

Executive Skills Questionnaire Results for khenke

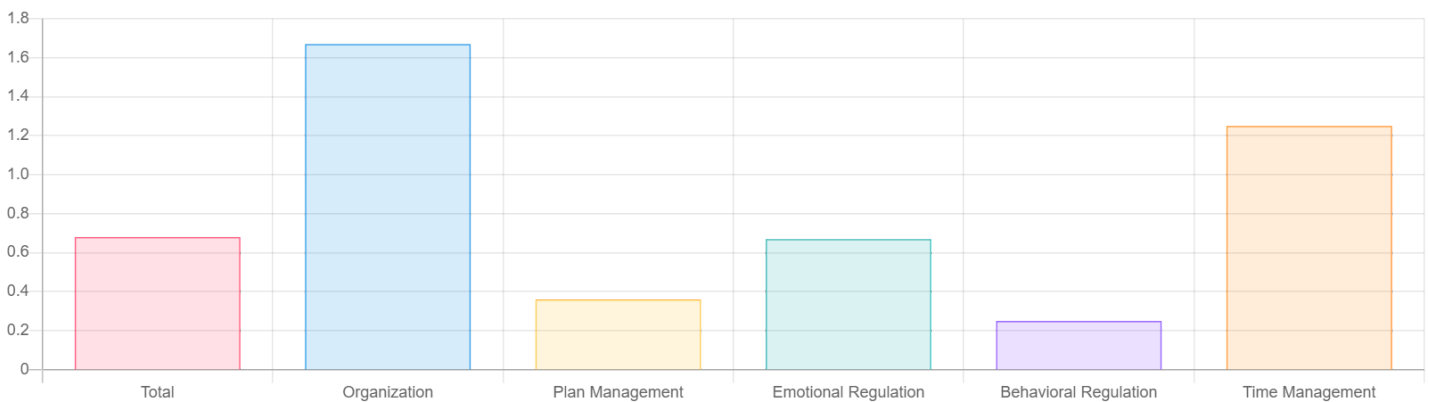
Thank you for taking the ESQ-R, a self-report survey that assesses how you view your executive skills. The 25 items on this survey yield scores in 5 domains of executive skills, which we call Skill Areas. Scores reported below are the average score for each Skill Area, and they can range from 0 to 3. The lower the score, the stronger your skills are in this domain. When scores fall at 2 or above, this means you have rated the items on this scale as either often or very often true, so any skill area with a score of 2 or more is one that may be problematic for you.

We also give you your average score on the entire ESQ-R. If you are working to improve some of your areas of challenge, you may want to take the ESQ-R again after a while to see if your scores on either individual Skill Areas or the total scale score have improved. In an appendix to this report, we include the 25 items on the ESQ-R and the rating you gave for each item. If you take the test again, you can check to see whether your ratings on individual items changed, too.

Here are your scores:

Average Total Score: 0.68
 Plan Management: 0.36
 Time Management: 1.25
 Organization: 1.67
 Emotional Regulation: 0.67
 Behavioral Regulation: 0.25

Here are your scores in a graph format:



At the present time, we do not have norms for this scale, but based on all the surveys submitted to us to date, the Average Total Score for people completing the ESQ-R is: 1.23.

To help you understand your scores better, here are descriptions of the 5 Skill Areas:

Plan Management: This skill area refers to the ability to create and manage plans for accomplishing tasks. It includes individual executive skills such as planning/prioritizing, sustained attention, flexibility, metacognition, and goal directed persistence.

Time Management: This skill area refers to the ability to manage various aspects of time, including time estimating, time allocation, and being able to work within time limits and time constraints. It includes the individual executive skills of time management, task initiation and working memory.

Organization: This skill area refers to the ability to create and maintain systems to keep track of information or materials. It incorporates the executive skills of organization and working memory.

Emotion Regulation: This skill area is identical to the executive skill of emotional control. It refers to the ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.

Behavior Regulation: This skill area refers to the ability to exhibit self-control and to think before acting or responding to consider the consequences of one's actions. It includes the executive skills of response inhibition and goal-directed persistence.

One final comment: Looking at your higher scores may help you decide on areas you might want to improve, but look at your low scores, too, because they represent comparative strengths. You may be able to figure out ways to take advantage of your strengths-or even make them stronger. For instance, if you find that Organization is a strength for you and Time Management is a weakness, you may find that having an organized work space makes it easier for you for get down to work and use your time efficiently.

Your Answers:

- **I act on impulse:** Never or Rarely
- **I say things without thinking.:** Never or Rarely
- **I lose things.:** Sometimes
- **I have a short temper.:** Never or Rarely
- **I get upset when things don't go as planned.:** Sometimes
- **I run out of energy before finishing a task.:** Often

- **It's hard for me to set priorities when I have a lot of things to do.:** Never or Rarely
- **My desk or work space is a mess.:** Often
- **I have trouble keeping my house or room clean.:** Often
- **I have trouble estimating how long it will take to complete a task.:** Sometimes
- **I'm slow to get ready for school, work, or appointments.:** Never or Rarely
- **If the first solution to a problem doesn't work, I have trouble thinking of a different one.:** Never or Rarely
- **I skip checking my work for mistakes, even when the stakes are high.:** Never or Rarely
- **I get annoyed when tasks are too hard.:** Never or Rarely
- **It's hard for me to put aside fun activities to start things I know I need to do.:** Sometimes
- **I have trouble with tasks where I have to come up with my own ideas.:** Never or Rarely
- **It's hard for me to tell how well I'm doing on a task.:** Never or Rarely
- **I have trouble reaching long-term goals (those that take many weeks or months to finish):** Never or Rarely
- **I "go with my gut" when making decisions.:** Never or Rarely
- **I get so wrapped up in what I'm doing that I forget about other things I need to do.:** Very Often
- **Little things frustrate me.:** Sometimes
- **I have trouble getting back on track if I'm interrupted.:** Sometimes
- **I have trouble making a plan.:** Never or Rarely
- **I focus on details and miss the big picture.:** Sometimes
- **I live in the moment.:** Sometimes