

Employment Self-Inventory Scale

Key

1=Able to do

2= could do after instruction

3=Could do with assistance or accommodations

4=difficulty doing

5=Unsure/don't know/depends

Physical work environment:

1. _____ Work with someone who wears scented cosmetics or perfume
2. _____ Work where there is florescent lighting
3. _____ Work where there is constant loud noise
4. _____ Work with music in the background
5. _____ Work with unexpected loud noise
6. _____ Work with constant soft or varied noise
7. _____ Remain seated for long periods of time
8. _____ Remain standing for long periods of time
9. _____ Work in a large open space
10. _____ Work in a small cubicle

Social Work Environment:

1. _____ Understand the politics of the work place
2. _____ Work as part of a team
3. _____ Know who to ask for assistance
4. _____ Have lunch with fellow workers
5. _____ Know when to "speak up"

Work requirements:

1. _____ Follow complex instructions
2. _____ Follow verbal instructions
3. _____ Follow written instructions

4. _____ Solve problems
5. _____ Plan my work schedule
6. _____ Prioritize tasks
7. _____ Work full time (8 hours)
8. _____ Work part time
9. _____ Arrive at work on time
10. _____ Work under deadline
11. _____ Switch quickly from one task to another
12. _____ Give oral presentations
13. _____ Work independently
14. _____ Work with minimal supervision
15. _____ Work with close supervision
16. _____ Concentrate on work I don't enjoy
17. _____ Express my ideas in a group setting
18. _____ Express my ideas in a one-to-one setting

The tasks:

1. _____ Memorize lots of things
2. _____ Pay close attention to detail
3. _____ Do assignments involving writing
4. _____ Do assignments involving math
5. _____ Use a computer
6. _____ Do tasks involving physical activity
7. _____ Do tasks involving physical coordination
8. _____ Make phone calls
9. _____ Do creative tasks (design, graphics, creative writing, art)
10. _____ Do assignments that are not clearly defined
11. _____ Work quickly