

THINK ABOUT IT

How Do You Feel About Your Future?

Read the following sentences. Which ones describe you? Mark *yes* if the sentence describes you and *no* if it does not yet describe you.

1. I feel ready for school next year. YES NO

2. I know my schoolwork will get more challenging each year. But I am confident that I'll be ready for it as I get older. YES NO

If you answered no, write about what is worrying you. Then, share your worries with a trusted adult.

3. I feel comfortable asking for extra help in the future, even when I'm in high school or college. YES NO

If you answered no, write down why you are uncomfortable about asking for help. Then share these reasons with a trusted adult.

4. I know how to ask adults for support so they know what I need help with. YES NO

5. I know how to teach my teachers about who I am and about my strengths and challenges. YES NO

If you answered no, who can you ask for help with this?



How Do You Feel About Your Future? (continued)

6. If I need more or different help as I go into a new grade, I know that I can share this opinion with my team at my Committee on Special Education or my 504 meeting. YES NO
7. I know that as an adult I will be able to find a job that is right for me. YES NO
8. I know that I can use my abilities and talents to help me succeed. YES NO

Write down some of those abilities, talents, and strengths here.

9. I know that these strategies can help me now and in the future: remaining calm, asking for help when I need it, and being open to new ways of learning. YES NO