

FIGURE 4.4. Coaching Topics Survey

For each of the following items, circle the number from 1 to 5 that indicates the degree to which you need to work on that area, with 1 = *definitely need to work on* and 5 = *don't need to work on*.

Items starred with an asterisk (*) need only be answered by clients who are attending school or classes.

	Definitely need to work on				Don't need to work on
Improving time management	1	2	3	4	5
Establishing routines and good habits	1	2	3	4	5
Organizing school or work	1	2	3	4	5
Organizing personal space	1	2	3	4	5
Getting to class on time*	1	2	3	4	5
Studying*	1	2	3	4	5
Scheduling classes*	1	2	3	4	5
Paying attention in class and taking good notes*	1	2	3	4	5
Managing long-term assignments*	1	2	3	4	5
Planning and prioritizing	1	2	3	4	5
Making decisions and solving problems	1	2	3	4	5

(continues)

FIGURE 4.4. Coaching Topics Survey (Continued)

	Definitely need to work on				Don't need to work on
Keeping track of things	1	2	3	4	5
Doing laundry	1	2	3	4	5
Exercising	1	2	3	4	5
Eating healthfully	1	2	3	4	5
Waking up and staying up	1	2	3	4	5
Getting to bed	1	2	3	4	5
Taking medication	1	2	3	4	5
Making friends	1	2	3	4	5
Keeping friends	1	2	3	4	5
Getting along with roommates	1	2	3	4	5
Getting along in group situations	1	2	3	4	5
Decreasing negative self-talk	1	2	3	4	5
Managing stress and anxiety	1	2	3	4	5
Establishing realistic goals	1	2	3	4	5
Understand more about ADHD	1	2	3	4	5
Explaining ADHD to professors* (requesting accommodations)	1	2	3	4	5
Figuring out the next step in my career or job	1	2	3	4	5

Note. ADHD = attention-deficit/hyperactivity disorder.