Executive Skills Questionnaire -

Peg Dawson & Richard Guare

Step I: Read each item below and then rate that item based on the extent to which you agree or disagree with how well it describes you. Use the rating scale below to choose the appropriate score. Then add the three scores in each section. Use the Key on page 2 to determine your executive skill strengths (2-3 highest scores) and weaknesses (2-3 lowest scores).

Strongly disagree	1	Tend to agree	5
Disagree	2	Agree	6
Tend to disagree	3	Strongly agree	7
Neutral	4		

ŀ	tem		Your	scor
	I don't jump to conclusions		<u> </u>	
	I think before I speak.		8	
٥.	I don't take action without having all the facts.	YOUR TOTAL SCORE:		=
	I have a good memory for facts, dates, and details.		<u>u</u>	
	I am very good at remembering the things I have committed I seldom need reminders to complete tasks	to do.	10 T	
		YOUR TOTAL SCORE:	<u> </u>	_
	My emotions seldom get in the way when performing on the Little things do not affect me emotionally or distract me from I can defer my personal feelings until after a task has been c	the task at hand.		
		YOUR TOTAL SCORE:		_
10.	No matter what the task, I believe in getting started as soon as possible.			
	Procrastination is usually not a problem for me. I seldom leave tasks to the last minute		-	
		YOUR TOTAL SCORE:		_
14.	I find it easy to stay focused on my work. Once I start an assignment, I work diligently until it's complet Even when interrupted, I find it easy to get back and complet			
		YOUR TOTAL SCORE:	8	_
17.	When I plan out my day, I identify priorities and stick to them When I have a lot to do, I can easily focus on the most impor I typically break big tasks down into subtasks and timelines.			
40		YOUR TOTAL SCORE:	<u> </u>	_
20.	I am an organized person. It is natural for me to keep my work area neat and organized I am good at maintaining systems for organizing my work.		<u> </u>	
		YOUR TOTAL SCORE:	=	_
Da	wson/Guare			1

Executive Skills in Children and Adolescents

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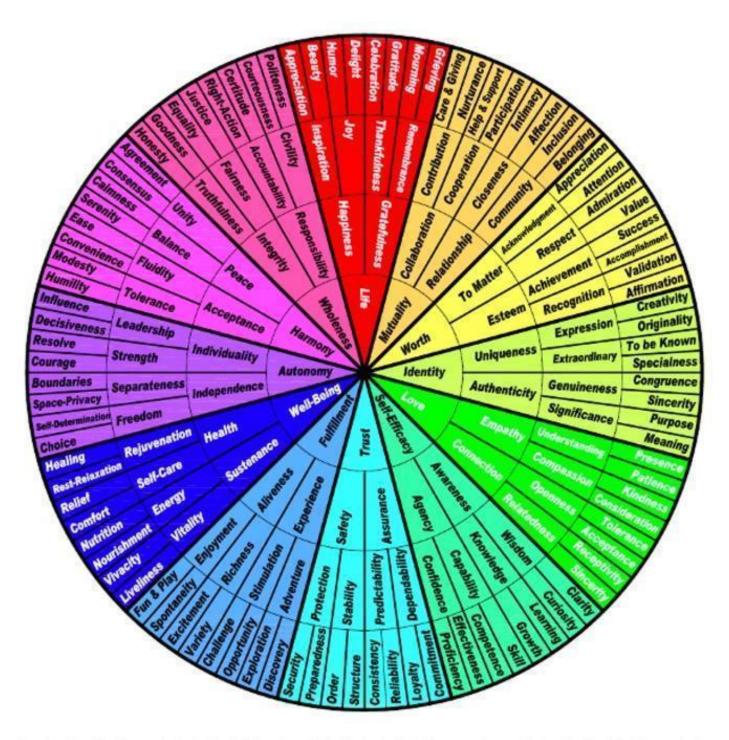
Item	Your scor	
22. At the end of the day, I've usually finished what I set out to do.		
23. I am good at estimating how long it takes to do something.	18 <u></u>	
24. I am usually on time for appointments and activities.	19	
YOUR TOTAL SCORE:		
25. I take unexpected events in stride.	N	
26. I easily adjust to changes in plans and priorities.	·	
27. I consider myself to be flexible and adaptive to change.	8 	
YOUR TOTAL SCORE:		
 I routinely evaluate my performance and devise methods for personal improvement. 		
 I am able to step back from a situation in order to make objective decisions. 		
30. I "read" situations well and can adjust my behavior based on the reactions of others.		
YOUR TOTAL SCORE:	, 	
31. I think of myself as being driven to meet my goals.		
32. I easily give up immediate pleasures to work on long-term goals.	7	
33. I believe in setting and achieving high levels of performance.	N <u></u>	
YOUR TOTAL SCORE:	(4 0 - 	
34. I enjoy working in a highly demanding, fast-paced environment.	<u> </u>	
35. A certain amount of pressure helps me to perform at my best.		
36. Jobs that include a fair degree of unpredictability appeal to me.		
YOUR TOTAL SCORE:	<u> </u>	
KEY		

Items	Executive Skill	Items	Executive Skill
1 - 3	Response Inhibition	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

Strongest Skills	Weakest Skills		
	-		
	-		
	-		

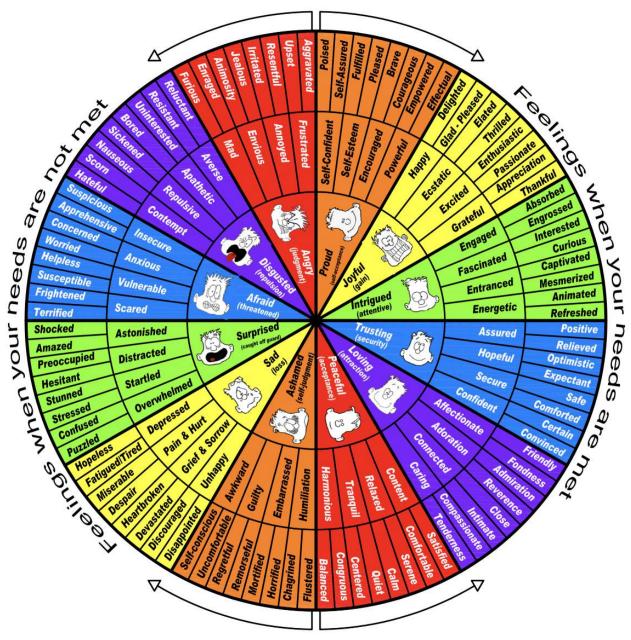
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Needs Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein. artisantf@hotmail.com Revised 1/1/11

Feelings Wheel



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The following words are **not** feelings. They are judgments of others:

Abandoned Attacked Abused Betrayed Blamed	Cheated Coerced Criticized Dismissed Disrespected	Ignored Intimidated Insulted Let down Manipulated Misunderstood	Neglected Put down Rejected Unappreciated Unloved	Unwanted Used Violated Wronged
Bullied	Excluded	Misunderstood	Unheard	