Let Me Introduce Myself

Have your child fill out this form and give it to the teacher during the first two weeks of school.

NAME:

I’ve put a check mark next to the things that work best for me in the classroom. But first, let me tell you a little about myself:

1. I love doing these things in my spare time at home:
   ○ in the morning
   ○ by myself
   ○ working with a tutor
   ○ at my desk
   ○ kneeling at my desk
   ○ listening to music
   ○ sitting at my desk
   ○ sitting on the floor
   ○ standing behind my desk
   ○ in a quiet area
   ○ wearing noise-blocking headphones
   ○ away from the door and distractions
   ○ walking around
   ○ other

2. I am very good at the following activities:
   ○ use an assignment book
   ○ write down the assignments
   ○ have a friend write assignments down and give me a copy
   ○ send my assignments to my phone and/or my parent’s phone (remind.com software)
   ○ have a “row captain” remind me to write down my homework and remind me to turn it in
   ○ call a friend at home if I forget assignments
   ○ keep an extra textbook at home
   ○ ask a friend to help me review and organize my notebook
   ○ dictate assignments on a recorder
   ○ have someone help me plan the sequence of what I do first, second, and last
   ○ estimate how long an assignment will take
   ○ put finished work in one place
   ○ color-code folders and book covers
   ○ break long-term assignments into sections with different due dates
   ○ send home a reminder of due dates for the final project via email or a note
   ○ other

3. My five biggest strengths are:

4. My four biggest weaknesses are:

5. I would love to do the following when I grow up:

6. My favorite subjects are:

7. I make my best grades in these classes:

8. My most difficult subjects are:

9. I can learn best in these situations:
   When:
   ○ in the morning
   ○ by myself
   ○ working with a tutor
   ○ at my desk
   ○ kneeling at my desk
   ○ listening to music
   ○ sitting at my desk
   ○ sitting on the floor
   ○ standing behind my desk
   ○ in a quiet area
   ○ wearing noise-blocking headphones
   ○ away from the door and distractions
   ○ walking around
   ○ other

10. It helps if I have study breaks:
   ○ every 20 minutes
   ○ every 30 minutes
   ○ after I finish a certain part of the work (one half, one third, or one section)

11. I like to...
   ○ Sit at the end of a row so I won’t disturb others if I stand up
   ○ Stand up and walk around briefly
   ○ Stand up and stretch

12. These strategies help me stay organized and complete my homework:
   ○ use an assignment book
   ○ write down the assignments
   ○ have a friend write assignments down and give me a copy
   ○ send my assignments to my phone and/or my parent’s phone (remind.com software)
   ○ have a “row captain” remind me to write down my homework and remind me to turn it in
   ○ call a friend at home if I forget assignments
   ○ keep an extra textbook at home
   ○ ask a friend to help me review and organize my notebook
   ○ dictate assignments on a recorder
   ○ have someone help me plan the sequence of what I do first, second, and last
   ○ estimate how long an assignment will take
   ○ put finished work in one place
   ○ color-code folders and book covers
   ○ break long-term assignments into sections with different due dates
   ○ send home a reminder of due dates for the final project via email or a note
   ○ other

13. What helps me learn and remember information:
   ○ write things down
   ○ use a mind map
   ○ type it into a computer
   ○ read it out loud
   ○ make or build something
   ○ use songs or rhymes
   ○ draw a picture
   ○ use flash cards
   ○ listen to a recording
   ○ talk about the information
   ○ use associations; mnemonics
   ○ other