



# The Executive Functioning Oreo

## Self-Regulation: PAUSING

*Inhibit the impulse to react*

- Requires development of metacognitive skills: react vs. respond

## Strategic Thinking: PLANNING

*Make a plan to respond*

- Must be able to analyze the current situation; then use foresight and hindsight to make a plan for present action

## Self-Regulation: ACTING

*Follow the plan*

- Must have motivation and self-regulation to follow the plan





### EFJ Informal Executive Function Rating Scale: *ADOLESCENT EDITION*

# Self-Regulation to Inhibit Impulses

Name of student:	Date:	Name of Rater:			Relationship to student:	Comments
	1 = Never 2 = Almost Never 3 = Rarely	4 = Occasionally 5 = Fairly Often	6 = Frequently 7 = Very Frequently	8 = Almost Always 9 = Always		
1. Acts wilder and sillier than others in groups (birthday parties, recess, play dates)	1 2 3	4 5	6 7	8 9		
2. Interrupts others	1 2 3	4 5	6 7	8 9		
3. Moves around/gets out of seat at the wrong time	1 2 3	4 5	6 7	8 9		
4. Gets out of control/silly/wild more than peers	1 2 3	4 5	6 7	8 9		
5. Blurts things out/talks at the wrong time	1 2 3	4 5	6 7	8 9		
6. Has trouble putting the brakes on his/her actions	1 2 3	4 5	6 7	8 9		
7. Gets in trouble if not supervised by an adult	1 2 3	4 5	6 7	8 9		
8. Fails to think before acting	1 2 3	4 5	6 7	8 9		
9. Jumps too quickly to inaccurate conclusions	1 2 3	4 5	6 7	8 9		
10. Is a risk-taker or daredevil without considering the consequences	1 2 3	4 5	6 7	8 9		
11. Has difficulty delaying gratification	1 2 3	4 5	6 7	8 9		
12. Requires support to get started	1 2 3	4 5	6 7	8 9		
13. Has trouble coming up with ideas for play time or free time	1 2 3	4 5	6 7	8 9		
14. Has trouble getting started on homework or other chores	1 2 3	4 5	6 7	8 9		
15. Has difficulties organizing activities with friends	1 2 3	4 5	6 7	8 9		
16. Does not take initiative, even for preferred tasks	1 2 3	4 5	6 7	8 9		
17. Frequently complains there is nothing to do	1 2 3	4 5	6 7	8 9		
18. Procrastinates on all kinds of tasks and activities	1 2 3	4 5	6 7	8 9		

Total score for <i>Inhibit Impulses</i> domain (total of all responses)	Average of responses for <i>Inhibit Impulses</i> domain (total of all responses divided by 18)	Interpretation of <i>Inhibit Impulses</i> domain

Interpretation based on average score:

- 1.0-1.4 = **No Difficulty**
- 1.5-3.4 = **Not Significant**
- 3.5-5.4 = **Moderate Weakness**
- 5.6-7.4 = **Significant Weakness**
- 7.5-9.0 = **Very Significant Weakness**

\*Some questions have been modified from the BRIEF Executive Functioning Rating Scale



# Strategic Thinking Skills

	1 = Never 2 = Almost Never 3 = Rarely	4 = Occasionally 5 = Fairly Often	6 = Frequently 7 = Very Frequently	8 = Almost Always 9 = Always	Comments
1. Becomes overwhelmed by large projects	1 2 3	4 5	6 7	8 9	
2. Has good ideas, but cannot get them on paper/organized/planned out	1 2 3	4 5	6 7	8 9	
3. Does not connect present action with future consequences	1 2 3	4 5	6 7	8 9	
4. Underestimates/overestimates time needed to complete tasks	1 2 3	4 5	6 7	8 9	
5. Has difficulty visualizing and/or verbalizing a desired outcome	1 2 3	4 5	6 7	8 9	
6. Cannot identify the necessary materials, tools, or steps to complete a task	1 2 3	4 5	6 7	8 9	
7. Is not prepared with materials/tools needed for a task	1 2 3	4 5	6 7	8 9	
8. Leaves messes; does not have an organized space to work or play	1 2 3	4 5	6 7	8 9	
9. Tries the same approach over and over, even when it does not work	1 2 3	4 5	6 7	8 9	
10. Has difficulty adjusting to changes in schedule	1 2 3	4 5	6 7	8 9	
11. Does not use future goals/emotion to motivate present action	1 2 3	4 5	6 7	8 9	
12. Has difficulty identifying how situations/experiences are similar and/or different	1 2 3	4 5	6 7	8 9	
13. Struggles to convey information in an organized or logical way	1 2 3	4 5	6 7	8 9	
14. Has difficulty creating a plan for how to accomplish a goal	1 2 3	4 5	6 7	8 9	
15. Struggles to visualize what he/she has heard or read	1 2 3	4 5	6 7	8 9	
16. Does not appear to use past experience to inform present action	1 2 3	4 5	6 7	8 9	
17. Projects and tasks are poorly organized	1 2 3	4 5	6 7	8 9	
18. Has difficulty adjusting when a plan changes unexpectedly	1 2 3	4 5	6 7	8 9	

