MY STRENGTHS & NEEDS

Use this worksheet after viewing the self advocacy and goal setting webinar.

ABOUT ME

My name:

Grade:

One word that describes me:

MY STRENGTHS



<u>These are things I feel proud of and good at:</u>

At school, I am good at:

At home, I am good at:

My friends say I am good at:

Something that makes me feel confident:

RAISE

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

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MY NEEDS



<u>These are things I feel proud of and good at:</u>

At school, I sometimes need help with:

At home, I sometimes need help with:

A subject or skill I want to get better at:

Something that can make learning easier for me:

MY PLAN

One thing I want to keep practicing is:

One way my teacher and family can help is:

One way I can help myself is:

RAISE

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