

# MIND in the Making

## COGNITIVE FLEXIBILITY

	EXACTLY LIKE YOU	VERY MUCH LIKE YOU	SOMEWHAT LIKE YOU	NOT TOO MUCH LIKE YOU	NOT AT ALL LIKE YOU	YOUR TOTAL SCORE
1. When I try something that doesn't work, it's hard for me to give it up and try another solution	1	2	3	4	5	
2. I adapt to change pretty easily	5	4	3	2	1	
3. When I can't convince someone of my point of view, I can usually understand why not	5	4	3	2	1	
4. I am not very quick to take on new ideas	1	2	3	4	5	
<b>OVERALL SCORE</b>						

Circle the number that describes how well the statement describes you.

Add up your scores in the far right-hand column.

If your overall score is between 20 and 15, then you rate highly on cognitive flexibility.

If your score is between 14 and 9, then you are in the middle category.

If your score is 8 or below, then this is a skill you could improve.