

THINK ABOUT IT

How Are You Adjusting to Your Plan?

Answer the following questions about you, your schoolwork, and your friendships.

1. Has your school schedule changed because of your plan? YES NO

If you answered yes, does the new schedule work for you? YES NO

If the schedule isn't working well, why not? Who can you talk with about adjusting it so it works better?

2. Has your team made changes to some of your work, homework, and tests? YES NO

If you answered yes, are the changes helpful? YES NO

If you answered no, who can you talk to about this?

3. Do you understand why you are getting the help you are? YES NO

4. Do you know what your goals are during your time with your extra help teacher? YES NO

If you answered no, who can you talk to about this?

If you answered yes, write down some goals you are working to reach.

5. Do you understand how the help you are receiving can help you reach your goals? YES NO

If you answered no, ask! It's important to know how your extra help is supposed to support you.



How Are You Adjusting to Your Plan? (continued)

6. Do you ever feel like you're still struggling even though you're getting help? YES NO

If you answered yes, share your concerns with an adult. Who can you talk to about this?

7. Do you know how you can quickly explain your extra help to your friends and other people? YES NO

If you answered yes, write down your explanation here:

If you answered no, who could you talk with about ideas for how to explain?

8. Do you know what to say if friends or other kids ask why some of your work is different from what they do? YES NO

If you answered yes, write one thing you can say:

If you answered no, who could you talk to about what to say?

9. If you are comfortable getting extra help, it will probably be easier for your friends to be okay with it, too. Do you mostly feel good about getting extra help? YES NO

If you answered no, who can you talk to about this?



How Are You Adjusting to Your Plan? (continued)

10. Has anyone ever teased you about getting extra help or special education?

YES NO

If you answered yes, do you know goodways to respond to the teasing to make it stop?

YES NO

If you answered no, it's time to speak to an adult. You shouldn't be teased because you are getting the right help for you. Which adult could you speak with?