FIFTEEN THINGS ABOUT ME

Hi, my name is ____________________________ and I am in your class this year. I want you to know a little about me. I’m nervous to be in your class because it’s new and I don’t know what to expect. I need some time to adjust and then I will feel comfortable. Please don’t judge me on my first few weeks. As the time goes by, you will be amazed by the skills you never thought I possessed. I sometimes look like I don’t understand. That’s just because I don’t have the same expressions and reactions as other people. I might not look at you when you talk but that doesn’t mean I didn’t hear you. I did. In fact I usually hear more than most people. As I become familiar with your classroom I will begin to shine. A great way to speed up this process is letting me know what to expect. Written or picture schedules for the day reduce my anxiety. A five minute warning before a change of activity can help me greatly too. You are my teacher and I look up to you. I want to succeed this year but I can’t do it without your help and most importantly, your belief in me that I can do it!

1. What is my general disposition?

______________________________

2. What am I really, really good at?

______________________________

3. What do I absolutely LOVE doing?

______________________________

4. What do I absolutely HATE doing?

______________________________

5. What academics are my strong areas?

______________________________

6. What academics do I need a lot of extra help with?

______________________________

7. Which skills would my parents really like me to work on this year?

______________________________
8. How do you know when I’m getting frustrated?

9. What can you do to calm me down before the storm hits?

10. Too late! The storm hit! What can you do to calm me down?

11. What strategies work really well to get me to do something I don’t want to do?

12. What typically makes me laugh?

13. What consequences back-fire and don’t give the desired results?

14. I don’t like consequences, but which consequences work well for me?

15. I would also like you to know...