

Student: What Works for Me Inventory

Student Name Date

Use this inventory to think about and record things that work well for you and support your learning. Share the information with your teacher and your learning team.

A. How I look after myself

- How much sleep do I need?
- What kind of food makes me feel alert?
- What snacks are good energy sources?
- What times of the day do I need to eat?
- What time of the day do I have the most energy?
- What time of the day do I have the least energy?
- What type of exercise makes me feel energized?
- What kinds of activities help me relax?

B. Tools that help me learn

- What writing tool works best for me (type of pen or pencil, colour of ink)?
- What kind of paper helps me keep organized (wide-ruled, unlined, wide margins, pre punched)?
- What binder system works for me?
- What other supplies help me keep organized (white-out, self-stick removable notes, ruler)?
- What calculator works best for me (size, features)?
- What reference books help me learn?
- What apps or programs are helpful to my learning?
- Other tools that help me learn

Student: What Works for Me Inventory continued

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C. In the classroom

- What seat in the classroom works best for me?
- What do I read best from?
dry erase board smartboard projector chart paper my own copy
- Does the colour of print make a difference?
- Does the type of print (printed, handwritten, typed) make a difference?

D. How I like to follow directions (in 1, 2, 3 order)

- teacher explains aloud
- teacher writes directions on the board
- teacher does example on the board
- teacher asks another student to demonstrate
- teacher asks all students to try a sample at their desks
- I read the directions while the teacher reads them
- I read the directions on my own
- teacher shows me at my desk
- another student explains a second time and answers my questions
- I watch what another student does
- I try it on my own and then check with the teacher
- I try it on my own and then compare with another student

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E. Tricks I use to keep myself organized

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F. Tricks I use to keep myself focused and on task in class

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G. Special things that teachers can do to help me learn

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