



The **EASY!** way to know if you even have EF Challenges

EF Quiz #1

Let's keep this first quiz super simple:

If a student struggles with school, they probably struggle with Executive Function!

This can include struggling with things like:

- ☐ Homework problems
- ☐ Difficulty staying on-task
- ☐ Being disorganized
- ☐ Forgetful
- ☐ Poor time management
- ☐ Often behind on schoolwork
- ☐ Procrastination
- ☐ Lack of motivation
- ☐ Overwhelm
- ☐ Avoids dealing with stuff
- ☐ Resistance to things that would help, especially if parents suggest it

So, how familiar do these sound on a scale of 1-10? _____

10 = They sound VERY familiar.

1 = They do NOT sound familiar.