Rate yourself from 1-5 on the following questions:
(where 1 = easy / never and 5 = very difficult / all of the time)

Please circle the number that you feel applies to you

1. Reading large amounts of information?	1	2	3	4	5
2. Spelling long words such as “phenomenal” or “astronomical”?	1	2	3	4	5
3. Doing written exams?	1	2	3	4	5
4. Planning out written reports or discussion papers?	1	2	3	4	5
5. Memorising information?	1	2	3	4	5
6. Handwriting – how neat or legible is it?	1	2	3	4	5
7. Proficiency at team games?	1	2	3	4	5
8. Organisational skills (e.g. tidiness of desk, punctuality etc)	1	2	3	4	5
9. Fine motor skills (e.g. cutting, buttoning, cooking, cleaning etc)	1	2	3	4	5
10. Driving a car / learning to drive a car?	1	2	3	4	5
11. Ability to concentrate in distracting environments?	1	2	3	4	5
12. Ability to hold interest in things ?	1	2	3	4	5
13. Listening to others speaking for long periods (e.g. lectures)	1	2	3	4	5
14. Turn-taking in conversation (do you interrupt others frequently)?	1	2	3	4	5
15. Getting tasks finished efficiently?	1	2	3	4	5
16. Understanding metaphor / idioms (e.g. getting the joke as quickly as others)?	1	2	3	4	5
17. Making small talk in social situations (knowing what is appropriate to say to particular people)?	1	2	3	4	5
18. Ability to involve yourself in common hobbies and interests?	1	2	3	4	5
19.Ability to adapt to situations where routines and rituals that are usually carried out on a daily basis are disrupted?	1	2	3	4	5
20. Do you adjust well to change or to new situations?	1	2	3	4	5

How many 1’s? 1 x =
How many 2’s? 2 x =
How many 3’s? 3 x =
How many 4’s? 4 x =
How many 5’s? 5 x =

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