

Emotional Control

Definition: The ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.

Strength Examples:

- Maintains cool
- Handles criticism/correction
- Controls temper if frustrated

My Examples:

Emotional Control

Definition: The ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.

**related skills: challenges with emotional control// challenges with flexibility*

**compensate challenges with emotional control using strengths with response inhibition and/or metacognition*

Challenges Examples:

- Short fuse
- Easily hurt
- Tends to “lose it” if frustrated

My Examples

Working Memory

Definition: The ability to hold information in memory while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project into the future

* Working Memory is distinct from short-term memory, which is just holding information in mind.

*Working Memory and inhibitory control support one another and rarely, if ever, is one needed but not the other

*related skills: strong working memory/ challenges with organization and vice versa

Strength Examples:

- Keeps track of belongings
- Remembers what to do
- Learns from past experience

My Examples:

Working Memory

Definition: The ability to hold information in memory while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project into the future.

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*related skills: challenges with memory/ strong organization and vice versa

Challenges Examples:

- Misplaces things
- What was I going to do?"
- Repeats same mistakes

My Examples:

Time Management

Definition: The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines. It also involves a sense that time is important.

**related skills: strong time management/ challenges with flexibility and vice versa*

Strength Examples:

- " This will take 10 minutes"
- " It' s time to leave"
- " It' s due today"

My Examples:

Time Management

Definition: The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines. It also involves a sense that time is important.

**related skills: challenges with time management/ strong flexibility and vice versa*

Challenges Examples:

- " This will take forever!"
- " Just one more thing before I go"
- " An extra day is no big deal"

My Examples

Task Initiation

Definition: The ability to begin projects without undue procrastination, in an efficient or timely fashion.

Strength Examples:

- Gets started right away
- “ Just do it!”
- “ I took care of it!”

My Examples:

Task Initiation

Definition: The ability to begin projects without undue procrastination, in an efficient or timely fashion.

*compensate challenges with task initiation and/or sustained attention using strengths with goal-directed persistence.

Challenges Examples:

- Dawdles
- “ Plenty of time”
- “ I promise I’ ll take care of it”

My Examples

Sustained Attention

Definition: The capacity to maintain attention to a situation or task in spite of distractibility, fatigue, or boredom.

Strength Examples:

- Finishes the task
- Persists at job
- Focused

My Examples:

Sustained Attention

Definition: The capacity to maintain attention to a situation or task in spite of distractibility, fatigue, or boredom.

*compensate challenges with sustained attention and/or task initiation using strengths with goal-directed persistence.

Challenges Examples:

- Jumps around
- “ This is boring”
- Easily distracted

My Examples

Stress Tolerance

Definition: The ability to thrive in stressful situations and to cope with uncertainty, change and performance demands.

Strength Examples:

- Take it in stride
- “ I can manage this”
- “ Let’ s see what happens”

My Examples:

Stress Tolerance

Definition: The ability to thrive in stressful situations and to cope with uncertainty, change and performance demands.

Challenges Examples:

- Overwhelmed
- “ I can’ t do it”
- “ I need to know exactly what is happening”

My Examples

Response Inhibition

Definition: The capacity to think before you act – this ability to resist the urge to say or do something allows us the time to evaluate a situation and how our behavior might impact it.

**Working Memory and inhibitory control support one another and rarely, if ever, is one needed but not the other.*

*compensate challenges with response inhibition using strengths with emotional control and/or metacognition

Challenges Examples:

-Blurts out first thought

-“ I want it now”

-Makes impulsive decisions

My Examples:

Response Inhibition

Definition: The capacity to think before you act – this ability to resist the urge to say or do something allows us the time to evaluate a situation and how our behavior might impact it.

**Working Memory and inhibitory control support one another and rarely, if ever, is one needed but not the other.*

Strength Examples:

-Thinks before speaking

-“ It’s worth waiting for”

-Reflects on decisions

My Examples:

Planning/Prioritizing

Definition: The ability to create a roadmap to reach a goal or to complete a task. It also involves being able to make decisions about what' s important to focus on and what's not important.

Strength Examples:

- Sees path to the goal
- “ This is the first thing to do”
- “ I can ignore this”

My Examples:

Planning/Prioritizing

Definition: The ability to create a roadmap to reach a goal or to complete a task. It also involves being able to make decisions about what' s important to focus on and what's not important.

Challenges Examples:

- Not sure how to get there
- “ Start here, no maybe there”
- “ Is this important?”

My Examples

Organization

Definition: The ability to create and maintain systems to keep track of information or materials.

**related skills: strong organization/ challenges working memory and vice versa*

Strength Examples:

- Neat, tidy
- A place for everything
- "It's right here"

My Examples:

Organization

Definition: The ability to create and maintain systems to keep track of information or materials.

**related skills: challenges with organization/ strong working memory and vice versa*

Challenges Examples:

- Stuff everywhere
- Wherever it fits
- "Where did I put that?"

My Examples

Metacognition

Definition: The ability to stand back and take a birds-eye view of oneself in a situation. It is an ability to observe how you problem solve. It also includes self-monitoring and self-evaluative skills (e.g., asking yourself, “ How am I doing? or How did I do?”).

*compensate challenges with response inhibition and/or emotional control using strengths with metacognition

Strength Examples:

- “ I’ m ok at this”
- “ I’ d give myself a B+”
- “ I can see the connection”

My Examples:

Metacognition

Definition: The ability to stand back and take a birds-eye view of oneself in a situation. It is an ability to observe how you problem solve. It also includes self-monitoring and self-evaluative skills (e.g., asking yourself, “ How am I doing? or How did I do?”).

Challenges Examples:

- “ Am I any good at this?”
- “ I’ ve no idea how that went”
- “ I don’ t get it.”

My Examples

Goal-Directed Persistence

Definition: The capacity to have a goal, follow through to the completion of the goal, and not be put off by or distracted by competing interests.

Strength Examples:

- "It will get done no matter what"
- "It's worth the wait"
- "I can get past this"

My Examples:

Goal-Directed Persistence

Definition: The capacity to have a goal, follow through to the completion of the goal, and not be put off by or distracted by competing interests.

Challenges Examples:

- "This is too much work"
- "I want it now"
- "I'll never get past this"

My Examples

Flexibility

Definition: The ability to revise plans in the face of obstacles, setbacks, new information or mistakes. It relates to an adaptability to changing conditions.

**follows the development of working memory and response inhibition.*

**related skills: strong flexibility/ time management challenges and vice versa*

Strength Examples:

-Go with the flow

-“ Maybe there’ s another way”

-Spontaneous

My Examples:

Flexibility

Definition: The ability to revise plans in the face of obstacles, setbacks, new information or mistakes. It relates to an adaptability to changing conditions.

**follows the development of working memory and response inhibition.*

**related skills: flexibility challenges/strong time management and vice versa*

Challenges Example:

-Stick to the schedule

-“ There’ s only one way”

-Set in one’ s ways

My Examples