

APPENDIX 2: Usefulness of Cognitive Strategies Scale (UCSS)

Please indicate how useful each of the following skills/tools are to you currently:

| Skill/Tool | Very Useful | Somewhat Useful | Not Useful |
|--|-------------|-----------------|------------|
| 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 | | | |