










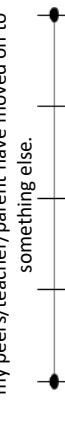








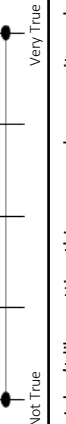

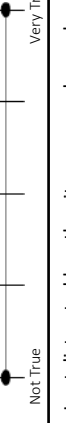
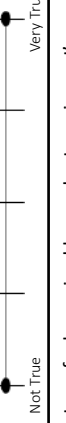





360 Thinking: Questionnaire for Executive Function Skills

For each of the situational awareness skills below, rate how true the experience feels for you on the scales provided. Do you notice if there are more 'true' items in one or more skill area? If so, it might be helpful to create a goal to improve that area. Try using this planner to record steps in working towards that goal.

Space	Time	Objects	People
<p>I have difficulties finding anything I need in my back pack, desk or locker.</p> 	<p>I have a hard time getting started on assignments and projects.</p> 	<p>I leave materials I need at home or school and need to go back to get them.</p> 	<p>I like to do group projects on my own or let other students lead the project.</p> 
<p>Keeping my locker neat is not a priority or something I have time for.</p> 	<p>I hand in assignments after the due date.</p> 	<p>I don't remember the materials or things I need to for classes or activities.</p> 	<p>I can get frustrated or angry with school or home work and its hard to focus and get it done.</p> 
<p>I feel like I have to go "all over" the house to get things I need before leaving for school or activities/sports.</p> 	<p>I realize once I get started on an assignment that it's going to take more time than I thought.</p> 	<p>I have difficulties organizing and finding papers I need for studying.</p> 	<p>I can have difficulties "over focusing" on a preferred task and shifting my attention to another priority. Sometimes I do not notice that my peers/teacher/parent have moved on to something else.</p> 
<p>I am overwhelmed or unmotivated to clean my room. Its hard to know where to start.</p> 	<p>My parents or teachers have to give me lots of reminders to get things done on time.</p> 	<p>I have a hard time tracking my stuff and I lose my things like sweatshirts, jackets, lunch containers, notebooks, etc.</p> 	<p>I don't think I have to be organized or more organized, but my parents and teachers think I do.</p> 
<p>When I clean up, I just take piles of stuff and put them in random places.</p> 	<p>I don't realize how much time has passed when I'm focused on a task like reading or playing video games.</p> 	<p>It is hard to organize my materials and keep things neat.</p> 	<p>I avoid talking to my teachers if I am having difficulties with an assignment.</p> 
<p>Sometimes when I am looking for something it is "in front of my face" but I do not easily see it.</p> 	<p>I am late or almost late for the bus, my ride or school.</p> 	<p>I lose points for careless mistakes or sloppy work on my school work.</p> 	<p>I am easily distracted by friends or social media when doing work.</p> 
<p>I don't like putting things away because it can be harder to find what I need later.</p> 	<p>I often run out of time when I am trying to finish a long term project.</p> 	<p>I get distracted by other items around me when I'm trying to get tasks or assignments done.</p> 	<p>I can feel surprised by grades I receive or I'm not sure what the teacher wanted.</p> 