



OBC

Oregon Behavior Consultation

Cognitive Skills List

5—Always good! 4—Sometimes good 3—It just depends 2—Sometimes struggles 1—Struggles often

Rate _____ on their ability to perform the following tasks.
If you do not know, don't guess! Leave it blank.

Executive Functioning Skills		
1	Holding attention to learn a new task (Attention)	
2	Holding attention to complete an everyday task (Attention)	
3	Ability to learn information and use that information for the current activity (Working Memory)	
4	Going from one activity or environment to another (Transitioning)	
5	Keeping calm when getting frustrated, stressed, or overstimulated (Emotional Regulation)	
6	Keeping calm in the moment and remembering the plan (or "good choice") and following it (Emotional Regulation)	
7	Ignoring distractions to keep paying attention (Selective Attention)	
8	Creating a logical short-term plan without writing it down and sticking to it (Abstract Planning and Sequencing)	
9	Being able to consider several solutions or plans, not only the first one that comes to mind (Abstract Planning, Flexibility)	
10	Thinking hypothetically (Abstract Planning)	
11	Thinking before doing (Impulse Control, Planning)	
12	Thinking before responding to a question (Impulse Control)	
13	Handling unexpected changes in the plan or to the routine (Flexibility)	
14	Being flexible about a change once it is explained and understood (Problem-Solving, Flexibility)	
Communication Skills		
15	Expressing thoughts, needs, concerns, and desires using speech, writing, or another system (Expressive Communication)	
16	Understanding <i>verbal</i> communication (Receptive Communication)	
17	Being able to identify the specific reason why they are upset, frustrated, or anxious	
Memory/Perception		
18	Relaying information learned or observed a few minutes ago (Memory)	
19	Relaying information days/weeks/months later (Long-Term Memory)	
20	Remembering why they are doing a task, not forgetting the purpose, goal, or incentive (Memory, Selective Attention)	
21	Interpreting situations and conversations accurately hours/days/months later (Perception, Memory)	
22	Perceiving time, such as "knowing" the difference between 5 and 15 minutes, 1 and 4 hours, etc. (Time Perception)	
Social Understanding/Processing/Regulation		
23	Being aware of how they are coming across in social situations, in the moment (Processing, Social Cues)	
24	Once it is explained, being able to understand and acknowledge their social mistakes or behavior impressions on others	
25	Appreciating another point of view regarding a subject (Flexibility, Problem-Solving, Abstract Thought)	
26	Ability to socialize and have a conversation (Social Skills, Communication)	
27	Being able to temporarily modify overall behavior around unfamiliar people (Social Skills, Regulation, Attention)	
28	Managing multiple sensory inputs and avoiding over-stimulation (Sensory Processing)	