



One-Pager

Name:

Today's Date:

My Strengths

What do I do well in school?
What do I do well at home or in my community?
What do other people say are my strengths?

My Interests

What do I like to do when I'm not in school?
What activities or organizations do I enjoy participating in?
What are my hobbies?

My Preferences

What works for me? What helps me be successful?
Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?

My Needs

What are the accommodations that help me?
How can others help me?
What are some things that are difficult for me?