Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fifteen Things About Me

1. What is my general disposition?

2. What am I really, really good at?

3. What do I absolutely LOVE doing?

4. What do I absolutely HATE doing?

5. What academics are my strong areas?

6. What academics do I need a lot of help with?

7. Which skills would my parents really like me to work on this year?

8. How do you know when I’m getting frustrated?

9. What can you do to calm me down before the storm hits?

10. Too late! The storm hit! What can you do to calm me down?

11. What strategies work really well to get me to do something I don’t want to do?

12. What typically makes me laugh?

13. What consequences backfire and don’t give the desired results?

14. I don’t like consequences, but which consequences work well for me?

15. I would also like you to know…