Scale

5	4	3	2	1
Never	Rarely	Sometimes	Often	Always

EF Questionnaire for students to complete about themselves.

Item	RESPONSE INHIBITION	Score
1	I act on impulse.	
2	I get in trouble for talking too much in lessons.	
3	I say things without thinking.	
	Total Score for Response Inhibition	
	WORKING MEMORY	
4	I say I'll do it later and then forget about it.	
5	I forget my homework, or to take home what I need to complete it.	
6	I lose or misplace belongings such as coats, gloves, keys or sunglasses.	
	Total Score for Working Memory	
	EMOTIONAL CONTROL	
7	I get annoyed when homework is too hard or confusing or takes too long to finish	
8	I have a short fuse - I am easily frustrated.	
9	I get upset when things don't go to plan.	
	Total Score for Emotional Control	

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	COGNITIVE FLEXIBILITY	
10	If the first solution to a problem doesn't work, I have trouble thinking of a different one.	
11	I get upset when I have to change plans or routines.	
12	I have problems with open ended homework(e.g., deciding what to write about in creative writing homework).	
	Total Score for Cognitive Flexibility	
	SUSTAINED ATTENTION	
13	I have difficulty paying attention and I am easily distracted.	
14	I run out of steam before finishing homework or other tasks.	
15	I have problems sticking with schoolwork or housework until they are done.	
	Total Score for Attention	
	TASK INITIATION	
16	I put off homework or housework until the last minute.	
17	I have difficulty setting aside fun activities in order to start homework.	
18	I need to be reminded to start my homework or housework.	
	Total Score for Task Initiation	
	PLANNING / PRIORITIZING	
19	I have trouble planning for big projects (knowing what to do first, second etc.)	
20	I have difficulty setting priorities when I have lots of things to do.	
21	I become overwhelmed by long-term projects or homework tasks.	
	Total Score for Planning and Prioritizing	

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	ORGANIZATION	
22	My backpack and notebooks aren't organised.	
23	My desk or workspace at home or school is a mess.	
24	I have trouble keeping my bedroom or locker tidy.	
	Total Score for Organization	
	TIME MANAGEMENT	
25	I have a hard time estimating how long it takes to do something (such as homework)	
26	I often don't finish homework at night and may rush to get it done in school before lessons.	
27	I need a lot of time to get ready for things (e.g., appointments, school, changing lessons) .	
	Total Score for Time Management	
	GOAL DIRECTED PERSISTENCE	
28	I can't seem to save up money for something I want.	
29	I don't see the point in working hard all year when I can cram before an exam.	
30	I prefer to live in the present and not worry about the future.	
	Total Score for Goal Directed Persistence	
	METACOGNITION	
31	I don't have very effective study strategies.	
32	I tend not to check my work for mistakes even when it's important to.	
33	I don't check my performance and change tactics to increase success.	
	Total Score for Metacognition	

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Executive Function Skill	Score
RESPONSE INHIBITION	
WORKING MEMORY	
EMOTIONAL CONTROL	
COGNITIVE FLEXIBILITY	
SUSTAINED ATTENTION	
TASK INITIATION	
PLANNING / PRIORITIZING	
ORGANIZATION	
TIME MANAGEMENT	
GOAL DIRECTED PERSISTENCE	
METACOGNITION	

High scores (above 10) = areas of strength
Low scores (5 and below) = areas of challenge