

# Abridged Executive Control Skills Checklist

## Compared to peers, this child...

### Initiating Action

	<u>About Average</u>	<u>Lags Behind</u>
Begins homework/jobs with little or no prompting	<input type="checkbox"/>	<input type="checkbox"/>
Devises solutions to solvable problems; doesn't just "hope they'll go away"	<input type="checkbox"/>	<input type="checkbox"/>
Sets a specific time to act (Says "I'll do it after school", & does)	<input type="checkbox"/>	<input type="checkbox"/>
Independently pursues hobbies and activities of personal interest	<input type="checkbox"/>	<input type="checkbox"/>

### Flexible Thinking

	<u>About Average</u>	<u>Lags Behind</u>
Can analyze a situation from multiple perspectives before taking action	<input type="checkbox"/>	<input type="checkbox"/>
Able to have fun with available toys/diversions	<input type="checkbox"/>	<input type="checkbox"/>
Can adjust to atypical behavior in a friend ("Justin's grumpy because he's sick")	<input type="checkbox"/>	<input type="checkbox"/>
Transition times rarely incite tantrums/excessive anxiety	<input type="checkbox"/>	<input type="checkbox"/>

### Sustaining Attention

	<u>About Average</u>	<u>Lags Behind</u>
Can adequately block distractions when needed	<input type="checkbox"/>	<input type="checkbox"/>
Can tolerate boring or repetitive activities	<input type="checkbox"/>	<input type="checkbox"/>
Can read a book or listen to one being read	<input type="checkbox"/>	<input type="checkbox"/>
Doesn't make you feel rushed to finish a conversation before s/he "spaces out"	<input type="checkbox"/>	<input type="checkbox"/>

### Organization

	<u>About Average</u>	<u>Lags Behind</u>
Consistently brings all homework/school notices home	<input type="checkbox"/>	<input type="checkbox"/>
Keeps personal belongings organized and accessible	<input type="checkbox"/>	<input type="checkbox"/>
Bedroom basically neat; messes confined, not "chaotic"	<input type="checkbox"/>	<input type="checkbox"/>
Uses school book bag/locker effectively	<input type="checkbox"/>	<input type="checkbox"/>

### Planning

	<u>About Average</u>	<u>Lags Behind</u>
Is rarely short of time to complete projects	<input type="checkbox"/>	<input type="checkbox"/>
Is able to coordinate multi-step projects in order, i.e. draw, cut, paste	<input type="checkbox"/>	<input type="checkbox"/>
Considers consequences of actions	<input type="checkbox"/>	<input type="checkbox"/>
Notices factors that could impact plans, i.e. checks weather before dressing	<input type="checkbox"/>	<input type="checkbox"/>

### Working Memory

	<u>About Average</u>	<u>Lags Behind</u>
Able to retain information long enough to apply it to new learning challenges	<input type="checkbox"/>	<input type="checkbox"/>
Can remember and talk about what was learned in school that day	<input type="checkbox"/>	<input type="checkbox"/>
Recalls procedural steps, doesn't "stare blankly" when asked to "get started"	<input type="checkbox"/>	<input type="checkbox"/>
Is comfortable accepting "memory responsibilities" (i.e. chores, dues, projects)	<input type="checkbox"/>	<input type="checkbox"/>

### Self-awareness

	<u>About Average</u>	<u>Lags Behind</u>
Picks up on important social cues such as taking turns during play with peers	<input type="checkbox"/>	<input type="checkbox"/>
Uses appropriate vocal volume in conversation	<input type="checkbox"/>	<input type="checkbox"/>
Rarely "crosses over the line" of acceptable behavior	<input type="checkbox"/>	<input type="checkbox"/>
Accurately attributes the reactions of others to his/her own behavior	<input type="checkbox"/>	<input type="checkbox"/>

### Regulating Emotions

	<u>About Average</u>	<u>Lags Behind</u>
Able to shrug-off or quickly recover from minor disappointments	<input type="checkbox"/>	<input type="checkbox"/>
Seldom overreacts to words or behavior of peers	<input type="checkbox"/>	<input type="checkbox"/>
Able to use imagination, reason or logic to cope with adversity	<input type="checkbox"/>	<input type="checkbox"/>
Emotions do not overwhelm reasoning skills or impair problem-solving	<input type="checkbox"/>	<input type="checkbox"/>

Excerpted from **No Mind Left Behind: Understanding and Fostering Executive Control -The Eight Essential Brain Skills Every Child Needs To Thrive** by Adam J Cox, PhD. For complete test - [Order Now!](#)