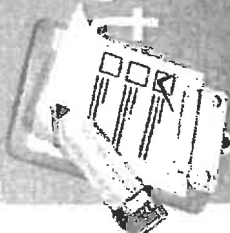


Neurodiversity Strengths Checklist



Personal Strengths

- ☐ Enjoys working independently
- ☐ Has a good sense of his/her personal strengths and weaknesses
- ☐ Learns from past mistakes
- ☐ Has persistence in carrying out assignments or activities
- ☐ Is courageous in dealing with adversity and/or the unknown
- ☐ Keeps a personal diary or journal
- ☐ Has a good sense of humor
- ☐ Possesses a sense of responsibility
- ☐ Has strong opinions about controversial topics
- ☐ Marches to the beat of a different drummer
- ☐ Handles stressful events well (e.g. is resilient)
- ☐ Has good character (e.g. honesty, integrity, fairness)
- ☐ Has the ability to set realistic goals for him/herself
- ☐ Has a sense of confidence or high self-esteem
- ☐ Has good self-discipline
- ☐ Has personal ambitions in life
- ☐ Displays good common sense
- ☐ Possesses personal vitality, vigor, or energy

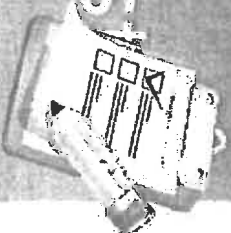
Communication Strengths

- ☐ Explains ideas or concepts well to others
- ☐ Asks good questions
- ☐ Is a good storyteller
- ☐ Is a good joke teller
- ☐ Has good listening skills
- ☐ Handles verbal feedback (especially negative feedback) well
- ☐ Has good articulation ability
- ☐ Is able to effectively use non-verbal cues to communicate with others
- ☐ Is persuasive in getting someone to do something
- ☐ Has good assertive skills without being pushy

Emotional Strengths

- ☐ Is emotionally sensitive to perceiving the world around him/her
- ☐ Has an optimistic attitude toward life
- ☐ Can tell how he/she is feeling at any given moment
- ☐ Can easily pick up on the emotional state of another person
- ☐ Is able to handle strong internal feelings in a constructive manner
- ☐ Receives gut feelings about things

Neurodiversity Strengths Checklist



Social Strengths

- ___ Has leadership ability
- ___ Has a good sense of empathy for others
- ___ Enjoys socializing with others
- ___ Is good at helping others
- ___ Is kind or affectionate towards others
- ___ Has at least one good friend
- ___ Prefers working with others
- ___ Likes to play board games and/or card games with others
- ___ Has skill in refereeing disputes conflicts between classmates
- ___ Is polite and has good manners
- ___ Is able to work out his/her own conflicts with others
- ___ Works well in groups
- ___ Volunteers his/her time in some worthy cause
- ___ Belongs to at least one club or social group (e.g. Scouts.)
- ___ Has a good relationship with at least one family member
- ___ Is friendly to others
- ___ Is good at sharing with others
- ___ Follows class rules
- ___ Has a good relationship with at least one teacher in the school
- ___ Has good personal hygiene
- ___ Trusts others without being taken in
- ___ Is liked by his peers

Cognitive Strengths

- ___ Has good organizational skills
- ___ Has good study skills
- ___ Is able to use cognitive strategies (e.g. self-talk) in solving problems
- ___ Is able to pay close attention to details
- ___ Has a good short-term and/or long-term memory
- ___ Is able to think ahead
- ___ Is able to become totally absorbed in an activity
- ___ Can easily divide his attention between two or more activities

Cultural Strengths

- ___ Has traveled to other countries
- ___ Speaks more than one language
- ___ Is tolerant of others who have cultural, ethnic, or racial differences
- ___ Has pride in his/her own cultural, ethnic, or racial background
- ___ Likes to find out about historical events around the world
- ___ Enjoys learning about different cultural traditions

Neurodiversity Strengths Checklist

Literacy Strengths

- ___ Enjoys reading books
- ___ Has good reading comprehension
- ___ Enjoys doing word puzzles or playing word games
- ___ Is a good writer in one or more genres (e.g. poetry, stories, reports, letters)
- ___ Is a good speller
- ___ Has a large vocabulary
- ___ Enjoys listening to audio books or to someone telling a story or reading out loud

Logical Strengths

- ___ Does well in science class
- ___ Can estimate things easily
- ___ Enjoys working with numbers and/or statistics
- ___ Is good at solving math problems
- ___ Has a chemistry set or other science kit that he/she works with at home
- ___ Has an interest in astronomy, chemistry, physics, or biology
- ___ Enjoys logical or number games or puzzles like Rubik's cube or Sudoku
- ___ Can easily calculate numbers in his/her head

Visual/Spatial Strengths

- ___ Has an aptitude for fixing machines
- ___ Likes to create three-dimensional structures with building materials
- ___ Is good at doing jigsaw puzzles or other visual puzzles
- ___ Is able to read maps well
- ___ Reports being able to visualize images clearly
- ___ Gets information more easily through pictures than words
- ___ Is sensitive to the visual world around him/her

