

Coaching Topics Survey

This survey may be useful in helping you to identify areas that you want to work on for coaching. 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. A smaller number indicates the topic is not something that you feel you need to work on.

1 = *do not need to work on*

5 = *definitely need to work on*

Mark N/A if the topic is not applicable to you

Needing to work on something is not the same as *wanting* to work on it. So when we meet, we will look at these topics to see which are priorities for you right now.

	Don't need to work on this				Definitely need to work on this	
Establishing routines and good habits	1	2	3	4	5	
Organizing school or work tasks	1	2	3	4	5	
Organizing personal space	1	2	3	4	5	
Getting to class or work on time	1	2	3	4	5	
Studying	1	2	3	4	5	
Scheduling classes & appointments	1	2	3	4	5	
Paying attention in class or meetings & 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	
Keeping track of things	1	2	3	4	5	

	Don't need to work on			Definitely need to work on	
Getting along with roommates or family	1	2	3	4	5
Doing laundry (or other household tasks)	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 at a reasonable time	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
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
Understanding more about ADHD	1	2	3	4	5
Figuring out the next step in my career or schooling	1	2	3	4	5

Adapted from Coaching Topics Survey by Frances Prevatt and Abigail Levrini