

1. Attention

Difficulties with focusing, sustaining and shifting attention

- Easily distracted by noise, movement or peers
- Struggles to sustain focus on tasks
- Appears not to listen to instructions
- Misses key information or misinterprets directions
- Frequently loses track of what they are doing
- Finds it hard to shift attention between tasks
- Daydreams or mentally checks out
- Needs repeated reminders to stay on task



2. Planning

Difficulties with task initiation, sequencing and managing time

- Avoids difficult tasks
- Needs repeated prompting to get started
- Struggles to break tasks into manageable steps
- Has difficulty sequencing ideas or actions logically
- Underestimates how long tasks will take
- Leaves work unfinished
- Rushes or works inefficiently
- Finds transitions between activities challenging



3. Organisation

Difficulties managing materials, information and routines

- Frequently forgets equipment or homework
- Loses worksheets, books or personal belongings
- Desk, tray or schoolwork is consistently disorganised
- Struggles to keep track of deadlines
- Finds multi-step instructions difficult to hold in mind
- Has trouble locating relevant resources
- Work lacks clear structure



4. Self-Monitoring

Difficulties checking, evaluating and regulating performance

- Fails to check work for errors or completion
- Repeats the same mistakes
- Struggles to notice when they are off-task
- Gives up quickly without reviewing strategies
- Makes negative self-comments
- Finds it hard to evaluate the quality of their work
- Needs adult prompting to reflect and improve
- Overreacts emotionally to challenge or feedback



5. Consequential Thinking

Difficulties anticipating outcomes and considering impact

- Acts impulsively without thinking ahead
- Interrupts or blurts out responses
- Struggles to predict consequences of choices
- Finds turn-taking difficult
- Reacts emotionally before pausing to think
- Makes repeated poor social choices
- Struggles to resolve conflicts thoughtfully
- Finds collaborative work challenging

