

## APPENDIX 1: Frequency of Cognitive Strategy Usage Scale (FCSUS)

Please indicate how often you currently use each of the skills/tools listed below:

Skill/Tool	Daily	Weekly	Monthly	Never
Remove distractions before starting an important task				
Break tasks into manageable steps				
Avoid multi-tasking				
Ask others not to interrupt				
Mindfulness skills to improve concentration				
Work actively or creatively with information you want to remember long-term				
Use meaningful associations or mnemonics to help you remember				
Use visual imagery to help you remember				
Write down important information for later reference				
Day planners and calendars				
Appointment schedules to organize your day				
Timers/Alarms/Automated Prompts				
To-Do Lists				
Establishing routines to simplify your life or achieve goals				
Self-pacing strategies such as taking scheduled breaks				
Home organization strategies such as setting up a place and system to store important personal items (wallet, keys, cell phone), or a place and system for your mail and bills				
Setting aside time to plan out steps towards important life goals				
Prioritizing healthy habits such as exercise, eating well, recreation, and important relationships				