



## Strengths, Challenges, and Coping in Various Settings

By late high school your teen should be self aware enough to explain her strengths, challenges, and what helps her in various settings. Have her complete this chart. You and she should copy the chart, fill it in independently, then discuss what you've each written. Keep your charts for reference at discussions with her special education teacher or at her IEP meetings.

	School	Work	Community	Social Life
Strengths				
Challenges				
What helps				

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For more information on this topic, see our related article: "Helping Teens Develop Self-Determination: An Excerpt from Guiding Teens with LD by Arlyn Roffman, Ph.D.":

<http://www.schwablearning.org/articles.aspx?r=1151>