

# Analyzing My Learning Strengths and Struggles

## Strengths / Abilities

What am I good at doing or enjoy doing?

Relating to people	Relating to animals
Organizing	Budgeting
Music	Reading and writing
Art / Drawing /	Sports /gymnastics
Cooking	Math
Science / Nature	Understanding myself
Building or repairing things	Woodworking
Solving problems	Sewing / Crafts /Decorating
Teaching someone to do something	Using a Computer
Dancing	Other?

## 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**

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\_\_\_\_\_ 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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Pages 2-7 were adapted by Margaret Lindop, the Center for Literacy Studies, The University of Tennessee, 1999, from *Screening for Adults with Learning Disabilities: the Role of the Practitioner in the Assessment Process*, National Adult Literacy and Learning Disabilities (ALLD) Center, Summer, 1998

## 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.**

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