

Who I am as Learner - Part One

Name _____ Date _____

My Interests, Talents, Passions, and Aspirations
I am really interested in...
I like to do this in school...
For fun, I like to ...
If you could tell others what is unique or special about you, what would that be?
I am really good at...
I would like to learn how to be or do...
I want to do something to make a difference about this...
Circle any of the words below that best represent you: Creative, Curious, Funny, Social, Fearful, Independent, Nerdy, Shy, Innovative, Risk-Taker, Intense, Follower, Leader, Out-of-Box Thinker, Bubbly, Quiet, Talented, Strong, Talkative, Athletic, Artistic, Calm, Perfectionist, Geek, Intelligent, Friendly, Listener, Determined, Stubborn, Focused, Thinker, Musical
Add any other words to describe you if not listed above:

Part Two: *Using the UDL Lens*

How I Feel about Myself and Learning (Multiple Means of Engagement)

Check all that apply, and then circle 10 of the checks that are most like you

Strengths		Challenges	
<input type="checkbox"/>	I feel confident and motivated to learn.	<input type="checkbox"/>	I get discouraged and frustrated easily.
<input type="checkbox"/>	I get excited about learning new ideas.	<input type="checkbox"/>	I feel overwhelmed much of the time.
<input type="checkbox"/>	I learn from my mistakes and don't give up.	<input type="checkbox"/>	I worry too much.
<input type="checkbox"/>	I know what is important and what to do first.	<input type="checkbox"/>	I need things to be perfect.
<input type="checkbox"/>	I like to challenge myself to learn more.	<input type="checkbox"/>	I get bored fast and give up quickly.
<input type="checkbox"/>	I like working alone.	<input type="checkbox"/>	I don't expect to be successful.
<input type="checkbox"/>	I make friends easily.	<input type="checkbox"/>	I get anxious when the attention is on me.
<input type="checkbox"/>	I am lucky to have people who are there for me.	<input type="checkbox"/>	I feel I am not very creative.
<input type="checkbox"/>	I feel I'm really curious and creative.	<input type="checkbox"/>	I can't say what I'm thinking very well.
<input type="checkbox"/>	I have a good imagination.	<input type="checkbox"/>	I don't have very many friends.
<input type="checkbox"/>	I feel happy most of the time.	<input type="checkbox"/>	I sometimes pretend to know what I'm doing.
<input type="checkbox"/>	I can feel what someone else is feeling.	<input type="checkbox"/>	I cannot cope with many things at one time.
<input type="checkbox"/>	I am more engaged when doing what I like.	<input type="checkbox"/>	I joke around when working or learning.
<input type="checkbox"/>	I like working and playing with others.	<input type="checkbox"/>	I keep thinking about bad things that happened.
<input type="checkbox"/>	I feel like I am a better leader than others.	<input type="checkbox"/>	I feel I don't always belong here.
<input type="checkbox"/>	I like who I am.	<input type="checkbox"/>	I'm not sure who I am supposed to be.
Add Any Strengths		Add Any Challenges	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<p>Tell a brief story about what you chose you are good at and what is difficult or hard for you about motivating yourself to learn.</p>			
<p>List any skills, attributes, or characteristics you have that help you stay motivated. List any that you would like to have so you are more motivated to learn.</p>			

How I Process Information (Multiple Means of Representation)

Check all that apply, and then circle 10 of the checks that are most like you.

