

Take this survey to assess your strengths and areas to work on

___ I feel fatigued and tired during the day.

___ I yawn and need to stretch a lot.

___ I have trouble getting started with my work.

___ I have trouble finishing my work.

___ I can work on things that I am interested in for long periods of time.

___ I never know what is important when I am listening or studying.

___ I am easily distracted.

___ I am not a good listener.

___ I miss key parts of directions and explanations.

___ I do my school work without planning or thinking enough before starting out.

___ I have trouble knowing how fast or slow I need to do things.

___ I lose track of what I am doing during a task or activity.

___ I make a lot of careless mistakes on test.

___ I miss a lot of deadlines for turning in assignments.

___ I feel overwhelmed most of the time.

Review your results

- 1. Make a list of what is working for you.**
- 2. Make a list of what is not working for you.**
- 3. Visualize what it will look like for you when you are succeeding in school.**
- 4. Make a list of the “missing links” (areas of concern)**
- 5. Create a plan of action. Pick one that you want to work on and write up a S.M.A.R.T goal for it.**
- 6. Begin implementing**
- 7. Self monitor and discuss your progress with someone.**