Executive Functioning Competencies Self-Check Tool

For each item, circle or highlight your rating on the scale: 1 is low and 5 is high. Rate your class or school culture.

Impulse/Emotional Control	Planning/Prioritizing	Working Memory	Self-Monitoring	Organization
Identifying Emotions	Sets Priorities	General Memory Skills	Follows Directions	Manages Time
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Accepts Criticism	Sets Realistic Goals	Follows Directions	Self-Evaluation	Manages Resources
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Handles Stress	Schedules Work	Applies Knowledge Appropriately	Shows Initiative	Completes Assignments on Time
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Manages Distractions	Evaluates Progress	Generalizes Learning	Motivated to be Successful	Uses Organizational Tools
1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5	1---2---3---4---5
Flexibility		Language Comprehension	Adjust Strategies to Meet Needs	Juggles Long and Short-Term Tasks
1---2---3---4---5		1---2---3---4---5	1---2---3---4---5	1---2---3---4---5

Adapted from https://www.thinkingmaps.com/reading-writing-relationship-skills-social-emotional-learning-school/