

## Student Learning Profile

### **Executive Functioning Areas:**

\_\_ Inhibition

\_\_ Cognitive Flexibility

\_\_ Emotional Control

\_\_ Self Monitoring

\_\_ Task Monitoring

\_\_ Initiation

\_\_ Working Memory

\_\_ Planning/Time Management

\_\_ Organization of Materials

Describe one aspect of college that you anticipate being a strength for you, an area in which you will need **less** support.

Describe one or two areas that you anticipate may be a challenge for you in college, where you think you will need **more** support.

**NEXT: Ask yourself, how will I receive support for these areas when I get to college?**

### **Sample Self-Interview Questions:**

1. Think about a typical week in your life during the academic year OR create a mental picture of you studying and doing homework. *[include both weekday and weekend if needed.]* Ask yourself...
  - a. Where and when you study/complete work?,
    - i. *Is it totally quiet vs. background noise?*
      1. *Music, white noise, silence*
    - ii. *What about your environment makes it a productive place for you to work?*
      1. *morning/afternoon/evening/night*
      2. *Sitting at a desk, at table, comfortable chair?*
    - iii. *What materials are available, what people are around, etc.*
      1. *Working alone or working with others*
      2. *Using a computer/electronic option vs. using paper/print*
      3. *Assistive Technology*

- iv. *Do you require accountability to accomplish work?*
    - 1. *alerts/reminders (electronic or paper-like sticky notes/to-do lists)*
    - 2. *Prompting from others (parent/teacher/peer)*
  - b. *How do you structure your time?,*
    - i. *Do you use a schedule/calendar system to keep track of obligations like meetings and classes?*
      - 1. *Where is this kept? (Bedroom, phone, agenda/paper planner)*
    - ii. *Do you utilize 'gap time' between classes or obligations to complete work?*
    - iii. *How do you decide what you work on first? (prioritizing)*
      - 1. *Do I accomplish harder tasks first or the easier tasks first?*
      - 2. *Do I work on things that are more urgent,*
        - a. *EX. approaching deadlines*
  - c. *What methods, strategies, and resources do you use?, Examples: flashcards, agenda/planners, assistive technology, note taking methods, etc.*
    - i. *Do I use a planning tool like an agenda?*
      - 1. *Is it paper or electronic?*
    - ii. *How do I keep up with documents/files/work on my computer?*
      - 1. *Google drive, dropbox, etc.?*
    - iii. *What method do I use for taking notes and keeping track of materials?*
      - 1. *Paper or electronic?*
2. *Would you say that receiving 0's on assignments is typical of you?*
- a. *If yes, is it because you did not know about the assignment?*
    - i. *OR*
  - b. *Did you know about the assignment and were unable to complete it?*
    - i. *If so, why?*
3. *If you find that you are having difficulty with an assignment, what do you do?*
- a. *Are you comfortable talking with a professor/instructor?*
    - i. *Appointment*
    - ii. *Office hours*
    - iii. *Email*
    - iv. *Phone*
  - b. *Are you comfortable with seeking out tutoring resources for help?*
    - i. *Do I prefer 1:1 tutoring or study groups?*
    - ii. *Peer tutoring or tutoring directly provided by the instructor*
  - c. *Are you comfortable approaching a peer or another student in the class?*
    - i. *How do you contact them?*
4. *What other resources have you used in the past for support?*
- a. *Self Help Resources*
    - i. *Examples: youtube videos or Khan Academy resources, special applications or technology, text based resources like books.*
  - b. *Individuals/people*
    - i. *Instructors/teacher*
    - ii. *Parents/family members*
    - iii. *Coaches/advisors/mentors*

**BLANK EF Matrix- example**

<b>Executive Function</b>	<b>Strength</b>	<b>Need</b>	<b>Potential Strategies (examples)</b>
Inhibition			
Cognitive Flexibility			
Emotional Control			
Monitoring			
Initiation			
Working Memory			
Planning/Time Management			
Organization of Materials			

**Example Weekly Self-Assessment**

**Scoring guide: 0- I did not do this, 1- I did this 25% of the time, 2- I did this 50% of the time, 3- I did this 75% of the time, 4- I did this 100% of the time**

**Academic Work**

I turned in all of my work on time.	
I studied for an adequate amount of time for upcoming quizzes, tests and exams.	
The work I turned in was high quality and met the professors expectations.	
Total:	<b>/12</b>

**Academic Behavior**

I used my planner effectively to remember due dates, readings, tests, homeworks, meetings and other assignments.	
I went to all of my classes.	
I was on time for all of my classes.	
I took quality class notes.	
I was engaged in the lecture, was not on my phone or computer during instruction and participated in class.	
I managed my time well and spent an adequate amount of time dedicated to school work.	
Total:	<b>/24</b>

**Special Expectations**

I met with my mentor/coach/professor/tutor.	
If not, I let my mentor/professor/tutor know with appropriate notice that I wouldn't be attending. (If you did not cancel or miss a meeting give full credit)	
I was on time for my meetings with my mentor/professor/tutor..	
I went to the library, study room or other special location to study or get work done.	
I went to see a content specific tutor, met with my professor, used the writing center or other campus resource, or attended a course tutoring session if needed. (BONUS 4)	
OTHER:	
Total:	<b>/16</b>

**Overall weekly total: /52**