

ADULT RATE YOUR BRAIN! [edited]

Description of Executive Functioning Skill	Rate from 0-4 0=Never 1=Rarely 2=Sometimes 3=Usually 4=Always	Description of Executive Functioning Skill	Rate from 0-4 0=Never 1=Rarely 2=Sometimes 3=Usually 4=Always
<i>INHIBITION (impulse control)</i>		<i>ENERGY: Alertness, Perseverance and Sustained Attention</i>	
1. I stop and think before I do something.		19. I stay awake and engaged at work, no matter what the topic or task is.	
2. I listen to or read all instructions before starting tasks.		20. I like to try and do things the best I can. If I make a mistake, I don't give up.	
3. I refrain from blurting things out in meetings or conversations.		21. I understand something new quickly and don't feel overwhelmed by it.	
INHIBITION TOTAL:		ENERGY TOTAL:	
<i>EMOTION: Managing feelings</i>		<i>MEMORY: Working Memory</i>	
4. I am very good at controlling my feelings, especially anger.		22. I remember things very well.	
5. I am not bothered by little things going wrong.		23. I can follow directions even when they have several steps.	
6. I have a lot of patience and do not get frustrated		24. I turn in reports or other work on time.	

quickly.			
EMOTION TOTAL:		MEMORY TOTAL:	
<i>ACTION: Organization</i>		<i>FOCUS: Shift/Flexibility</i>	
7. I keep track of my stuff.		25. I adjust quickly to changes in my schedule or plans.	
8. My bedroom, desk and car are neat and clean.		26. Making transitions between activities is easy.	
9. I can quickly find things that I need.		27. When I am interrupted, I get right back to what I was doing before.	
ORGANIZATION TOTAL:		SHIFT/FLEXIBILITY TOTAL:	
<i>ACTION: Time Management</i>		<i>FOCUS: Goal-oriented Persistence</i>	
10. I get things done on time and meet deadlines.		28. When I don't get something the first time, I keep on trying.	
11. I am good at estimating how long something will take to do.		29. I finish things that I start in a timely fashion.	
12. I like to use schedules and find them helpful.		30. Setting goals is easy for me.	
TIME MANAGEMENT TOTAL:		GOAL-ORIENTED PERSISTENCE TOTAL:	

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<i>ACTION: Planning/Prioritizing</i>		<i>SELF-EVALUATION: Self-awareness and Judgment</i>	
13. I know where to start on big projects and don't find them overwhelming.		31. I am aware of how my behavior affects others.	
14. It is easy for me to decide what is most important when I have a lot to do.		32. I enjoy receiving feedback and learning from my mistakes.	
15. Knowing what to save and what to throw away is no big deal for me.		33. I make sound choices by relying on available information about what I know is the right thing to do.	
PLANNING/PRIORITIZING TOTAL:		SELF-EVALUATION TOTAL:	
<i>ACTION: Initiating</i>			
16. It is easy for me to start something without reminders.			
17. I finish things without reminders.			
18. I get started on tasks right away; I don't			

procrastinate a lot.		
INITIATING TOTAL:		

What are your two highest score categories? These are your executive functioning skill strengths.

What are your two lowest score categories? These are your executive functioning skill challenges.

How could you apply this exercise in your classroom to help your students understand their own executive functioning strengths and challenges?¹

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