

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

Has good assertive skills without being pushy

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 toward others

Prefers working with others

Has skill in refereeing disputes 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

Is good at sharing with others

Follows class rules

Is liked by his peers

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

Cognitive Strengths

Has good organizational skills

Has good study skills

Is able to use cognitive strategies (self-talk) in solving problems

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

Enjoys arts and crafts like origami, collage or paper mache

Enjoys woodworking, carpentry, carving or metal work

Has good hand-eye coordination

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

Enjoys listening to music

Has a good sense of hearing

Has a good sense of pitch

Has a good singing voice

Makes up his/her own tunes or melodies with or without lyrics

Nature Strengths

Has a good rapport with animals

Is good at taking care of plants in the classroom or at home

Takes care of a pet at home or at school

Is concerned about the welfare of the planet

Likes to go hiking or camping in nature

Enjoys studying nature

Likes to hunt or fish

High-Tech Strengths

Likes to spend time using a computer or other technology

Has a facility for playing video games

Knows how to set up audiovisual or computer equipment

Enjoys using a still camera or video camera to record events or express him/herself

Has several favorite tv shows or movies

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