

| question | ass_type | marks | number_of_option |
|--|-------------------------|-------|------------------|
| When I am doing my homework, I find it easy to ignore distractions like noise or other people. | Attention Control | 5 | 5 |
| I often find myself losing focus and getting distracted when I'm working on tasks. | Attention Control | 5 | 5 |
| I can stay focused on one task for a long time without my mind wandering. | Attention Control | 5 | 5 |
| I can remember and follow multi-step instructions without forgetting any steps. | Working Memory | 5 | 5 |
| I sometimes have trouble keeping track of things I need to do or remember | Working Memory | 5 | 5 |
| When I read a paragraph, I can remember the details and main points well. | Working Memory | 5 | 5 |
| When a plan I made doesn't work out, I can come up with a new plan quickly. | Cognitive Flexibility | 5 | 5 |
| Trying new ways of solving a problem is exciting for me. | Cognitive Flexibility | 5 | 5 |
| It's difficult for me to change my plans when something unexpected happens. | Cognitive Flexibility | 5 | 5 |
| I like to plan out my day with specific time slots for different activities. | Overall Time Management | 5 | 5 |
| I find it challenging to stick to a schedule and complete tasks on time. | Overall Time Management | 5 | 5 |
| I can adjust my plans when things don't go as expected. | Overall Time Management | 5 | 5 |