

Executive Skills Questionnaire for Children
Middle School (Grades 6-8)

Read each item below and rate that item based on how well it describes our child. Then add the scores in each section. Find the three highest and three lowest scores.

Almost Always	4
Often	3
Sometimes	2
Never	1

1. Is able to walk away from confrontation or provocative by a peer.	
2. Can say no to a fun activity if other plans have already been made.	
3. Resists saying hurtful things when with a group of friends.	
Total Score	
4. Able to keep track of assignments and classroom rules of multiple teachers.	
5. Remembers events or responsibilities that deviate from the norm (e.g., special instructions for field trips, extracurricular activities).	
6. Remembers multistep directions, given sufficient time and practice.	
Total Score	
7. Is able to “read” reactions from friends and adjust behavior accordingly.	
8. Can accept not getting what he/she wants when working/playing in a group.	
9. Can be appropriately assertive (e.g., asking teacher for help, inviting someone to dance at a school dance).	
Total Score	
10. Can spend 60-90 minutes on homework (may need one or more breaks).	
11. Can tolerate family gatherings without complaining of boredom or getting in trouble.	
12. Can complete chores that take up to 2 hours (may need a break).	
Total Score	
13. Can make and follow nightly homework schedule without undue procrastination.	
14. Can start chores at agreed-on time (e.g., right after school; may need written reminder).	
15. Can set aside fun activity when he/she remembers a promised obligation.	
Total Score	
16. Can do research on the Internet either for school or to learn something of interest.	
17. Can make plans for extracurricular activities or summertime activities.	
18. Can carry out a long-term project for school with little or no support from adults.	
Total Score	

19. Can maintain notebooks as required for school.	
20. Doesn't lose sports equipment/personal electronics.	
21. Keeps study area at home reasonably tidy.	
Total Score	
22. Can usually finish homework before bedtime.	
23. Can make good decisions about priorities when time is limited (e.g., coming home from school to finish project rather than playing with friends).	
24. Can spread out a long-term project over several days.	
Total Score	
25. Is able to increase effort to improve performance (e.g., change study strategies to earn a higher grade on a test or bring up report card grades).	
26. Willing to engage in effortful tasks to earn money.	
27. Willing to practice without reminders to improve a skill.	
Total Score	
28. Is able to adjust to different teachers, classroom rules, and routines.	
29. Is willing to adjust in a group situation when a peer is behaving inflexibly.	
30. Is willing to adjust to or accept a younger sibling's agenda (e.g., allowing someone else to select a family movie).	
Total Score	
31. Can accurately evaluate own performance (e.g., in sports event or school performance).	
32. Is able to see impact of behavior on peers and make adjustments (e.g., to fit in with a group or avoid being teased).	
33. Can perform tasks requiring more abstract reasoning	
Total Score	

Key			
Items	Executive Skill	Items	Executive Skills
1-3	Response Inhibition	4-6	Working Memory
7-9	Emotional control	10-12	Sustained attention
13-15	Task initiations	16-18	Planning/prioritization
19-21	Organization	22-24	Time management
25-27	Goal-directed persistence	28-30	Flexibility
31-33	Metacognition		

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