



EF Questionnaire

Directions:

Rate how often your child demonstrates these behaviors:

0 = Rarely/Never

1 = Sometimes

2 = Often

3 = Almost Always

1. ____ Needs multiple reminders to begin homework or chores
2. ____ Has trouble staying focused when there's noise or activity nearby
3. ____ Has trouble organizing digital files and online assignments
4. ____ Gets visibly frustrated when facing challenging assignments
5. ____ Has difficulty explaining how they solved a problem
6. ____ Often runs late or rushes at the last minute
7. ____ Struggles to switch from one activity to another
8. ____ Forgets instructions soon after hearing them
9. ____ Has trouble planning multi-step projects
10. ____ Backpack/desk is usually disorganized
11. ____ Gets overwhelmed easily by big assignments
12. ____ Has difficulty estimating how long tasks will take
13. ____ Struggles to return to work after being interrupted
14. ____ Can't find important items when needed
15. ____ Has trouble accepting when plans change
16. ____ Needs directions repeated frequently
17. ____ Gets stuck using the same approach even when it's not working
18. ____ Procrastinates starting difficult tasks
19. ____ "Zones out" during important instructions
20. ____ Loses track of time while working
21. ____ Has strong emotional reactions to setbacks
22. ____ Doesn't notice when their strategy isn't working
23. ____ Struggles to organize materials for projects
24. ____ Has trouble remembering multiple steps in a task
25. ____ Takes a long time to calm down when upset
26. ____ Doesn't recognize when they need help
27. ____ Has difficulty breaking large assignments into smaller parts
28. ____ Often leaves needed materials at school or home
29. ____ Struggles when routines change unexpectedly
30. ____ Has trouble keeping track of assignments and due dates



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Scoring Guide:

Transfer your scores to the categories below to identify areas of strength and challenge.

Time Management:

Question 6: _____
Question 12: _____
Question 20: _____
Total: _____

Organization:

Question 3: _____
Question 10: _____
Question 14: _____
Total: _____

Focused Attention:

Question 2: _____
Question 13: _____
Question 19: _____
Total: _____

Task Initiation:

Question 1: _____
Question 18: _____
Question 27: _____
Total: _____

Working Memory:

Question 8: _____
Question 16: _____
Question 24: _____
Total: _____

Emotional Regulation:

Question 4: _____
Question 21: _____
Question 25: _____
Total: _____

Flexibility:

Question 7: _____
Question 15: _____
Question 29: _____
Total: _____

Planning & Organization:

Question 9: _____
Question 23: _____
Question 30: _____
Total: _____

Metacognition:

Question 5: _____
Question 22: _____
Question 26: _____
Total: _____

Interpreting Scores:

For each category:

0-3: Strong skills

4-6: Moderate challenges

7-9: Significant challenges

Areas with the highest scores indicate where your child may need additional support.

Next Steps:

1. Note the top 2-3 areas with the highest scores.
2. Use these as guidance with where to start.

Remember: This questionnaire is meant to help identify patterns and areas for support. It is not a diagnostic tool.