

## Neurodiversity Strengths Checklist (Armstrong, 2012)

### ***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 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 drum
- Handles stressful events well (is resilient)
- Has good character (honesty, integrity, fairness)
- Has the ability to set realistic goals
- 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 well
- Has good articulation ability
- Is able to effectively use nonverbal cues to communicate with others
- Is persuasive in getting someone to do something

|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Has good assertive skills without being pushy                       |
| <input type="checkbox"/> | <b><i>Social Strengths</i></b>                                      |
| <input type="checkbox"/> | Has leadership ability  |
| <input type="checkbox"/> | Has a good sense of empathy for others                              |
| <input type="checkbox"/> | Enjoys socializing with others                                      |
| <input type="checkbox"/> | Is good at helping others   |
| <input type="checkbox"/> | Is kind or affectionate toward others                               |
| <input type="checkbox"/> | Prefers working with others   |
| <input type="checkbox"/> | Has skill in refereeing disputes between classmates                 |
| <input type="checkbox"/> | Is polite and has good manners                                      |
| <input type="checkbox"/> | Is able to work out his/her own conflicts with others               |
| <input type="checkbox"/> | Works well in groups  |
| <input type="checkbox"/> | Volunteers his/her time in some worthy cause                        |
| <input type="checkbox"/> | Is good at sharing with others                                      |
| <input type="checkbox"/> | Follows class rules   |
| <input type="checkbox"/> | Is liked by his peers   |
| <input type="checkbox"/> | <b><i>Emotional Strengths</i></b>                                   |
| <input type="checkbox"/> | Is emotionally sensitive to perceiving the world around him/her     |
| <input type="checkbox"/> | Has an optimistic attitude toward life                              |
| <input type="checkbox"/> | Can tell how he/she is feeling at any given moment                  |
| <input type="checkbox"/> | Can easily pick up on the emotional state of another person         |
| <input type="checkbox"/> | Is able to handle strong internal feelings in a constructive manner |
| <input type="checkbox"/> | Receives “gut feelings” about things                                |
| <input type="checkbox"/> | <b><i>Cognitive Strengths</i></b>                                   |
| <input type="checkbox"/> | Has good organizational skills                                      |
| <input type="checkbox"/> | Has good study skills   |
| <input type="checkbox"/> | Is able to use cognitive strategies (self-talk) in solving problems |
| <input type="checkbox"/> | Is able to pay close attention to details                           |

- \_\_\_\_\_ Has a good short-term or long-term memory
- \_\_\_\_\_ Is able to think ahead
- \_\_\_\_\_ Is able to become totally absorbed in an activity
- \_\_\_\_\_ Can easily divide his/her attention between two or more activities (multitask)

***Creative Strengths***

- \_\_\_\_\_ Expresses him/herself dramatically
- \_\_\_\_\_ Has a good imagination
- \_\_\_\_\_ Enjoys doodling, drawing or painting
- \_\_\_\_\_ Likes to act in plays or skits
- \_\_\_\_\_ 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 no one else has thought of

***Literacy Strengths***

- \_\_\_\_\_ Enjoys reading books
- \_\_\_\_\_ Has good reading comprehension
- \_\_\_\_\_ Enjoys doing word puzzles or playing word games
- \_\_\_\_\_ Is a good writer
- \_\_\_\_\_ Is a good speller
- \_\_\_\_\_ Has a large vocabulary
- \_\_\_\_\_ Enjoys listening to audiobooks 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/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 jigsaw puzzles
- \_\_\_\_\_ Is able to read maps well
- \_\_\_\_\_ Reports being able to visualize images clearly
- \_\_\_\_\_ Is sensitive to the visual world around him/her

***Physical Strengths***

- \_\_\_\_\_ Has a good sense of balance
- \_\_\_\_\_ Likes to ride his/her bike, skateboard, or other self-powered vehicle
- \_\_\_\_\_ Is good at playing team sports
- \_\_\_\_\_ Is good at playing individual sports
- \_\_\_\_\_ Is in good physical health
- \_\_\_\_\_ Likes to dance
- \_\_\_\_\_ Is physically strong
- \_\_\_\_\_ Is a fast runner or has other athletic abilities
- \_\_\_\_\_ Likes to exercise

***Dexterity Strengths***

- \_\_\_\_\_ Has a hobby building model cars, planes, ships, etc.
- \_\_\_\_\_ Displays good handwriting
- \_\_\_\_\_ Likes to juggle or do magic tricks
- \_\_\_\_\_ Enjoys hand crafts like knitting
- \_\_\_\_\_ Likes to make things with his/her hands
- \_\_\_\_\_ Has good tactile ability

|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Enjoys arts and crafts like origami, collage or paper mache                         |
| <input type="checkbox"/> | Enjoys woodworking, carpentry, carving or metal work                                |
| <input type="checkbox"/> | Has good hand-eye coordination  |
|                          | <b><i>Musical Strengths</i></b>   |
| <input type="checkbox"/> | Is sensitive to the rhythms of music  |
| <input type="checkbox"/> | Enjoys playing a musical instrument   |
| <input type="checkbox"/> | Knows the music and lyrics of many songs  |
| <input type="checkbox"/> | Has a particular interest in one or more musical genres                             |
| <input type="checkbox"/> | Enjoys listening to music   |
| <input type="checkbox"/> | Has a good sense of hearing   |
| <input type="checkbox"/> | Has a good sense of pitch   |
| <input type="checkbox"/> | Has a good singing voice  |
| <input type="checkbox"/> | Makes up his/her own tunes or melodies with or without lyrics                       |
|                          | <b><i>Nature Strengths</i></b>  |
| <input type="checkbox"/> | Has a good rapport with animals   |
| <input type="checkbox"/> | Is good at taking care of plants in the classroom or at home                        |
| <input type="checkbox"/> | Takes care of a pet at home or at school  |
| <input type="checkbox"/> | Is concerned about the welfare of the planet  |
| <input type="checkbox"/> | Likes to go hiking or camping in nature   |
| <input type="checkbox"/> | Enjoys studying nature  |
| <input type="checkbox"/> | Likes to hunt or fish   |
|                          | <b><i>High-Tech Strengths</i></b>   |
| <input type="checkbox"/> | Likes to spend time using a computer or other technology                            |
| <input type="checkbox"/> | Has a facility for playing video games  |
| <input type="checkbox"/> | Knows how to set up audiovisual or computer equipment                               |
| <input type="checkbox"/> | Enjoys using a still camera or video camera to record events or express him/herself |
| <input type="checkbox"/> | Has several favorite tv shows or movies   |
| <input type="checkbox"/> | Understands at least one computer language  |

***Spiritual Strengths***

- \_\_\_\_\_ Enjoys meditation, yoga or some form of contemplation
- \_\_\_\_\_ Asks big life questions
- \_\_\_\_\_ 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

***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

***Other Strengths***

- \_\_\_\_\_ Likes collecting things (stamps, coins, buttons, etc)
- \_\_\_\_\_ 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
- \_\_\_\_\_ Has a good sense of time
- \_\_\_\_\_ Manages money well
- \_\_\_\_\_ Has a good fashion sense
- \_\_\_\_\_ Has good entrepreneurial skills