

## EF101 Assessment / Your EF Profile

Date \_\_\_/\_\_\_/\_\_\_ Name \_\_\_\_\_

**Directions:** Circle the comment that is most like the person you're thinking about. I designed this assessment so that if you feel it's appropriate and helpful for your child, and that they would get value out of it, you can have them take it. You can also use this to assess them from your perspective. Finally, you can use it to assess your EF. I like to write the date because you can see EF improve with time and implementation. Note: Don't look for the perfect number on this assessment. Just pick something that feels about right. The point is to get some clarity about your EF, not to get a perfect picture of everything.

- Choose a number 1-10 to describe how "strong" you think you are in each aspect of EF below.
- A score that is closer to 10 is a desirable score that indicates strength in the aspect.
- A score that is closer to 1 indicates an aspect I might want to work on.

1-10 score	Aspect of Executive Function
	<p><b>Emotional Regulation</b> - How well do I regulate, manage and process my emotions? Do I have a short or long fuse? Do I make mountains out of mole hills? Am I easily triggered or frustrated? Do I tend to be someone with pretty intense feelings that take over quickly (anger, worry, sadness, anxiety, happiness, joy)? Do I have <b>positive, healthy</b> tools to calm, sooth, or work with my emotions? Does my overwhelm get in the way of my ability to get things done? Do I procrastinate a lot because I don't <i>feel</i> like starting things? Do I try to avoid my feelings, stuff them, pretend things don't affect me?</p>
	<p><b>Working memory</b> - How is my memory in general? Am I forgetful? How am I at details? How well do I remember and juggle details in the moment when I am working on something? Do I remember the details of assignments? Do I forget to put my name on papers? Do I miss small details in math that get me to the wrong answer even though I know how to do it? Do I lose keys or other important items a lot? Do I turn things in on time?</p>
	<p><b>Inhibition vs. Impulsivity</b> - Am I impulsive, doing and saying things without thinking it through? Am I easily distracted? Do I inhibit when I need to, hold back, pause, think things through, not interrupt people? Do I inhibit distractions so I can focus, close tabs that I don't need, turn off the cell phone to focus better, etc.?</p>
	<p><b>Self-reflection</b> - Do I pause to self-monitor and ask how I am doing? What's working and what do I want to keep doing? What's not working and what do I want to change? Do I try hard to learn from my mistakes? Am I mindful and self-aware of what I'm doing or am I blindly <i>rushing</i> to just get it over with, rarely noticing what's working and what's not?</p>
	<p><b>Processing</b> - Does it take me a long time to get things done and process information I'm trying to learn? Do I often feel rushed and overwhelmed in classes? Is it hard to listen to the teacher and take notes at the same time? Is it hard to process all of the inputs at the same time, visual, auditory, kinesthetic? Is it hard to "filter" out distracting sounds, sights, thoughts, feelings, etc?</p>

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	<p><b>Focus</b> - Can I focus, concentrate, pay attention to <u>one</u> thing at a time <u>to completion</u> easily? Am I easily distracted and have trouble focusing? Does it take me forever to get things done because I get distracted?</p>
	<p><b>Organization</b> - Do I create organized systems to organize my backpack, folders, lockers, desks, supplies? Can I easily find what I need when I need it? Do I lose things a lot? Do I organize my thoughts well and write papers in an organized way? Is my bedroom organized and cleaned up or more messy? Do I have organized homes for most of my things? Do I label the things I organize? Do I need to get rid of clutter because I have too much stuff, clothes, books, papers, emails, etc?</p>
	<p><b>Time management &amp; Prioritization</b> - Do I manage time well and get things done efficiently? Am I good at productivity? Do I get my work done without getting distracted in a reasonable amount of time? Do I plan and use a planner daily and thoroughly and effectively? Do I prioritize my important responsibilities that help me in the long term over my less important activities that are more fun in the short term (like video games, social time, etc.)?</p>
	<p><b>Planning</b> - Do I know how to do various types of planning to EFFECTIVELY get everything done that I need to get done? Do I take time to plan daily and carefully? Do I write plans with ALL of the details I need? Do I get things done on time, without stress and not at the last minute because I plan thoughtfully? Do I backwards plan for long-term items? Do I put everything in my planner? Do I turn in my work on time or early?</p>
	<p><b>Motivation</b> - Do I have strategies to get through my resistance so I can self-start and do what I need to do, <u>even if I don't feel like it</u>? It doesn't matter if I'm motivated or not, I get the important things done because I take action that is in my best interest and my long term goals. Do I procrastinate a lot? Do I chunk things down into small bites so I can start easily?</p>
<p><b>SOME OTHER CONSIDERATIONS:</b> <i>Below I have added other aspects or relevant considerations that were not in the video lessons but that you might look at.</i></p>	
	<p><b>Good EF Foundations</b> - Sleep, nutrition, exercise? Do I get plenty of restorative sleep and feel rested? Do I eat plenty of fruits, vegetables and non-processed foods? Do I avoid most sugars and processed foods? Do I feel healthy after eating? Do I get plenty of daily exercise and movement?</p>
	<p><b>Connection</b> - Do I have plenty of daily opportunities to connect with family and friends in ways that feel nurturing, fun, meaningful, peaceful? Do I connect well with people? Do I listen carefully and patiently to people? Do I feel like I try to really understand people? Do I feel like people take time to understand me, know me, hear me, see me, to really "get" me?</p>
	<p>Optional - Add your own &gt;&gt;&gt;</p>

