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.	I jump to conclusions. I speak before thinking. I take action without having all	of the facts.			- TOTAL _
	_				TOTAL_
4. 5. 6.	Remembering facts, dates, and I struggle to remember the thin I lose or misplace things.		d.		TOTAL _
7.	I overreact when facing challer				_
8. 9.	Little things affect me emotional When frustrated, I under-react	•			TOTAL_
10.	I need reminders to start tasks.				_
11. 12.	I procrastinate. I have great ideas but struggle	to begin a task.			TOTAL _
13.	I struggle to stay focused on a				_
14. 15.	Once I start an assignment, it is When interrupted, I ifnd it diffic		k.		TOTAL _
16.	I struggle to make plans, identi	fy priorities and take	action.		_
17. 18.	Faced with many tasks, I find it I find it difficult to break big tas				TOTAL _
19.	I can never find things when I r				_
20. 21.	I don't maintain systems for org I don't maintain systems for org	ganizing my work.			TOTAL _
					TOTAL_
22. 23.	Regulating my pace to stay on I am rarely accurate at guessing	g how long it takes to	do something.		_
24.	Getting where I need to be, wh	en I need to be there	is difficult.		TOTAL _
25. 26.	Unexpected events prevent me I resist changes in plans and ro	•	d.		_
27.	"Reading" situations accurately		havior is difficult.		TOTAL _
28.	I don't take the time to evaluate	-			_
29. 30.	I find it difficult to step back fro I dislike checking my work for r		to make thoughtful decisions		TOTAL _
31.	Obstacles often keep me from				_
32. 33.	It is difficult to give up doing so I want to work on long-term go				_
	a. I struggle to work t		performance.		TOTAL _
34. 35	It is difficult to be productive in				_
35. 36.	Worry and pressure keep me fr Tasks that include variety and u				TOTAL _
37.	I find negotiating difficult even	_	-		_
38.	Expressing my needs makes m I don't know how to talk to other	ne feel uncomfortable			_

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)

