

# Key Areas Measured

## Attention

Measures how well an adult can avoid distractions, concentrate on tasks, and sustain attention

## Inhibitory Control

Reflects and adult's control over behavior or impulses

## Planning

Reflects how well an adult develops and implements strategies to accomplish tasks

## Emotion Regulation

Measures an adult's control and management of emotions

## Initiation

Describes an adult's ability to begin tasks or projects without being prompted

## Self-Monitoring

Describes an adult's self-evaluation of his/her performance or behavior

## Flexibility

Describes how well an adult can adapt to circumstances, including problem solving ability

## Organization

Describes how well an adult manages personal effects, work, or multiple tasks

## Working Memory

Reflects how well an adult can keep information in mind that is important for knowing what to do and how to do it, including remembering important things, instructions, & steps