**SELF EVALUATION INVENTORY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Memory and Attention | 1 | 2 | 3 | 4 | 5 |
|  | Almost  Always | Usually | Some  times | Seldom | Almost  Never |
| 1. I recall things I was told or did yesterday. |  |  |  |  |  |
| 1. I remember where things are kept or where I have put things. |  |  |  |  |  |
| 1. I remember to take belongings with me and not leave them behind. |  |  |  |  |  |
| 1. I remember to do what I said I would do. |  |  |  |  |  |
| 1. I remember details of my daily routine. |  |  |  |  |  |
| 1. I recall what I have told people and don’t repeat the same stories. |  |  |  |  |  |
| 1. I remember what I am supposed to do in the future like appointments, assignments. |  |  |  |  |  |
| 1. I recall stories I have heard or read. |  |  |  |  |  |
| 1. I am able to keep my train of thought in conversation. |  |  |  |  |  |
| 1. I remember directions to places I frequently go. |  |  |  |  |  |
| 1. I am able to recall the names of people I know well. |  |  |  |  |  |
| 1. I can remember the names of people I have just met. |  |  |  |  |  |
| 1. I remember if I have completed something and don’t have to go back to check. |  |  |  |  |  |
| 1. I remember phone numbers I use often. |  |  |  |  |  |
| 1. I can remember a new number long enough to write it down. |  |  |  |  |  |
| 1. I remember important dates like birthdays, holidays. |  |  |  |  |  |
| 1. I remember when bills are due and pay them on time. |  |  |  |  |  |
| 1. I have no problem following a movie or TV story. |  |  |  |  |  |
| 1. I remember to pass on messages. |  |  |  |  |  |
| 1. I am able to learn new things easily. |  |  |  |  |  |
| 1. When I go to get something from another room, I remember what I needed when I get there. |  |  |  |  |  |
| 1. I remember when things happened; i.e., yesterday or last week. |  |  |  |  |  |
| 1. When I read a book, I can recall information from the previous chapters. |  |  |  |  |  |
| 1. I can concentrate for long periods of time. |  |  |  |  |  |
| 1. I can ignore distractions. |  |  |  |  |  |
|  | 1 | 2 | 3 | 4 | 5 |
|  | Almost  Always | Usually | Some  times | Seldom | Almost  Never |
| 1. I can keep my focus on tasks and I don’t daydream. |  |  |  |  |  |
| 1. I am able to keep track of time and remember my other obligations |  |  |  |  |  |
| 1. I am able to find my way around and don’t get lost. |  |  |  |  |  |
| 1. I have energy to do all the tasks required in the day. |  |  |  |  |  |
| 1. I am able to process information quickly and I rarely feel confused or fuzzy. |  |  |  |  |  |
| 1. I can pay attention to details easily and don’t make a lot of mistakes when I am working on detailed tasks. |  |  |  |  |  |
| 1. I can follow conversations with more than one person talking. |  |  |  |  |  |
| 1. I can do more than one thing at a time- multi-task |  |  |  |  |  |
| 1. I can return to task after an interruption |  |  |  |  |  |

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| What kinds of strategies do you use to help yourself if any of the above is difficult? | | | | | |
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