



Building on My Strengths

Every student is unique and has their own strengths. It's important to know your strengths so you can grow and become more independent.



Why is this important?

No matter your age, your education team needs to know about you as a learner; how you learn best. This is your time to voice your opinion on how you can be successful this school year.

How do I do this?

There are four areas to either write down and phrases, draw pictures or dictate to someone who you are as a learner.

My Name:

My Grade:

Strengths

What do I do well?

Preferences

I learn best by:

- watching
- listening
- doing
- writing/reading

I feel most comfortable working:

- on my own
- with a partner
- in a group

It helps me when my teacher...



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My Name:

My Grade:

Interests

What do I enjoy and like to do?

What do I like to think about?

Where do I like to go?

Who do I like to spend time with?

Needs

What are some things that are difficult for me?

When I'm learning I need help with...

Would you like to share anything else?

This form was adapted from the [I'm Determined](#) project, a state directed project funded by the Virginia Department of Education.