

# Executive Function Assessment

## EXECUTIVE FUNCTION ASSESSMENT

I don't jump to conclusions

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1 2 3 4 5

I think before I speak.

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1 2 3 4 5

I don't take action without having all the facts.

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1 2 3 4 5

Section 1 Score: \_\_\_\_\_

I have a good memory for facts, dates, and details.

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1 2 3 4 5

I am very good at remembering the things I have committed to do.

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1 2 3 4 5

I seldom need reminders to complete tasks

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1 2 3 4 5

Section 2 Score: \_\_\_\_\_

My emotions seldom get in the way when performing on the job.

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1 2 3 4 5

Little things do not affect me emotionally or distract me from the task at hand.

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1 2 3 4 5

I can defer my personal feelings until after a task has been completed.

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1 2 3 4 5

Section 3 Score: \_\_\_\_\_

No matter what the task, I believe in getting started as soon as possible.

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1 2 3 4 5

Procrastination is usually not a problem for me.

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1 2 3 4 5

I seldom leave tasks to the last minute.

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1 2 3 4 5

Section 4 Score: \_\_\_\_\_

I find it easy to stay focused on my work.

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1 2 3 4 5

Once I start an assignment, I work diligently until it's completed.

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1 2 3 4 5

Even when interrupted, I find it easy to get back and complete the job at hand.

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1 2 3 4 5

Section 5 Score: \_\_\_\_\_

When I plan out my day, I identify priorities and stick to them.

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1 2 3 4 5

When I have a lot to do, I can easily focus on the most important things.

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1 2 3 4 5

I typically break big tasks down into subtasks and timelines.

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1 2 3 4 5

Section 6 Score: \_\_\_\_\_

I am an organized person.

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1 2 3 4 5

It is natural for me to keep my work area neat and organized.

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1 2 3 4 5

I am good at maintaining systems for organizing my work.

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1 2 3 4 5

Section 7 Score: \_\_\_\_\_

At the end of the day, I've usually finished what I set out to do.

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1 2 3 4 5

I am good at estimating how long it takes to do something.

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1 2 3 4 5

I am usually on time for appointments and activities.

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1 2 3 4 5

Section 8 Score: \_\_\_\_\_

I take unexpected events in stride.

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1 2 3 4 5

I easily adjust to changes in plans and priorities.

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1 2 3 4 5

I consider myself to be flexible and adaptive to change.

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1 2 3 4 5

I routinely evaluate my performance and devise methods for personal improvement.

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1 2 3 4 5

I am able to step back from a situation in order to make objective decisions.

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1 2 3 4 5

I "read" situations well and can adjust my behavior based on the reactions of others.

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1 2 3 4 5

Section 10 Score: \_\_\_\_\_

I think of myself as being driven to meet my goals.

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1 2 3 4 5

I easily give up immediate pleasures to work on long-term goals.

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1 2 3 4 5

I believe in setting and achieving high levels of performance.

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1 2 3 4 5

Section 11 Score: \_\_\_\_\_

I enjoy working in a highly demanding, fast-paced environment.

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1 2 3 4 5

A certain amount of pressure helps me to perform at my best.

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1 2 3 4 5

Jobs that include a fair degree of unpredictability appeal to me.

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1 2 3 4 5

Section 12 Score: \_\_\_\_\_

Response Inhibition: \_\_\_\_\_

Emotional Regulation: \_\_\_\_\_

Sustained Attention: \_\_\_\_\_

Organization: \_\_\_\_\_

Flexibility: \_\_\_\_\_

Goal-Directed Persistence: \_\_\_\_\_

Working Memory: \_\_\_\_\_

Task Initiation: \_\_\_\_\_

Planning / Prioritization: \_\_\_\_\_

Time Management: \_\_\_\_\_

Metacognition: \_\_\_\_\_

Acute Stress Tolerance: \_\_\_\_\_

Strengths

Weaknesses