

My Planning Meeting

Directions

- Have students update each section with information about themselves and their goals.
- Have the students share this with their team members in advance and use this at their next planning meeting.

Welcome to _____'s Planning Meeting

Invited Guests

Here is a list of people I have invited to my planning meeting and their relationship to me

Name, Title _____

Name, Title _____

Name, Title _____

Name, Title _____

Name, Title _____

Name, Title _____

Name, Title _____

Name, Title _____

My Preferences

In the box below, enter in your preferences. You can start by answering these prompts if that helps.

- Who I choose to spend time with
- What I choose to do during my free time
- How I prefer to receive information
- How I prefer to communicate
- Preferences for working along? With 1 person? A group of people?
- Environmental preferences? Open? Private? Active? Quiet? Bright? Dark?
- Anything else you prefer!

My Skills and Strengths

In the box below, enter in your skills and strengths. You can start by answering these prompts if that helps.

- Talents, gifts, and abilities that I have
- What am I good at doing
- When I am most independent
- What helps me to be successful
- My skill set for learning
- Any other skills and strengths you have

My Interests

In the box below, enter in your interests. You can start by answering these prompts if that helps.

- What fascinates me
- What gains my attention
- What is meaningful to me
- What is motivating/reinforcing me
- Hobbies I have
- What I collect
- My favorite places, things, and people
- What I like to do around the house, at school, and in the community
- Any other interests that I have

My Needs

In the box below, enter in your support needs or requests. You can start by answering these prompts if that helps.

- What challenges me
- What are things I need help with
- What helps me learn or do things more efficiently/what are my accommodations
- What helps me feel most comfortable or safe
- What are things I do that require me to have another person help me
- Any other needs that I have

My Plans for the Future

In this section, list plans that you have for school, employment and any independent living goals. Whatever goals you have for your future, you can put them here!

Here are some examples:

- I want to graduate you school and work at the zoo.
- I want to move into my own apartment and get a pet.
- I want to join the local theater group and preform on stage.
- I want to join a gym and go to workout classes.
- I want to learn how to cook so I can have friends over for dinner parties.

My Education Goals

In this section, list goals that are related to your education.

Here are some examples:

- I want to take a public speaking class so that I can be more comfortable advocating for my needs.
- I want to run for student council so that I can help make changes at my school or university.
- I want to learn skills and strategies to help me stay focused at school.

Accommodations That Might Help Me

In this section, list out accommodations that may help you.

Here are some examples:

- I need short breaks throughout activities to help me stay focused
- I need a computer/keyboard to type out my assignments and take notes because writing is hard for me
- I need a notetaker to make sure that I am capturing key information
- I need extra time on tests because I process information at a slower rate than my peers

You can look up other ideas or talk about this with others that support you