

EF Survey for Parents

Your child is learning about **executive functions (EFs)** at school. Mastering EFs such as organization, time management, and attention will help your child to be successful and happy in life.

We created this *parent* EF questionnaire so you could understand more about what your child is working on at school. It is supposed to be fun, friendly, and not-too scientific. Higher numbers on the survey mean higher ability.

IMPORTANT TO KNOW:

- EFs work alongside your intellect and creativity to help you achieve goals.
- If you're not successful at something, it might be because of an EF barrier and not because you're not smart or creative.
- EFs grow and develop until you are in your early 20s.
- Everyone has a few stronger EFs and a few weaker EFs.
- Even the brightest and most creative people have a few weaker EFs.

WE TALK ABOUT EFS AT SCHOOL BECAUSE...

- If children learn about their EF challenges they can learn specific strategies to support them, and...
- If children learn specific strategies to support their EFs they can show their intellect and creativity more, and..
- If children can show their intellect and creativity more they will be more successful at school and feel better about themselves, and
- if children are more successful at school they will set higher goals, have better lives, and be happier!

HAVE FUN. TALK TO YOUR CHILD FOR MORE INFO, OR ASK YOUR CHILD'S TEACHER, OR CHECK OUT WWW.ACTIVATEDLEARNING.ORG.

5	4	3	2	1
Never	Rarely	Sometimes	Often	Always

EF Checker for Parents

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Item	RESPONSE INHIBITION	Score
1	I find it hard not to jump in give my child <i>too much</i> help (all the answers) when they are struggling with homework.	
2	I try to solve my child's disagreements or problems before I know exactly what is going on.	
3	I finish my child's sentences.	
	Total Score for Response Inhibition	
	WORKING MEMORY	
4	It's hard to keep track of exactly how my child's stories began.	
5	When packing lunches or backpacks I find myself saying, "Wait. WHICH backpack did I put that waterbottle into?"	
6	I'm not very good at my child's memory games.	
	Total Score for Working Memory	
	EMOTIONAL CONTROL	
7	When my child is upset about something, I feel MY temperature rising.	
8	If my kid hits me, bites me, or says something hurtful to me it takes me a while to cool down.	
9	I don't follow my behavior management plans "in the moment" because I get too hot under the collar.	
	Total Score for Emotional Control	
	COGNITIVE FLEXIBILITY	
10	I find it hard to balance parenting styles with a partner. I'd rather just take care of my child in my own way.	
11	When I'm playing with my child, I have a certain idea about how the game works and I'm not open to changing the rules.	
12	I don't like unexpected changes.	
	Total Score for Cognitive Flexibility	
	SUSTAINED ATTENTION	
13	When I'm reading with my child, I'll suddenly 'wake up' and realize I haven't been paying attention.	
14	When my kids are speaking to me I find it hard to keep still and look at them. I tend to cut in, multi-task, or miss the point.	
15	I look at my phone often, even when I'm spending time with my child.	
	Total Score for Attention	

	TASK INITIATION	
16	I need an extra cup of coffee to get going in the morning.	
17	I know I should be signing my child up for sports and activities, but I don't know where to start.	
18	I know my child could use my help to get better with a certain school skill, but I never seem to get started with a plan.	
	Total Score for Task Initiation	
	PLANNING / PRIORITIZING	
19	I don't organize playdates for my child or make social arrangements for myself much.	
20	I lean on my partner a lot to plan family activities or holidays.	
21	If I don't make a written to-do list I will not get important things done.	
	Total Score for Planning and Prioritizing	
	ORGANIZATION	
22	I feed my kids well, but MY diet is not the best. I just grab what I can.	
23	My car has a lot of extra things in it.	
24	I re-purchase essentials often. They get lost!	
	Total Score for Organization	
	TIME MANAGEMENT	
25	I can't seem to find the time to exercise or see my friends.	
26	When I'm with my child and check the time, I'm shocked.	
27	I often say, "Hurry up! We're going to be late!!" to my child.	
	Total Score for Time Management	
	GOAL DIRECTED PERSISTENCE	
28	I keep meaning to establish a nightly reading routine with my child, but it's so hard to stick with it!	
29	I find myself commenting that new parenting approaches, technology, etc., "Don't work for me".	
30	I don't stick with 'consequences' that I've planned.	
	Total Score for Goal Directed Persistence	
	METACOGNITION	
31	I find myself making the same mistakes again and again.	
32	I don't think about my challenges when they are behind me.	
33	I would have to think long and hard if someone asked me about my basic values or philosophy as a parent.	
	Total Score for Metacognition	