

ADHD Self-Assessment Rating Scale

For each of the following items, rate from 1 to 5 that indicates the degree to which you need to work on that area. Study 1 = definitely need to work on 5 = don't need to work on.

Paying attention in class and taking good notes

1 2 3 4 5

Managing long-term assignments

1 2 3 4 5

Planning and prioritizing

1 2 3 4 5

Making decisions and solving problems

1 2 3 4 5

Scheduling classes

1 2 3 4 5

Figuring out the next step in my career or job

1 2 3 4 5

Keeping track of things

1 2 3 4 5

Doing laundry

1 2 3 4 5

Exercising

1 2 3 4 5

Eating healthily

1 2 3 4 5

Waking up and staying up

1 2 3 4 5

Getting to bed

1 2 3 4 5

Taking medication

1 2 3 4 5

Time keeping

1 2 3 4 5

Making friends

Keeping friends

1 2 3 4 5

Getting along in group situations

1 2 3 4 5

Decreasing negative self-talk

1 2 3 4 5

Managing stress and anxiety

1 2 3 4 5

Establishing realistic goals

1 2 3 4 5

Understand more about ADHD

1 2 3 4 5