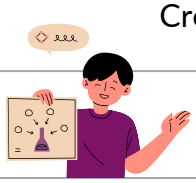
Self-Awareness Activity

Use this tool to think about what feels easy, what feels hard, and what you're still learning. Remember, your strengths and challenges can change depending on what you're doing, and you can always try a new strategy or ask for help!

Consider and Rate the Following	This is a strength of mine	I am working on this	I struggle with this
 Reading			
Listening 			
 Watching Videos			
Discussing 			
 Writing			
Creating, Designing, or Building 			
 Presenting			
Taking Quizzes or Tests 			
 Working Alone			
Working with a Partner 			
 Working in a Group			
Working when Quiet 			
 Working when Noisy			
Working at a Desk or Table 			