

What do I know about myself?

Directions: answer each of the following questions. For each *No* or *Working On It* response – what action plan do you have for correcting this area of weakness. For each *Don't Know* response – what action plan do you have for finding out whether you can or can't. For each *Yes* response – congratulations and keep up the good work.

Academic Direction

Do I have a clear and realistic educational or vocational goal?

Yes no working on it don't know

Action plan: _____

Can I describe my strengths and limitations?

Yes no working on it don't know

Action plan: _____

Study Skills

Do I know how to use a library?

Yes no working on it don't know

Action plan: _____

Do I know when to ask for assistance?

Yes no working on it don't know

Action plan: _____

Can I take notes from a book?

Yes no working on it don't know

Action plan: _____

Can I take notes from a lecture?

Yes no working on it don't know

Action plan: _____

Am I usually prepared for class?

Yes no working on it don't know

Action plan: _____

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Do I know how to study for different kinds of tests?

Yes no working on it don't know

Action plan: _____

Am I on time and regular in class attendance?

Yes no working on it don't know

Action plan: _____

Am I good at organizing my work?

Yes no working on it don't know

Action plan: _____

Are my assignments and notes neat?

Yes no working on it don't know

Action plan: _____

Do I turn my work in on time?

Yes no working on it don't know

Action plan: _____

Do I work well in a group?

Yes no working on it don't know

Action plan: _____

Do I communicate effectively with teachers?

Yes no working on it don't know

Action plan: _____

Do I interact well with my age group?

Yes no working on it don't know

Action plan: _____

Can I problem solve and make good decisions?

Yes no working on it don't know

Action plan: _____

Do I know when a conversation is over?

Yes no working on it don't know

Action plan: _____

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Can I handle rejection in an appropriate manner?

Yes no working on it don't know

Action plan: _____

Do I know how to let someone know that I like them?

Yes no working on it don't know

Action plan: _____

Do I understand what it is like to share living arrangements with a roommate?

Yes no working on it don't know

Action plan: _____

Do I use leisure time appropriately?

Yes no working on it don't know

Action plan: _____

Life Skills

Can I arrange transportation to go to school or a job?

Yes no working on it don't know

Action plan: _____

Do I understand my medical needs and can I express these needs to the appropriate people?

Yes no working on it don't know

Action plan: _____

Do I know how to locate assistance if I need it?

Yes no working on it don't know

Action plan: _____

Can I manage my own money?

Yes no working on it don't know

Action plan: _____

Can I shop for my own food and clothing?

Yes no working on it don't know

Action plan: _____

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Can I do basic cooking and laundry?

Yes no working on it don't know

Action plan: _____

Academic Preparation

Can I read and understand college-level material?

Yes no working on it don't know

Action plan: _____

Can I write an essay?

Yes no working on it don't know

Action plan: _____

Have I had enough math (3 years or more)?

Yes no working on it don't know

Action plan: _____

Have I had at least 3 years of science which includes at least one lab science?

Yes no working on it don't know

Action plan: _____

Have I had at least 4 years of English?

Yes no working on it don't know

Action plan: _____

Have I had enough foreign language to get into the school I want to attend?

Yes no working on it don't know

Action plan: _____

Can I use email, word processing and the web?

Yes no working on it don't know

Action plan: _____

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Disability Advocacy

Can I name and describe my disability?

Yes no working on it don't know

Action plan: _____

Do I know what accommodations I need? (Low distraction area, extended testing time, note takers, books on tape)

Yes no working on it don't know

Action plan: _____

Do I know what adaptive equipment I need to use? (4 track player, screen reader, etc.)

Yes no working on it don't know

Action plan: _____

If you have checked working on it or don't know, you need to do some more preparation. Work hard, we will see you in college.