

## Who am I?

My name is Cameron and I am in Grade 7. I enjoy playing sports, watching sports, listening to music, walking or hiking. I'm good at Baseball

## Click here to read why I like these things

The 3 things I like to do are playing baseball and soccer in the winter and skiing in the summer. I also like to travel to interesting places like Mexico and Europe. I like the sports to keep me active as it's hard to sit still sometimes. I also like to take pictures when I travel so I guess I like photography as well. Those are the things I like best.

## What are my academic preferences?

- English / Language Arts, History, Art, Music

## The subjects I enjoy the least are

- Math, Science, Technology

## I understand information better by

- watching a video or presentation

## I prefer to demonstrate my understanding

- with tests that include multiple choice and short answers
- by making something with my hands
- in person in front of a small group of classmates
- one on one discussion with my teachers

## What are my areas for academic growth? *Academic skills that are challenging for me are,* MATH OPERATIONS

Click here for details of math

1. PERCENTAGES: use mental to calculate percents of whole numbers, including 1%, 5%, 10%, 15%, 25%, and 50%
2. FRACTIONS: add and subtract fractions with like and unlike denominators, using appropriate tools, in various contexts
3. DECIMALS: solve problems involving the division of three-digit whole numbers by decimal tenths expressing remainders as appropriate

## READING COMPREHENSION

Click here for details of reading

1. FACTS AND DETAILS: find supporting details in various texts
2. SEQUENCING: analyze various texts by sequencing the events of multiple plots
3. INFERENCE: use explicit and implicit evidence, to extend understanding of various texts
4. VOCABULARY: demonstrate an understanding of a variety of words, and use morphological knowledge to analyze and understand new words in context
5. MAIN IDEA: summarize the main idea of a text and draw a well-supported conclusion

## WRITTEN EXPRESSION

## **What motivates me?**

### **I am MOTIVATED EXTRINSICALLY to learn**

This means that I may be learning or doing school work to get praise or some kind of reward like higher grades or a gift.

### **How do I learn best?** The ways I am smart are,

- PICTURE SMART so I may learn best with images, charts, and videos.
- PEOPLE SMART so I may be good at understanding and getting along with people.
- BODILY-KINESTHETIC ways so I may have good hand-eye co-ordination, balance and speed with body.

### **What helps me learn?** Learning was easier for me when

- I used physical tools to stay focused (ie. fidget toys, chairs)
- I had extra time to complete tests and assignments or took tests over several days

### **What are my learning strengths?** My strongest learning skills are,

- SUSTAINED ATTENTION which means that I may have the ability to stay focused and attentive for a long period of time.
  - ORGANIZATION which means that I may prefer to keep things in order or tidy
  - RESPONSE INHIBITION which means I may be able to think before I act
  - LEADERSHIP which means that I may enjoy being a leaders in group activities.
  - PHYSICAL which means that it may be easier for me to learn when I am able to be more active.
  - CREATIVE which means that it may be easier for me to learn through creative methods like art or music
- 
- VISUAL MEMORY which means I may be able to easily remember things that I have visually seen.

### **What are my learning opportunities?** *Learning skills most challenging for me are,*

- WORKING MEMORY which means it may be difficult for me to remember information I recently recalled.
  - EMOTIONAL CONTROL which means the part of the brain which controls my emotions may not be fully developed
- 
- AUDITORY MEMORY which means it might be difficult for me to process information that I hear orally, remember it and recall it.

## **What are my goals?**

I would like to become more focused OR less anxious in school by taking notes while listening in class.

**The strategy I will use is, MANIPULATIVES:** Use concrete materials, images and representational models to solve math problems or understand complex concepts

I would like to work on this once a week and complete it by April 30, 2024.

**Strategies that may help me and my classmates. Select the strategies that may work best for you,**

1. ☐ NOISE CANCELING HEADPHONES: Wear noise canceling headphones to minimize distractions and block out classroom noise.
2. ☒ INTERACTIVE LEARNING ENVIRONMENTS: Request the option to interact in small groups, move around and try different ways of learning.
3. ☐ RELAXATION: Engage in calming, relaxation techniques when transitioning between classes.
4. ☒ BREAK CARDS: Request breaks as needed using break cards as an alternate means of communication.
5. ☐ FIDGET ITEMS: Use fidget items to help with focussing and listening to the teacher.
6. ☐ INQUIRY BASED LEARNING: Ask questions on subjects of interest to gain a deeper knowledge of the topic.
7. ☐ VISUAL STORIES: Create visual stories through a chain of images or items that need to be remembered.
8. ☐ SELECTIVE SEATING: Sit in a specific area of the class to minimize distractions and build relationships with a variety of students.
9. ☐ ALTERNATIVE ASSIGNMENT FORMATS: Have the option of creating a visual or audio file in place of a written assignment or writing instead of a presentation.
10. ☐ PAIR-SHARE: Share thoughts with one other classmate before expressing thoughts in a full class discussion.