# Student worksheet - things I might need help with

## Key Messages

* Recognising your individual support needs will help you and others to understand how your individual needs affect your ability to do your work
* Your strengths, abilities and interests play an important role in helping people to get to know you
* It is important to identify skills and abilities that could be developed over time to better support your interest
* It is equally important to identify any difficulties and weaknesses you may have and to plan how these can be overcome in the workplace
* It is important that you speak with your parents or carers, and your teacher for feedback about your strengths and the things you can improve on
* This information will help to make sure that any support that you may need is understood by your key person

### Activity 1: What I like to do, and what I can do

Skills and abilities can be developed over time, particularly if motivated by an interest.

Think about the things that get your attention, that you enjoy and that you like doing and fill in the sections below.

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| --- | --- |
| Things that interest me | My abilities and strengths |
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### Activity 2: Learning about myself

This activity is to help you and others to understand how your individual needs affect your ability to work. You might like to ask for help from your teacher, parent or carer to help you understand your abilities and strengths.

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| Provide information about any current concerns you may have about doing work experience | Suggested support strategies and adjustments |
| Behaviour  *Example - When I get confused or frustrated I have trouble keeping calm* | *Example - I like to find a quiet place to calm myself* |
| Curriculum and learning  *Example - When I learn new things I sometimes get confused with all the information* | *Example - I like to learn new things one step at a time, I watch, then I try with help, then I do it myself* |
| Organising  *Example - I have difficulty getting ready on time* | *Example - I like to prepare the night before* |
| Social  *Example - I am not confident with dealing with strangers* | *Example - I like to give other people a chance to talk first* |
| Environmental  *Example - I have difficulty getting physical access to buildings* | *Example - I cannot walk upstairs but I can use a lift* |
| Communication  *Example - I do not read very well* | *Example - I can have instructions read to me* |
| Anything else? |  |