Total score for <i>Strategic Thinking</i> domain (total of all responses)	Average of responses for <i>Strategic Thinking</i> domain (total of all responses divided by 18)	Interpretation of <i>Strategic Thinking</i> domain

Interpretation based on average score:

- 1.0-1.4 = **No Difficulty**
- 1.5-3.4 = **Not Significant**
- 3.5-5.4 = **Moderate Weakness**
- 5.6-7.4 = **Significant Weakness**
- 7.5-9.0 = **Very Significant Weakness**

\*Some questions have been modified from the BRIEF Executive Functioning Rating Scale



# Self-Regulation to Follow the Plan

	1 = Never 2 = Almost Never 3 = Rarely	4 = Occasionally 5 = Fairly Often	6 = Frequently 7 = Very Frequently	8 = Almost Always 9 = Always	Comments
1. Does not check work for mistakes	1 2 3	4 5	6 7	8 9	
2. Makes careless errors	1 2 3	4 5	6 7	8 9	
3. Work is sloppy/poorly presented	1 2 3	4 5	6 7	8 9	
4. Is unaware of how his/her behavior affects others or bothers others	1 2 3	4 5	6 7	8 9	
5. Does not notice when his/her behavior causes negative reactions	1 2 3	4 5	6 7	8 9	
6. Has trouble putting the brakes on his/her actions	1 2 3	4 5	6 7	8 9	
7. Has poor understanding of personal strengths and weaknesses	1 2 3	4 5	6 7	8 9	
8. Does not realize that certain behaviors bother others	1 2 3	4 5	6 7	8 9	
9. Is not prepared with necessary materials/tools to complete a task	1 2 3	4 5	6 7	8 9	
10. Forgets to turn in homework/tasks, even when they are completed	1 2 3	4 5	6 7	8 9	
11. Gets caught up in the details and misses the big picture	1 2 3	4 5	6 7	8 9	
12. Has good ideas, but does not get the job done (lacks follow through)	1 2 3	4 5	6 7	8 9	
13. Does not monitor time and adjust accordingly throughout tasks	1 2 3	4 5	6 7	8 9	
14. Has trouble carrying out planned actions to reach a goal	1 2 3	4 5	6 7	8 9	
15. Needs help from an adult to stay on task	1 2 3	4 5	6 7	8 9	
16. Is easily distracted by external stimuli	1 2 3	4 5	6 7	8 9	
17. Cannot keep mind on task, even when preferred	1 2 3	4 5	6 7	8 9	
18. Struggles to reflect accurately on personal performance	1 2 3	4 5	6 7	8 9	

Total score for <i>Follow the Plan</i> domain (total of all responses)	Average of responses for <i>Follow the Plan</i> domain (total of all responses divided by 18)	Interpretation of <i>Follow the Plan</i> domain

Interpretation based on average score:

1.0-1.4 = **No Difficulty**

1.5-3.4 = **Not Significant**

3.5-5.4 = **Moderate Weakness**

5.6-7.4 = **Significant Weakness**

7.5-9.0 = **Very Significant Weakness**

\*Some questions have been modified from the BRIEF Executive Functioning Rating Scale



# EFJ Informal Executive Function Rating Scale Score Report

**Name of Student:** \_\_\_\_\_

**D.O.B.** \_\_\_\_\_

**Chronological Age:** \_\_\_\_years \_\_\_\_months

**Assessment Date:** \_\_\_\_\_

**Name of Rater:** \_\_\_\_\_ **circle one:**    parent    teacher    self    other:

<b>Domain of Executive Function</b>	<b>Average of Responses</b>	<b>Interpretation</b>	<b>Comments</b>
Inhibit Impulses			
Strategic Thinking			
Follow the Plan			

\*Some questions have been modified from the BRIEF Executive Functioning Rating Scale