

# APPENDIX - Coaching Teens and College Students with ADHD

## EXECUTIVE SKILLS QUESTIONNAIRE

Read each item below then use the rating scale in the box to rank that item based on the extent to which it describes you. Then add the three scores in each section. Use the key on the back to determine your executive skill strengths and weaknesses.

	ALWAYS 1	MOSTLY 2	SOMETIMES 3	RARELY 4	
1.					_____
2.					_____
3.					_____
					TOTAL _____
4.					_____
5.					_____
6.					_____
					TOTAL _____
7.					_____
8.					_____
9.					_____
					TOTAL _____
10.					_____
11.					_____
12.					_____
					TOTAL _____
13.					_____
14.					_____
15.					_____
					TOTAL _____
16.					_____
17.					_____
18.					_____
					TOTAL _____
19.					_____
20.					_____
21.					_____
					TOTAL _____
22.					_____
23.					_____
24.					_____
					TOTAL _____
25.					_____
26.					_____
27.					_____
					TOTAL _____
28.					_____
29.					_____
30.					_____
					TOTAL _____
31.					_____
32.					_____
33.					_____
a.					_____
					TOTAL _____
34.					_____
35.					_____
36.					_____
					TOTAL _____
37.					_____
38.					_____
39.					_____
					TOTAL _____

# APPENDIX - Coaching Teens and College Students with ADHD

(This section is not for students; designed for coaches and teachers)

Use the following key to determine the students' executive functioning strengths and weaknesses.

ITEM #	YOUR TOTAL	EXECUTIVE SKILL
1 - 3	_____	Self Restraint
4 - 6	_____	Working Memory
7 - 9	_____	Emotional Control
10 - 12	_____	Task Initiation
13 - 15	_____	Sustained Attention
16 - 18	_____	Planning / Prioritization
19 - 21	_____	Organization
22 - 24	_____	Time Management
25 - 27	_____	Flexibility
28 - 30	_____	Metacognition
31 - 33	_____	Goal-Directed Persistence
34 - 36	_____	Stress Tolerance
37 - 39	_____	Self Advocacy

## STRONGEST SKILLS

(Highest #s)

(Lowest #s)

