?			
Do you use a planner to write down assignments?			
Do you break long-term assignments into smaller parts?			
Do you correctly estimate how long it will take you to complete an assignment?			
Do you have a nightly study schedule that you try to follow?			
Do you organize your schoolwork neatly in a binder or notebook?			
Do you review on a regular basis, not just before a test?			
Do you keep a record of your grades in each subject?			
Do you include the demands of your job, sports, and so forth in your planning to complete your schoolwork?			