



PESI

Professional Exam Services Inc.

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PATIENT COMPETENCY RATING (SELF FORM)

NAME: _____

DATE: _____

Can't Very Can do Fairly Can do
Do difficult with some easy easily
to do to do difficulty to do

How much problem do I have in:

1. Preparing my own meals?	1	2	3	4	5
2. Dressing myself?	1	2	3	4	5
3. Taking care of personal hygiene?	1	2	3	4	5
4. Washing dishes?	1	2	3	4	5
5. Doing the laundry?	1	2	3	4	5
6. Taking care of my finances?	1	2	3	4	5
7. Keeping my appointments on time?	1	2	3	4	5
8. Starting conversation in a group?	1	2	3	4	5
9. Staying involved in work activities?	1	2	3	4	5
10. Remembering what I had for dinner last night?	1	2	3	4	5
11. Remembering names of people I see often?	1	2	3	4	5
12. Remembering my daily schedule?	1	2	3	4	5
13. Remembering important things I must do?	1	2	3	4	5
14. Driving a car if I had to?	1	2	3	4	5
15. Getting help when I am confused?	1	2	3	4	5
16. Adjusting to unexpected changes?	1	2	3	4	5
17. Handling arguments with people I know well?	1	2	3	4	5
18. Accepting criticism from other people?	1	2	3	4	5
19. Controlling crying?	1	2	3	4	5
20. Acting appropriately when I'm around friends?	1	2	3	4	5



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How much problem do I have in:

21. Showing affection to people?	1	2	3	4	5
22. Participating in group activities?	1	2	3	4	5
23. Recognizing when something I say or do has upset someone else?	1	2	3	4	5
24. Scheduling daily activities?	1	2	3	4	5
25. Understanding new instructions?	1	2	3	4	5
26. Consistently meeting my daily responsibilities?	1	2	3	4	5
27. Controlling my temper when something upsets me?	1	2	3	4	5
28. Keeping from being depressed?	1	2	3	4	5
29. Keeping my emotions from affecting my ability to go about the days' activities?	1	2	3	4	5
30. Controlling my laughter?	1	2	3	4	5
31. Remaining awake & alert all day?	1	2	3	4	5
32. Paying attention and concentrating on what I have to do?	1	2	3	4	5
33. Thinking things through before doing them?	1	2	3	4	5
34. Working at a fast pace?	1	2	3	4	5
35. Keeping myself looking nice?	1	2	3	4	5
36. Keeping friends?	1	2	3	4	5
37. Developing or keeping good relationships with members of the opposite sex?	1	2	3	4	5
38. Finding interesting things to do with my spare time?	1	2	3	4	5