

Supporting my learning

Use my laptop for writing tasks and research.
Give clear step by step instructions for tasks
Explain content in a different way or use different words so that I am clear.
Teach vocabulary and meanings before using them in discussions.
Link vocabulary knowledge to everyday life experiences.
Repeat and revisit learning to support it going into long term memory.
Explicitly make links to prior knowledge
Repetition is a necessary tool for me to learn

Help me by:

Making it ok for me to ask you directly for help.

Asking for help directly is the best way for me to get support.

Relating to others

Sometimes I like a quiet space away from friends to get my work done.
Other times working with friends helps me to complete tasks.
Sometimes I talk to my friends to get help.

Help me by:

Looking to build a positive relationship with me.

Please talk one to one with me rather than calling me out in front of the class if there is a problem.



FASD-CAN
Fetal Alcohol Spectrum Disorder
Care Action Network

www.fasd-can.org.nz



Can't NOT Won't

Kia ora, I am Eliza

I want to learn. My goal is to be a builder and work outside.



Strengths

Manaakitanga and Respect are important values in my family.

I want to show you respect.

I find it easier to show respect when I feel listened to and heard.

Important strategies that help me have a good day.

- Listening to music
- Checking in with a mentor
- Going for a walk.

Sometimes I need to do these things so that I can regulate myself.

Fiddling with a small object can help me to stay focused.

Remind me to snack regularly and drink my water

Managing my work

Send me digital reminders and have a calendar of the tasks required

Make lists/ give me step by step instructions of tasks.

Provide templates to support starting tasks

Give handouts rather than expecting copying from a whiteboard.

Use numbered points for any sequences.

Help me by:

Checking where I am up to in tasks

Keeping track of what I need to do next.

Check in that I am clear with what is required.

Following Instructions

Explain things in language that I understand.

Check my understanding by getting me to tell you using my own words.

Have clear steps.

Support verbal instructions with a written list of bullet points.

Having confidence in the task helps me to get into it straight away.

Help me by:

Checking I know what to do if I haven't started a task.

Understanding that some days might be 'off days'.