



**ASHBURN PSYCHOLOGICAL
& PSYCHIATRIC SERVICES**
CHILDREN • ADOLESCENTS • ADULTS • FAMILIES

**CLIENT TASK AND SITUATION QUESTIONNAIRE
FOR SUCCESS AND WELLNESS COACHING SERVICES**

CLIENT INFORMATION

Client Name:

Date of Birth:

Person Completing Form:

Welcome to APPS! As part of your intake process, we kindly request that you complete the following questionnaire.

Your responses will help us better tailor services to your needs. The ratings scales are designed to help us gauge your abilities, comfort levels, and preferences across a range of tasks and situations. We are dedicated to your success and with your help, we look forward to supporting you in the best way possible.

If you're unsure about a question or need clarification, please don't hesitate to ask. We're here to help.

Thank you for your time and attention.

Please begin the questionnaire below:

Could you share an example of a recent situation where you enjoyed learning something new?

How would you rate your ability to make decisions or judgments, especially where you have to make a decision without having all the necessary information? Poor | Below Average | Good | Above Average | Excellent



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How would you rate your ability to remember specific details of conversations, events, or images/scenes you've encountered recently?

Below Average | Good | Above Average

Could you share a specific memory that stands out to you from the past few weeks?

On a scale from 0 to 5, where 0 indicates no ability and 5 indicates excellent ability: How would you rate your ability to solve problems, particularly when it requires following a set of instructions, specific steps, or rules?

How would you rate your creativity, particularly in expressing yourself or in coming up with unique solutions?

How comfortable are you with learning from doing things yourself, looking at pictures, or listening to descriptions? Would you say you are not comfortable at all, slightly comfortable, moderately comfortable, quite comfortable, or extremely comfortable?

On a scale from 0 to 5, where 0 indicates no ability and 5 indicates excellent ability: How would you rate your ability to understand and learn from symbols, signs, or numbers?

On a scale from 1 to 5, how would you rate your preference for learning new information from having a conversation compared to reading about it?

Please note that:

1 represents 'Strongly Prefer Conversations'

3 represents 'No Preference'

5 represents 'Strongly Prefer Reading'



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When it comes to learning something new, what suits you best: an explanation, a discussion, or a lecture?

On a scale of 0 to 5: How would you rate your ability to learn and remember specific details, like facts, names, and dates.

Which subject do you enjoy the most in school? Conversely, which subject do you find the least enjoyable?

How would you rate your ability to categorize information, group similar ideas, or sort related items together based on what they have in common? Below Average | Good | Above Average

On a scale of 1-5, with 1 being very untidy and 5 being very tidy, how would you rate the tidiness of your bedroom?

- 1 - Very Untidy
- 2 - Somewhat Untidy
- 3 - Moderately Tidy
- 4 - Mostly Tidy
- 5 - Very Tidy

On the same scale, how would you rate the tidiness of your bathroom?

- 1 - Very Untidy
- 2 - Somewhat Untidy
- 3 - Moderately Tidy
- 4 - Mostly Tidy
- 5 - Very Tidy

How would you rate your skill in finding hidden connections or relationships between different items or ideas?

Poor | Below Average | Good | Above Average | Excellent



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On a scale of 1-5, with 1 being very difficult and 5 being very easy, how would you rate your ability to understand how different components of a system work together as a whole?

- 1 - Very Difficult
- 2 - Somewhat Difficult
- 3 - Neither Easy nor Difficult
- 4 - Somewhat Easy
- 5 - Very Easy

On the same scale, how would you rate your ability to see how different parts of a situation work together as a complete story?

- 1 - Very Difficult
- 2 - Somewhat Difficult
- 3 - Neither Easy nor Difficult
- 4 - Somewhat Easy
- 5 - Very Easy

How comfortable are you with adjusting to changes or viewing situations from different perspectives? Would you say you are not comfortable at all, slightly comfortable, moderately comfortable, quite comfortable, or extremely comfortable?

On a scale from 1 to 5: how easily can you predict what might happen next in a situation or a story?

Please note that:

- 1 represents 'Very Difficult'
- 3 represents 'Not particularly easy nor difficult'
- 5 represents 'Very Easy'

Which do you generally enjoy the most: reading a book, attending a concert, or watching a movie?

What is your favorite genre or category in books, movies, or music?
