

My learning Profile

Please check whether each task is a strength, challenge, or "okay" for you...

TASK	Strength	"Okay"	Challenge	Comment:
Attention/Concentration				
Taking notes				
Starting, organizing, and completing tasks				
Interacting with others				
Understanding social cues				
Oral Expression/talking				
Following directions				
Self-advocacy (speaking up for what I need)				
Seeing				
Understanding information that I hear				
Understanding information that I see				
Memorizing information				
Hearing				
Putting thoughts into writing				
Using my hands/ Fine motor coordination				
Processing speed				
Sitting for long periods				
Moving around (standing/walking)				
Tolerating stress				
Being motivated				
Being Responsible				
Finishing tests on time				
Spelling				
Word recognition/decoding				
Understanding what I read				
Reading at a normal rate/speed				
Doing math calculations				
Doing math word problems				
Managing time				
Studying				
Giving presentations to the class				
Spatial visualization				
Other (Please list):				

I learn best in a : Visual _____ Auditory _____ OR Hand-ons _____ classroom. Comments:
