

LEARNING STRENGTHS & STRUGGLES

Name:

Date:

Easy OK Harder	10													
	9													
	8													
	7													
	6													
	5													
	4													
	3													
	2													
	1													
Scale to show what my brain makes easier and harder for me to learn		example: MATH												
	Types of things that your brain finds easy to learn					Type of things your brain makes OK for you to learn					Type of things your brain makes harder for you to learn			

Types of things to possibly include: sports, computer gaming, computer technology, math, history, art, humor, making friends, asking for help, organizational skills, social problem-solving, writing essays, talking to people you don't know, etc.