

Chart your strengths

Complete this quick survey to learn about the neurodevelopmental framework and your own neurodevelopmental strengths and weaknesses. In the box below, note for each statement the number that best represents your candid reaction to each statement below. (Scale = 1-5, Rarely to Often)

1. I stick with demanding work without brain fatigue.
2. I can keep my focus and steer clear of distractions.
3. I routinely control impulses, plan, take my time, and check my work.
4. I remember processes and work well with them.
5. I am comfortable following steps and sequences.
6. I stay on track with numbered lists and sequences.
7. I am drawn toward visual and graphical materials.
8. I easily recall shapes, symbols and images.
9. I work well with diagrams and maps.
10. I juggle mentally lots of information and many ideas.
11. I readily memorize information.
12. I recall important information and events.
13. I gather and understand a lot of information through words and text.
14. I express myself well with words, sentences, and passages.
15. I use language to develop and extend thoughts.
16. I have good control of large body movements, such as for sports or dance.
17. I have good control of hand movements, like for art or playing musical instruments.
18. I write easily by hand.
19. I collaborate effectively in different settings.
20. I nurture positive relationships with others.
21. I am good at reading the mood of people and situations.
22. I usually understand ideas and concepts quickly and easily.
23. I apply logic and reasoning to most challenges.
24. I readily generate innovative ideas.



In the spaces below, write the number for each statement. Add up your scores for each column and enter the totals in the box below.

1	4	7	10
2	5	8	11
3	6	9	12
Attention: <input type="text"/>	Temporal Sequential Ordering: <input type="text"/>	Spatial Ordering: <input type="text"/>	Memory: <input type="text"/>
13	16	19	22
14	17	20	23
15	18	21	24
Language: <input type="text"/>	Neuromotor Functions: <input type="text"/>	Social Cognition: <input type="text"/>	Higher Order Cognition: <input type="text"/>

The grid represents a starting point for your own neurodevelopmental profile. Higher scores represent strengths to leverage for your personal learning and performance. Lower scores indicate areas that might not come as easily for you.