

My name is Jasmine Gattison and I am 14 years old. This year after facing a health crisis, it helped me to find my voice in determining my goals in developing an education plan that supports where I am and where I want to be. After talking with my Mom and Dad



about not being prepared for 9<sup>th</sup> grade, we decided as a family for me to be retained to ensure that I would be academically prepared for high school in 2018. After having a 504 for three years I realized that I needed more supports to be successful. With the help of my Mom, I was able to get an IEP.

I want to become a basketball coach for middle or high school. Basketball has given me an outlet to develop a positive self-esteem, learn how to be a team player, develop relationships and a great stress reliever. I want to be able to share this with other teens.

Right now I am working on finding study skills that work for me. My Mom and I have tried many options but I still have not been as

successful and I would like to be. The more that I understand my disability, I will find options that will be beneficial to me. I am also learning how to self-advocate for myself. This tool can be used in high school and college.

I am in the process of learning more about getting a job that I would like to do. I have purchased a book called "Coaching Basketball for Dummies". It describes everything from being a beginner player and creating a great team. I am also looking to job shadow the basketball team next year as an Equipment Manager. I know I still have a little bit of time, but I am looking at colleges to see who has the best sports program that I could consider attending. This will give me a lot of the requirements that are needed for this career that I can begin working on now.

I have been diagnosed with ADHD combined type, Major Depression Disorder, PTSD and Anxiety over the past year. I am still trying to learn as much as I can with my diagnoses. However, I am not going to allow them to stop me from reaching my dreams.