Physical Strengths

- ___ Has a good sense of balance
- ___ Learns material best when moving around
- ___ Likes to ride his/her bike, skateboard, and/or other self-powered personal vehicle
- ___ Is good at playing team sports like baseball, soccer, basketball, or football
- ___ Is good at playing individual sports like tennis, swimming, gymnastics, or golf
- ___ Is in good physical health
- ___ Likes to dance
- ___ Is physically strong
- ___ Is a fast runner or has other athletic abilities
- ___ Likes to exercise (e.g. weights, aerobics, jogging, treadmill)
- ___ Has good physical endurance
- ___ Has good physical flexibility

Neurodiversity Strengths Checklist



Dexterity Strengths

- Has a hobby building model cars, planes, ships or other similar projects
- Displays good handwriting
- Likes to juggle or do magic tricks
- Enjoys hand crafts like knitting, crocheting, embroidery, or needlepoint
- Likes to make things with his/her hands
- Has good tactile ability
- Enjoys arts and crafts like origami, collage, and/or paper maché
- Enjoys woodworking, carpentry, carving, and/or metal work
- Has good eye-hand coordination

Nature Strengths

- Has good rapport with animals
- Is good at taking care of plants in the classroom or at home
- Is sensitive to weather patterns
- Takes care of a pet at home or at school
- Is concerned about the welfare of the planet (e.g. is ecologically-minded)
- Likes to go hiking and/or camping in nature
- Enjoys studying nature (e.g. insects, plants, birds, rocks, and/or animals)
- Likes to hunt or fish
- Has a good sense of direction

Musical Strengths

- Is sensitive to the rhythms of music
- Enjoys playing a musical instrument
- Knows the music and lyrics of many songs
- Has a particular interest in one or more musical genres (e.g. rock, classical, jazz)
- Enjoys listening to music
- Has a good sense of hearing auditory acuity
- Has a good sense of pitch
- Has a good singing voice
- Makes up his/her own tunes or melodies with or without lyrics

High Tech Strengths

- Likes to spend time using a computer, tablet, or smart phone
- Has a facility for playing video games
- Likes to surf the Internet
- Knows how to set up audio-visual or computer equipment
- Likes to text on the phone
- Enjoys social networking (e.g. blog, website, Facebook)
- Enjoys using a still camera or video camera to record events or express him/herself
- Has several his/her own favorite movies or TV shows that he/she likes to talk about
- Understands at least one computer language

Neurodiversity Strengths Checklist



Creative Strengths

- ☐ Expresses him/herself dramatically
- ☐ Has a good imagination
- ☐ Enjoys doodling, drawing, and/or painting
- ☐ Likes to act in plays and skits
- ☐ Works well with clay or other forms of sculpture
- ☐ Demonstrates creativity in one or more school assignments
- ☐ Possesses a love of beautiful things
- ☐ Has ideas for futuristic or fantastic projects
- ☐ Comes up with ideas that nobody else has thought of

Spiritual Strengths

- ☐ Enjoys meditation, yoga, or some other form of contemplation
- ☐ Asks big life questions (e.g. what is the purpose of life?)
- ☐ Has a deep sense of wisdom
- ☐ Participates in religious or other spiritual events
- ☐ Has a philosophical attitude toward life
- ☐ Has a strong faith in something higher than him/herself

Miscellaneous Strengths

- ☐ Likes collecting things (e.g. stamps, coins, buttons)
- ☐ Loves to cook
- ☐ Has a love of learning new things
- ☐ Is a good test taker
- ☐ Possesses a good memory for nighttime dreams
- ☐ Is curious about the world around him/her
- ☐ Has a good sense of time
- ☐ Manages money well
- ☐ Has good fashion sense in the clothes he/she wears
- ☐ Has good entrepreneurial skills (e.g. has started own business) started his/her own business

LEARNING MODALITIES CHECKLIST

Visual learners:

- ☐ Are good with detail
- ☐ Learn by seeing, watching demonstrations
- ☐ Often remember whatever they have written down
- ☐ Can recall the placement of words and pictures on a page
- ☐ Like descriptive reading
- ☐ Enjoy and learn from visual displays and colors
- ☐ Recognize words by sight and people by face rather than name
- ☐ Have a vivid imagination and think in pictures
- ☐ Are deliberate problem solvers and plan solutions in advance
- ☐ Facial expressions are a good indication of their emotions

Auditory learners:

- ☐ Enjoy listening but are always ready to talk
- ☐ Like music, rap, poetry, rhyming words
- ☐ Enjoy dialogues, skits and debates
- ☐ Have auditory word attack skills and learn words phonetically
- ☐ Talk to themselves, repeating information aloud especially when memorizing
- ☐ Are distracted by sounds
- ☐ Talk out problems and the pros and cons of a situation
- ☐ Express emotion through changes in pitch, tone and volume of voice
- ☐ Are not detail persons; tend to be global thinkers
- ☐ Learn through verbal instructions from others or themselves

