

RATE YOUR BRAIN FOR CHILDREN AND TEENS!

Description of Executive Functioning Skill	Rate from 0-4 0=Never 1=Rarely 2=Sometimes 3=Often 4=Always	Description of Executive Functioning Skill	Rate from 0-4 0=Never 1=Rarely 2=Sometimes 3=Often 4=Always
<i>INHIBITION (impulse control)</i>		<i>ENERGY: Alertness and Sustained Attention</i>	
1. I pause and think before I do something.		13. I stay awake and pay attention in classes or conversations, even if it's boring.	
2. I listen to or read all instructions before starting tasks.		14. I understand something new quickly and don't feel overwhelmed by it.	
3. I stop myself before blurting things out in classes or conversations.		15. I like to do things the best I can and don't give up if I make a mistake.	
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.		16. I remember things very well.	
5. Little things that go wrong don't upset me.		17. I can follow directions even when they have several steps.	
6. When I get frustrated, I calm down quickly.		18. I turn my homework in on time and remember my chores.	
EMOTION TOTAL:		MEMORY TOTAL:	
<i>ACTION: Organization</i>		<i>FOCUS: Shift/Flexibility</i>	
7. I keep track of my stuff.		19. I like unexpected changes in my schedule or plans.	
8. My bedroom, locker and notebook are neat and clean.		20. Going from one class or activity to another is easy.	
9. I can quickly find things that I need.		21. It's better to work on my own and not in groups.	
ORGANIZATION TOTAL:		SHIFT/FLEXIBILITY TOTAL:	
<i>ACTION: Time Management</i>		<i>FOCUS: Goal-oriented Persistence</i>	
10. I get things done on time.		22. 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.		23. I finish things that I start in timely way.	
12. I like to use schedules and find them helpful.		24. When I am interrupted, I get right back to what I was doing before.	
TIME MANAGEMENT TOTAL:		GOAL-ORIENTED PERSISTENCE	

		TOTAL:	
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>ACTION: Planning/Prioritizing</i>		<i>SELF-EVALUATION: Self-awareness and Judgment</i>	
7. I know where to start on big projects and make a clear plan.		25. I am aware of how my behavior affects others.	
8. It is easy for me to decide what is most important when I have a lot to do.		26. I enjoy receiving feedback and learn from my mistakes.	
9. Knowing what to save and what to throw away is no big deal for me.		27. I make good choices based on what I know is the right thing to do.	
PLANNING/PRIORITIZING TOTAL:		SELF-EVALUATION TOTAL:	
<i>ACTION: Initiating</i>			
10. It is easy for me to start something like homework or chores without being told.			
11. I finish things without reminders.			
12. 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.
