Analyzing My Learning
Strengths and Struggles

Strengths / Abilities

What am I good at doing or enjoy doing?

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Health / Medical /Family Factors that might affect how I learn.

I have had

_____Hearing problems / ear infections
_____Vision problems
_____Speech or language difficulties
_____Allergies
_____Coordination problems
_____Trouble sitting still or sticking with a task
_____Depression
_____Anxiety
_____Drug or alcohol problems
_____Other serious health problems ____________________________

____ Others in my family have difficulties reading or doing math
Vision / Hearing

_____My eyes water and/or become red after a short time of work.

_____My eyes get tired easily. I rub my eyes a lot.

_____I put my head on the desk or table to read.

_____When I read out loud, I skip or repeat words. I leave off endings.

_____I lose my place when I read.

_____I get headaches after just a short time reading.

_____I squint and have to look close to see print.

_____I have to look up from the page often when I read.

_____I close one eye when I read or write.

_____People say I talk loudly.

_____I have to ask people to repeat what they said.

_____Sometimes I misunderstand or miss what people say.

_____I turn one ear toward the person speaking so I hear better.

I also notice

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Reading

_____ I read slowly.

_____ When I read aloud, I skip words and/or re-read lines.

_____ I substitute, leave out, add, or mix up letters or parts of words.

_____ I lose my place on a page.

_____ I avoid reading out loud if I can.

_____ I read words or parts of words backwards:
   e.g. was for saw, net for ten.

_____ When I read silently, I re-read or read very slowly.

_____ I have a hard time “sounding out” words.

_____ I guess a lot when I read.

_____ I read in a kind of jerky, uneven way.

_____ I find it hard to draw conclusions or “read between the lines.”

I also notice

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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Writing and Spelling

_____ I have problems with grammar.

_____ I write numbers or letters backwards or upside down, e.g. b for d, p for q, u for n, M for W.

_____ I spell words different ways in the same piece of writing.

_____ It’s hard to spell because I can’t remember how words look.

_____ I spell words the way they sound.

_____ Sometimes I remember to put a capital letter at the beginning of a sentence and a period or question at the end. Sometimes I don’t.

_____ I reverse letters in spelling, e.g. Firday for Friday, gril for girl.

_____ I write capital and lower case letters in the same word, e.g., SunDay, MoNey.

_____ Handwriting is hard. When I’m writing, it’s hard to make my letters all the same size or control the way I write them.

_____ I make a lot of mistakes with punctuation: periods, commas.

_____ I whisper to myself when I write.

_____ It’s hard for me to organize my thoughts when I write.

_____ It’s hard for me to organize my thoughts enough to take notes when I’m listening to a speaker.

I also notice

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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Math

_____ I have trouble remembering math facts and procedures.

_____ I can remember math facts (adding, subtracting, multiplying, dividing) one day, but I may not remember them the next day.

_____ I find it hard to copy numbers and work with numbers in columns.

_____ I get left and right mixed up.

_____ When I’m working a math problem, I can’t remember which direction to go.

_____ I confuse similar numbers, e.g., 6 and 9, 2 and 5 or I turn numbers around when I write them, e.g., 691-8512 for 961-8215.

_____ I read numbers backwards, e.g., 18 for 81, 21 for 12.

_____ It’s hard to remember the steps in math problems: e.g., in renaming (carrying and borrowing) or in long division.

I also notice

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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Other factors that can affect learning

Attention

_____ I have trouble concentrating / focusing.

_____ I’m easily distracted.

_____ I’m restless. It’s hard to sit still.

_____ I’m impulsive. I don’t think before I act or say something.

Organization

_____ I have trouble organizing my time.

_____ I have trouble organizing things, e.g. house / car / business papers.

_____ I have trouble judging how long it will take to do something.

_____ When I have many things to do, I have trouble deciding which is most important to do.

Social

_____ I tend to feel out of place in a group.

_____ It’s hard for me to make friends.

_____ I often feel that I misunderstand other people’s words or actions or that they misunderstand mine.

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General

____ It’s hard for me to judge distances.

____ I have trouble finishing a project or a program.

____ I find it hard to change from one activity to another.

____ I have problems remembering.

____ I have trouble with directions: right-left, east-west, north-south.

____ I find it hard to motivate myself.