Strengths		Challenges	
<input type="checkbox"/>	I understand what I read most of the time.	<input type="checkbox"/>	I have trouble seeing.
<input type="checkbox"/>	I ask good questions when I need help.	<input type="checkbox"/>	I cannot hear very well.
<input type="checkbox"/>	I can see or visualize what I hear or read.	<input type="checkbox"/>	I often do not understand what I read.
<input type="checkbox"/>	I know how to use maps and charts.	<input type="checkbox"/>	I read slowly or have to re-read information.
<input type="checkbox"/>	I understand math symbols and concepts.	<input type="checkbox"/>	I cannot understand or read in English.
<input type="checkbox"/>	I learn more as a hands-on learner.	<input type="checkbox"/>	I have trouble focusing.
<input type="checkbox"/>	I can follow directions easily.	<input type="checkbox"/>	I often don't understand what others are telling me.
<input type="checkbox"/>	I think differently than others.	<input type="checkbox"/>	I am uncomfortable asking for help.
<input type="checkbox"/>	I can read and learn more using technology.	<input type="checkbox"/>	It is difficult to understand oral directions.
<input type="checkbox"/>	I learn better by working with others.	<input type="checkbox"/>	I have trouble following written directions.
<input type="checkbox"/>	I connect to ideas I already know.	<input type="checkbox"/>	I am confused with technology.
<input type="checkbox"/>	I learn content better that includes pictures.	<input type="checkbox"/>	I am not good at remembering things.
<input type="checkbox"/>	I believe I'm a good listener.	<input type="checkbox"/>	I cannot always find what I need online.
<input type="checkbox"/>	I enjoy learning new vocabulary words.	<input type="checkbox"/>	I have trouble understanding new vocabulary.
<input type="checkbox"/>	I have good problem-solving skills.	<input type="checkbox"/>	I need directions repeated often.
<input type="checkbox"/>	I have a good memory.	<input type="checkbox"/>	I don't understand why I cannot learn some things.
<input type="checkbox"/>	I enjoy listening to music when learning.	<input type="checkbox"/>	I am uncomfortable using technology online.
Add any other of your Strengths		Add any other of your Challenges	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<p>Based on your selections, tell a brief story about what you chose you are good at and what is difficult or hard for you when you access and process information</p>			
<p>List any skills you have and tools, technology, or apps that you currently use to help you process information. Add any skills that you would like to acquire or tools to learn to help you process information.</p>			

How I Express My Learning (Multiple Means of Action and Expression)

Check all that apply, and then circle 10 of the checks that are most like you.

Strengths		Challenges	
<input type="checkbox"/>	I ask for help when I am working on a task.	<input type="checkbox"/>	It is hard for me to say what I am thinking.
<input type="checkbox"/>	I like drawing and using photos in my projects.	<input type="checkbox"/>	I feel anxious speaking in front of the class.
<input type="checkbox"/>	I like to build things.	<input type="checkbox"/>	It is difficult to get started on a new activity.
<input type="checkbox"/>	I like to write essays, stories, poetry, or songs.	<input type="checkbox"/>	I cannot take notes and listen at the same time.
<input type="checkbox"/>	I am good at organizing and planning.	<input type="checkbox"/>	I have messy handwriting.
<input type="checkbox"/>	I can draw what I am thinking.	<input type="checkbox"/>	I put off planning and finishing tasks.
<input type="checkbox"/>	I can manage information and resources.	<input type="checkbox"/>	I have a speech impairment.
<input type="checkbox"/>	I can explain things and retell a story well.	<input type="checkbox"/>	I don't like to study.
<input type="checkbox"/>	I notice and reflect on what I am learning.	<input type="checkbox"/>	I have trouble putting thoughts to paper.
<input type="checkbox"/>	I participate in group and class discussions.	<input type="checkbox"/>	I cannot speak or present in English.
<input type="checkbox"/>	I can create multimedia presentations.	<input type="checkbox"/>	I cannot organize my ideas very well.
<input type="checkbox"/>	I enjoy defending my position.	<input type="checkbox"/>	I find note taking difficult.
<input type="checkbox"/>	I like to show evidence of my learning.	<input type="checkbox"/>	I am not good at reflecting on what I learned.
<input type="checkbox"/>	I am good at telling stories.	<input type="checkbox"/>	I know what I read, but cannot explain it well.
<input type="checkbox"/>	I use technology to communicate and create.	<input type="checkbox"/>	I cannot defend my position very well.
<input type="checkbox"/>	I enjoy using social media.	<input type="checkbox"/>	I am not good at drawing or illustrating.
<input type="checkbox"/>	I am good at problem solving.	<input type="checkbox"/>	I do not feel good about setting goals.
<input type="checkbox"/>	I am a good presenter and speaker.	<input type="checkbox"/>	I have a difficult time using technology.
<input type="checkbox"/>	I can manage information and resources.	<input type="checkbox"/>	I do not write descriptively.
<input type="checkbox"/>	I feel confident about sharing my ideas.	<input type="checkbox"/>	I feel anxious when I take a test.
<input type="checkbox"/>	I learn more when I stand or move around.	<input type="checkbox"/>	I get distracted and get off task easily.
Add any other of your Strengths		Add any other of your Challenges	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<p>Tell your story about what you chose you are good at and what is difficult or hard for you to express what you know and understand.</p>			
<p>List any skills you use and technology, tools or apps that you currently use or skills or tools you would like to use to express what you know and understand.</p>			