

<u>My Learning Strengths Checklist</u> Name:	MY SCORE 1,2,3,4 OR 5
My General Strengths	
I can work or play independently	
I am interested in doing well	
I understand and set goals	
I am eager to learn new things	
I ask for help when needed	
I work well/get along well in groups	
I work well/get along well one-on-one	
I am able to organize items and thoughts	
I can admit disappointments/mistakes and then move on	
I have passions and hobbies	
I can plan ahead	
I can make good choices	
I am curious and creative	
I can problem-solve well	
My Social Strengths	
I can share, takes turns and negotiate	
I enjoy social interactions	
I ask for help and comfort when needed	
I can be comforting and offer help when needed	
I can accept personal responsibility for my actions (good and bad)	
I have a good sense of humour	
I don't follow the crowd (I can resist peer pressure)	
I can follow rules and routines well	
I can accept redirection well	
I am able to make friends and keep them	
I am truthful and honest	
I have positive relationships with adults	
I show empathy and sensitivity to others	
I like to help others	
I react appropriately when frustrated (such as not hitting)	
My Language Strengths	
I am able to express my needs, wants and ideas clearly in words	
I can change my voice when speaking to make it interesting	

I understand jokes, puns and riddles	
I can talk about events in the correct and logical order	
I understand the give-and-take of conversation	
I use grammar appropriate to my age	
I have and use a good and growing vocabulary	
I am interested in listening to stories, music and other activities	
I take part in discussions at home, at school and with friends	
I can answer <i>Who? What? When? Where?</i> questions in conversation (or about a story)	

My Literacy Strengths

I enjoy reading	
I can match letters to sounds and sounds to letters	
I am able to sound out unfamiliar words	
I can recognize sight words	
I can follow written directions	
I can remember and retell stories and facts after reading them	
I can make predictions based on what's happened so far in the story	
I can pause when reading and return to that sentence after being interrupted	
I can read accurately and with expression	
I can figure out what new words mean by looking at the context or asking questions	
I have creative and imaginative ideas; I like to tell stories	
I can make connections between what I'm reading and personal experiences	

My Maths Strengths

I can see and understand patterns in nature and in numbers	
I can remember my maths facts and can do mental maths well	
I can think logically	
I understand most maths concepts and can apply them to the real world	
I can use and understand maths vocabulary	

SCORE YOURSELF 1 TO 5: 1= NOT VERY MUCH...2....3...4...5= A LOT

Everyone will have some things that they are stronger at than others. You can use your strengths to help you learn, and you can improve areas of weakness by working at them!