

Work Performance Rating Scale

Instructions: Please rate yourself in your own work performance by circling the number next to each item that best describes your behavior at work *during* the past 6 months.

Items:	Never or Rarely	Sometimes	Often	Very Often
1. Fail to give close attention to details or make careless mistakes in my work	0	1	2	3
2. Fidget with hands or feet or squirm in seat	0	1	2	3
3. Have difficulty sustaining attention in tasks or other work-related activities	0	1	2	3
4. Leave my seat in meetings, classes, or in other situation in which seating is expected	0	1	2	3
5. Do not listen when spoken to directly	0	1	2	3
6. Feel restless	0	1	2	3
7. Do not follow through on instructions and fail to finish work	0	1	2	3
8. Have difficulty working quietly	0	1	2	3
9. Have difficulty organizing tasks and activities	0	1	2	3
10. Seem to be "on the go" or "driven by a motor"	0	1	2	3
11. Avoid, dislike, or am reluctant to engage in work that requires sustained mental effort	0	1	2	3
12. Talk excessively	0	1	2	3
13. Lose things necessary for tasks or activities	0	1	2	3
14. Blur out answers before questions have been completed	0	1	2	3
15. Am easily distracted	0	1	2	3
16. Have difficulty awaiting turn in group activities	0	1	2	3
17. Am forgetful in daily activities	0	1	2	3
18. Interrupt or intrude on others	0	1	2	3

To what extent do the problems you may have circled above interfere with your ability to function in each of these areas of work activities?

Areas:	Never or rarely	Sometimes	Often	Very Often
In my interactions with my coworkers	0	1	2	3
In my performance of assigned work	0	1	2	3
In my interactions with supervisors	0	1	2	3
In my activities or dealings with clients, customers, or general public	0	1	2	3
In any educational activities at work	0	1	2	3
In my punctuality for work	0	1	2	3
In my management of my time and work-related deadlines	0	1	2	3
In my operations of any work-related equipment	0	1	2	3
In my operation of any work-related motor vehicles	0	1	2	3
In my management of my daily responsibilities	0	1	2	3

In general, how would you rate your overall work performance and productivity as an employee? (circle one)

1. Excellent 2. Above Average 3. Average 4. Below Average 5. Poor