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| 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)