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### Systems Assessment

**About:** Here is a version of a rubric/assessment that I often use with my clients. This one is designed to evaluate the more concrete systems and habits that my students need.

	1 - Nope!	2 - Meh.	3 - Good enough!	4 - Seriously, I've got this!
<b>Paper management system</b>	Um, I pretty much shove papers into the abyss of my backpack, locker, etc.. I can't keep track of it all. I hate papers.	I try to use binders or folders, but I'm just happy if I shove papers into something. <b>Sometimes</b> I can find what I need.	I use folders or binders fairly well. I misplace things sometimes but can <b>usually</b> find what I need. It's <b>pretty reliable</b> .	I can reliably find any paper I need, from any class, at any time. My system is highly organized, effective and <b>completely reliable</b> .
<b>Backpack</b>	I don't even have a backpack, or I lost it, or I just don't use it.	I have one, and it's pretty messy. I can find some of what I need if I search hard enough.	I use it and can <b>usually</b> find what I need. It's fairly organized and reliable.	I manage my backpack well and it has a home for everything. I can <b>easily</b> and <b>reliably</b> find anything I need whenever I need it.
<b>Planner</b>	I don't need a planner, I try to keep it in my head. I have a lot of missing work, 0's and incompletes. I don't really "study".	I have a planner, but don't use it much or I lose it or forget about it. I often have missing and incomplete homework.	I use my planner to track most things, but it's not perfect. I get <b>most</b> of my work in <b>on time</b> and <b>study</b> pretty well.	I have a <b>completely reliable</b> system for my planner. I track <b>all</b> my responsibilities so well that I get <b>all</b> of my homework in on time. I study <b>effectively</b> .
<b>Grades</b>	Honestly, I have no idea what my grades are like.	I know some of my grades but don't really pay much attention to it.	I check my grades pretty <b>often</b> . I'm fairly aware of how I'm doing.	I check my grades <b>regularly</b> and know <b>exactly</b> how I'm doing in each class.
<b>Advocacy</b>	I don't approach my teachers for help. They don't want to be bothered.	Sometimes, if I remember, I will ask a teacher for help.	When I need to, I email teachers or go into office hours for help.	Whenever I have questions, I <b>make a point to speak with the teacher asap</b> . My teachers know me well and I am proactive.
<b>SSS (Sacred Study Space)</b>	I don't even think about where I study. It's not on my radar. I like to work on the couch or bed.	I study wherever I feel like, my homework takes a lot longer than it needs to.	I have a decent place to study, there aren't too many distractions.	I have a <b>great</b> place to study, it's <b>free of distractions</b> & I can <b>focus</b> on school work for extended periods of time.
<b>Study Skills</b>	Honestly, I don't "study" and I don't	I sort of study & rush through homework	I pretty much know HOW to study & do homework effectively, take notes, etc.	I know HOW to learn, how to actually "study", I do homework very effectively, take great notes, etc.
<b>Weekly Overhaul</b>	I never go through my stuff, the piles grow like crazy.	I sometimes overhaul and reorganize things, but it's overwhelming.	I overhaul my systems <b>occasionally</b> and keep them somewhat updated.	I <b>regularly</b> overhaul my systems and they are <b>reliably up to date!</b>
<b>Self-care</b>	I don't consistently wake up rested, get plenty of exercise and eat healthfully. I neglect other self-care habits.	Sometimes I wake rested, get exercise and eat well	I usually wake rested, get exercise and eat well	I consistently wake up rested, get plenty of exercise and eat healthfully and have great self-care habits.