

# 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.

Learn more at: <https://www.socialthinking.com/articles/teaching-students-about-learning-strengths-challenges>