

Student Executive Function Skills Reflection

Reflect on your present skills in each reflection category.

Name:				
Date:				
Skills at School	Not Yet (1)	Just Starting (2)	Mostly on My Own (3)	Totally on My Own (4)
Email teachers on my own				
Know <i>when</i> to ask for help				
Know <i>how</i> to ask for help				
Pack my backpack				
Manage homework time				
Use a calendar (digital or physical)				
Create a to-do list				
Solve friend conflicts				
Work in a group				
Take notes				
Pay attention in class 80 percent or more of the time				
Study effectively				
Write an essay				
Read 60 to 100 pages a week				
Get to school and classes on time				
Skills at School	Not Yet (1)	Just Starting (2)	Mostly on My Own (3)	Totally on My Own (4)
Add Your Own				
Add Your Own				
Add Your Own				