**SELF EVALUATION INVENTORY**

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| --- | --- | --- | --- | --- | --- |
| Memory and Attention | 1 | 2 | 3 | 4 | 5 |
|  | AlmostAlways | Usually | Sometimes | Seldom | AlmostNever |
| 1. I recall things I was told or did yesterday.
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| 1. I remember where things are kept or where I have put things.
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| 1. I remember to take belongings with me and not leave them behind.
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| 1. I remember to do what I said I would do.
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| 1. I remember details of my daily routine.
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| 1. I recall what I have told people and don’t repeat the same stories.
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| 1. I remember what I am supposed to do in the future like appointments, assignments.
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| 1. I recall stories I have heard or read.
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| 1. I am able to keep my train of thought in conversation.
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| 1. I remember directions to places I frequently go.
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| 1. I am able to recall the names of people I know well.
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| 1. I can remember the names of people I have just met.
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| 1. I remember if I have completed something and don’t have to go back to check.
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| 1. I remember phone numbers I use often.
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| 1. I can remember a new number long enough to write it down.
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| 1. I remember important dates like birthdays, holidays.
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| 1. I remember when bills are due and pay them on time.
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| 1. I have no problem following a movie or TV story.
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| 1. I remember to pass on messages.
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| 1. I am able to learn new things easily.
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| 1. When I go to get something from another room, I remember what I needed when I get there.
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| 1. I remember when things happened; i.e., yesterday or last week.
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| 1. When I read a book, I can recall information from the previous chapters.
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| 1. I can concentrate for long periods of time.
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| 1. I can ignore distractions.
 |  |  |  |  |  |
|  | 1 | 2 | 3 | 4 | 5 |
|  | AlmostAlways | Usually | Sometimes | Seldom | AlmostNever |
| 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
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| 1. I am able to find my way around and don’t get lost.
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| 1. I have energy to do all the tasks required in the day.
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| 1. I am able to process information quickly and I rarely feel confused or fuzzy.
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| 1. I can pay attention to details easily and don’t make a lot of mistakes when I am working on detailed tasks.
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| 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? |
| 1.
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