

All About Me

A Student Self-Assessment Scale of Executive Functions

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The following list of traits contain a number of traits that all people possess. There are no right or wrong answers to these questions, but they will tell you some things about yourself that are your strengths and some things that you might want to work on. No one but you will see the results of your responses, so it is very important that you are honest with yourself so that you get a good picture of your individual strengths on each of the traits.

Rate yourself on how much you agree or disagree with each item using the following 5 point scale.

- 5 = Strongly Agree
- 4 = Agree
- 3 = Neither Agree nor Disagree
- 2 = Disagree
- 1 = Strongly Disagree

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Goal-oriented	5	4	3	2	1
Interacts well with others	5	4	3	2	1
Aware of own strengths	5	4	3	2	1
Aware of the role of effort in success	5	4	3	2	1
Flexible	5	4	3	2	1
Works well in teams	5	4	3	2	1
Persevering	5	4	3	2	1
Empathetic	5	4	3	2	1
Possesses a strong self-concept	5	4	3	2	1
Asks for help when needed	5	4	3	2	1
Ethical	5	4	3	2	1
Reliable	5	4	3	2	1
Dependable	5	4	3	2	1

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Cooperative	5	4	3	2	1
Persistent	5	4	3	2	1
Open-minded	5	4	3	2	1
A self-starter	5	4	3	2	1
Tactful	5	4	3	2	1
Collaborates well	5	4	3	2	1
Charitable	5	4	3	2	1
Able to accept feedback	5	4	3	2	1
Responsible	5	4	3	2	1
Interested in others	5	4	3	2	1
Shows sustained interest	5	4	3	2	1
Possesses a good work ethic	5	4	3	2	1
Respectful of others	5	4	3	2	1
Socially conscious	5	4	3	2	1
Follows through with tasks	5	4	3	2	1
Adaptable	5	4	3	2	1
Generates ideas	5	4	3	2	1
Has strong self-efficacy	5	4	3	2	1
Understanding	5	4	3	2	1
Self-reflective	5	4	3	2	1
Supportive	5	4	3	2	1
Apologizes	5	4	3	2	1
Compassionate	5	4	3	2	1
Able to give a realistic self-appraisal	5	4	3	2	1
Recognizes the contributions of others	5	4	3	2	1
Enterprising	5	4	3	2	1

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Enjoys challenge	5	4	3	2	1
Copes well with setbacks	5	4	3	2	1
Has a sense of belonging	5	4	3	2	1
Purposeful	5	4	3	2	1
Comfortable in diverse environments	5	4	3	2	1
Open to new ideas	5	4	3	2	1
Recognizes strengths in others	5	4	3	2	1
Takes charge	5	4	3	2	1
Kind	5	4	3	2	1
Aware of own weaknesses	5	4	3	2	1
Demonstrates strong leadership skills	5	4	3	2	1
Responsible	5	4	3	2	1
Makes sensible plans	5	4	3	2	1
Enthusiastic	5	4	3	2	1
A decision-maker	5	4	3	2	1
Considerate	5	4	3	2	1
Motivated	5	4	3	2	1
Sets appropriate goals	5	4	3	2	1
Has high self-esteem	5	4	3	2	1
Able to plan ahead	5	4	3	2	1
Prioritizes	5	4	3	2	1