



Getting to Know Me

YD 6 -12

Generously Funded by



Name: _____

D.O.B. _____ Date: _____

Please tell us about yourself. This form will not be shared with others, please answer it truthfully. Letting us know your strengths and challenges helps us to better assist you.

1. Which best describes you? (Check all that apply)

I would rather read instructions than listen to the teacher explain them.

Almost Never Once in a While Sometimes Frequently Almost all the time

I like having someone explain directions aloud.

Almost Never Once in a While Sometimes Frequently Almost all the time

When I study, I have to take a lot of breaks to get up and walk around.

Almost Never Once in a While Sometimes Frequently Almost all the time

I like to draw/doodle during class.

Almost Never Once in a While Sometimes Frequently Almost all the time

I remember things better when I write them down.

Almost Never Once in a While Sometimes Frequently Almost all the time

I study by saying things aloud.

Almost Never Once in a While Sometimes Frequently Almost all the time

Charts, pictures and maps help me understand what I am reading.

Almost Never Once in a While Sometimes Frequently Almost all the time

I can pay attention better if I have a snack while I study.

Almost Never Once in a While Sometimes Frequently Almost all the time

I like to listen to music while I am studying.

Almost Never Once in a While Sometimes Frequently Almost all the time

I am good at seeing pictures in my mind of what I am studying.

Almost Never Once in a While Sometimes Frequently Almost all the time



It is easy for me to remember jokes.

Almost Never Once in a While Sometimes Frequently Almost all the time

I can think better if I fidget by tapping my foot, playing with a pencil, or moving a little.

Almost Never Once in a While Sometimes Frequently Almost all the time

I prefer working by myself.

Almost Never Once in a While Sometimes Frequently Almost all the time

I prefer working with a friend.

Almost Never Once in a While Sometimes Frequently Almost all the time

I prefer working in a group of 3 or more.

Almost Never Once in a While Sometimes Frequently Almost all the time

I find it hard to speak up in class and/or participate in discussions.

Almost Never Once in a While Sometimes Frequently Almost all the time

I find it hard to read aloud.

Almost Never Once in a While Sometimes Frequently Almost all the time

I find it hard to control my temper.

Almost Never Once in a While Sometimes Frequently Almost all the time

It is easier for me to control my temper if I try the following:

2. Have you ever received or are you receiving any of the following? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Speech/Language Therapy | <input type="checkbox"/> Exceptional Student Education services in school |
| <input type="checkbox"/> Occupational Therapy | <input type="checkbox"/> Counseling |
| <input type="checkbox"/> Physical Therapy | <input type="checkbox"/> IEP or 504 Plan |
| <input type="checkbox"/> Daily Medication (not including vitamins) | <input type="checkbox"/> Other |

3. I learn best when I:



4. I do not like it when I am asked to:

5. Activities/things that motivate me:

6. Activities I do not like to do:

7. School subjects I am good at:

8. School subjects I find hard:

9. After I complete high school, I want to:

10. Is there anything else you'd like to share about yourself?

****If you would like to talk to someone about these questions check here.***