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| <p>1. Problem-solving</p> | <p>2. Making choices</p> | <p>3. Group work</p> | <p>4. Ability to relax</p> |
| <p>Are you able to act in unexpected situations? <i>For instance if you notice on your way home that you have left your keys at home.</i></p> | <p>Is it easy for you to choose between two or more alternatives? <i>For instance different dishes, clothes</i></p> | <p>Is it easy for you to act in a group? Are you able to participate in a group discussion? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others</i></p> | <p>Is it easy for you to relax? What kind of ways to relax do you have?</p> |
| <p>5. Use of communication devices to keep in touch</p> | <p>6. Moving around different environments</p> | <p>7. Taking care of personal hygiene and appearance</p> | <p>8. Eating</p> |
| <p>Do you use a phone or a computer when contacting your friends?</p> | <p>Do you move about outside your home on your own? <i>For instance unfamiliar places, new routes</i></p> | <p>Do you yourself regularly take care of washing yourself? Do others remind you for instance about taking a shower?</p> | <p>Do you eat well and in sufficient quantity? Do others remind you about eating? Is it easy for you to try new dishes?</p> |
| <p>9. Rules in personal relationships</p> | <p>10. Relationships with friends</p> | <p>11. School</p> | <p>12. Personal financial skills</p> |
| <p>Is it clear for you how you should behave in other people's company? How well do you usually succeed with this? <i>For instance courteous behaviour: greeting, thanking</i></p> | <p>Do you have friends of the same age as you? Is it easy for you to make friends? Are you quick to quarrel with your friends?</p> | <p>How are you doing in school?</p> | <p>Are you able to go shopping independently? Do you have money of your own?</p> |
| <p>13. Leisure activities</p> | <p>14. Undertaking tasks</p> | <p>15. Self-control</p> | <p>16. Sleep</p> |
| <p>Do you find something to do in your spare time? Do you have hobbies or other leisure activities that are meaningful to you?</p> | <p>How do you manage to undertake tasks that are not pleasant but that you are required to undertake? <i>For instance household chores, homework</i> Is it easy for you to plan and complete tasks that involve several stages? <i>For instance writing an essay, cleaning your own room</i></p> | <p>Are you able to resist sudden impulses or desires? How? <i>For instance waiting for your turn while enthusiastic, curbing your first reaction (for instance hitting or shouting) when angered</i></p> | <p>Do you sleep well and sufficiently? Do you follow a regular daily rhythm?</p> |
| <p>17. Ability to concentrate</p> | <p>18. Memory</p> | <p>19. Regulating emotions</p> | <p>20. Seeing the big picture</p> |
| <p>How are you able to concentrate? <i>For instance studies, reading</i> Are you able to concentrate even when surrounded by noise?</p> | <p>Can you easily remember what you have seen or heard? How well are you able to recollect things that you have learnt previously for instance for exams?</p> | <p>Are you able to calm yourself down when angry/sad? How? Do you sometimes show your emotions so strongly that you regret it later? <i>For instance you unintentionally hurt someone else's feelings</i></p> | <p>Is it easy for you to for instance find the most important facts in a text in a schoolbook?</p> |

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21. Flexibility of thought

22. Time management

23. Sensory functions

24. Understanding others

Do you easily get stuck on one thought?

Are you able to change your own point of view or your opinion if the situation so requires?

For instance when a majority of the group wants to proceed in a different way than you do

Are you able to estimate the time required to undertake different tasks?

For instance the time needed to travel, the time needed for homework

Do you usually arrive in time to an appointed place?

Do you find it difficult to tolerate certain noises, smells, tastes or touching?

Do you notice if you have hurt someone else's feelings?

Are you able to communicate with others without words?

For instance facial expressions, tones of voice, body movements

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