Kinesthetic learners:

- ☐ Learn by hands-on experiences
- ☐ Prefer direct involvement rather than being a spectator
- ☐ Enjoy the performing arts and/or athletics
- ☐ Like working with materials, machinery and tools
- ☐ Prefer action/adventure stories and videos
- ☐ Communicate feelings through body language
- ☐ Experiment with ideas to see how they will work in the real world
- ☐ Touch, feel, manipulate, and play with objects
- ☐ Show emotions physically by jumping, hugging, applauding, etc.
- ☐ Remember what they have done rather than what they have seen or read

Technological learners:

- ☐ Are mechanically oriented
- ☐ Know how to use technological tools without formal instruction
- ☐ Enjoy using a video camera
- ☐ Obtain much of their information electronically
- ☐ Like integrated learning activities
- ☐ Would like to learn everything via the computer
- ☐ Spend much of their spare time on the computer or playing video games
- ☐ Know how to work with and use new software programs and new hardware
- ☐ Interact and communicate with others via e-mail and/or the Internet
- ☐ Understand how to integrate various technologies

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MULTIPLE INTELLIGENCES CHECKLIST

Verbal / Linguistic Intelligence

- ☐ Uses language well in order to persuade, entertain, inform, and communicate
- ☐ Solves problems, memorizes, and acquires new knowledge through the use of language
- ☐ Skilled in speaking, writing, listening and / or reading
- ☐ Can learn new languages easily
- ☐ Uses words effectively
- ☐ Has a wealth of vocabulary
- ☐ Has the ability to understand the function of language

Musical / Rhythmic Intelligence

- ☐ Has the ability to communicate and / or understand emotions conveyed through music
- ☐ Can compose and / or perform musically
- ☐ Is sensitive to sounds and has a good sense of pitch
- ☐ Can perceive, discriminate, transform, and express ideas and emotions musically
- ☐ Has an intuitive understanding of music (such as playing an instrument "by ear")
- ☐ Has a technical understanding of music (such as comes from the study of music theory)
- ☐ Has natural rhythm, beat, and harmony

Logical / Mathematical Intelligence

- ☐ Can recognize and explore patterns, categories, and relationships using objects or symbols
- ☐ Thinks in a logical, ordered, sequential way
- ☐ Enjoys collecting and classifying things
- ☐ Uses reasoning and logic to solve problems
- ☐ Uses numbers effectively
- ☐ Has a sensitivity to logical patterns, statements, and relationships
- ☐ Skilled in science and math

Visual / Spatial Intelligence

- ☐ Can perceive, create, and change visual objects mentally
- ☐ Knows how to create and interpret artistic works and other visuals
- ☐ Can orient oneself or navigate within an environment or location
- ☐ Able to represent spatial information graphically
- ☐ Sensitive to color, line, shape, form, space, and the relationships which exist between these elements
- ☐ Has a keen eye for visual detail
- ☐ Good at jigsaw puzzles and in fitting shapes together

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MULTIPLE INTELLIGENCES CHECKLIST (continued)

Bodily / Kinesthetic Intelligence

- ☐ Uses both mind and body in the display of motor skills and the performance of physical tasks and functions
- ☐ Can manipulate objects in the environment with ease
- ☐ Uses the whole body to express ideas and feelings
- ☐ Has a good sense of balance, coordination, strength, speed and / or dexterity
- ☐ Solves problems by "doing"
- ☐ Has good eye-hand coordination
- ☐ Able to use his / her hands to produce or transform things

Intrapersonal Intelligence

- ☐ Recognizes personal strengths and weaknesses and has the ability to reflect on his / her life
- ☐ Reflects upon, analyzes, and understands his / her feelings and desires
- ☐ Has self-discipline, self-confidence, self-motivation, and self-understanding
- ☐ Uses both strengths and limitations in goal setting, motivation, and planning
- ☐ Learns from successes and failures
- ☐ Plans for and uses suitable organization and study skills
- ☐ Understands his / her own hopes, dreams, aspirations, and emotions

Interpersonal Intelligence

- ☐ Has the ability to sense the moods, feelings, and needs of others
- ☐ Can build relationships and work collaboratively and effectively as a member of a team
- ☐ Understands and empathizes with others
- ☐ Able to lead and persuade others
- ☐ Sensitive to both verbal and non-verbal cues and responds appropriately
- ☐ Perceives the moods, intentions, feelings, and motivations of others
- ☐ Asks for, listens to and considers advice and opinions of others when making a decision

Naturalist Intelligence

- ☐ Can create categories and sort / index items accordingly
- ☐ Feels comfortable with nature and the natural world
- ☐ Able to recognize and make distinctions between things in nature
- ☐ Is oriented toward the outdoor life
- ☐ Has good survival skills; can live off the land
- ☐ Observes things in nature others would miss
- ☐ Has "street smarts"

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