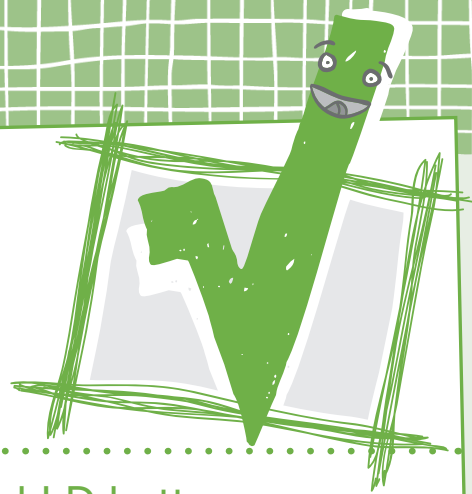


Find Out About Yourself



Chapter 1 helped you understand LD better. Answer the questions below to understand yourself better. (Pssst! There are no right or wrong answers.) Write your answers in a notebook. Or photocopy the checklist to write on. Or you can download and print out a copy at www.freespirit.com/LD.

Check the item that best describes you for each question.

1. How has having LD made you think about yourself?

- Sometimes I think I'm dumb and can't learn.
- I can learn—I just learn differently from other kids.

2. What do you think caused your LD?

- I had problems before or while being born.
- I had an illness or injury just after being born.
- I have a relative with LD.
- I don't know the cause.



3. When did you first know that you had LD?

- I knew before I started school.
- I knew after I started school.
- I am just finding out now.

4. Who was the first person to help you find out why you had trouble learning?

- A parent helped me.
- A teacher helped me.
- Another adult helped me.

**5. What is your plan for making learning easier?
(Check all that apply.)**

- I will ask my parents for help.
- I will ask my teachers for help.
- I will keep reading this book.

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Do you know yourself a little bit better now? As you continue to read the book, keep your understanding of yourself in mind. Think about how the information you read can help you.

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