



STRENGTHS vs. DEFICITS

Deficit	Strength
Short attention span	Many interests
Irresponsible	Carefree
Distractible	Perceptive
Hyperactive	Energetic
Unpredictable	Flexible
Impulsive	
Loud	
Stubborn	Determined, persistent
Poor Planner	Focused on the moment
Disorganized	Unstructured
Willful	Determined
Bossy	
Argumentative	Committed
Tests limits	Risk taker
Manipulative	Cunning, negotiator, diplomatic
Anxious	
Impatient	Eager
Explosive	
Disobedient	Non-conformist, renegade, rebel,
Defiant	Opinionated, bold
Angry	Activist
Obnoxious	Driven, tenacious
Lazy, unmotivated	
Erratic	Self-starter
Spacey	Imaginative, creative
Obsessive	Focused
Aggressive	

Compiled by Hoover Middle School Staff (SFUSD)