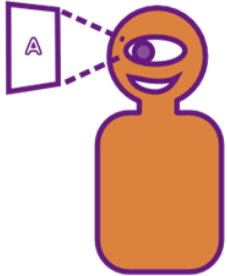


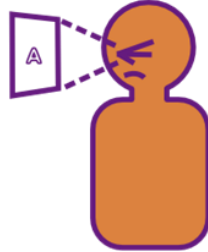
Am I ready for class ?

Circle the sentences that are true for you.



I can see the papers.

I can see the board or screen.



I can't see the papers.

I can't see the board or screen.



Looking at the paper is uncomfortable.

Looking at the board or screen is uncomfortable.



I can hear the teacher and/or students speaking.



I can not hear the teacher and/or students speaking.

There is too much background noise.

It is too quiet.



I can speak comfortably.



I can not speak comfortably.



I can write by hand.



I can't write by hand.

Writing by hand is uncomfortable.

CHALLENGE:	POSSIBLE SOLUTION:
I can't see the papers.	Get eyes checked by doctor.
I can't see the board or screen.	Get glasses. Other:
Looking at the paper is uncomfortable.	Try Irlen color filters. Work with teacher to adjust classroom lighting.
Looking at the board or screen is uncomfortable.	Other:
I can not hear the teacher and / or students speaking.	Get ears checked by doctor. Choose seat in class to be closer to teacher. Other:
There is too much background noise.	Ask for quiet times. Other:
It is too quiet.	Use headphones to listen to instrumental music. Other:
I can not speak comfortably.	Arrange communication system with teacher. Other:
I can't write by hand.	Write using a keyboard.
Writing by hand is uncomfortable.	Dictate into a phone. Ask for extra time to write. Other: