

Example completed by a student in mainstream provision

Let me introduce myself	A photo of me
<p>My name is Savita and I am 16 years old. I live with my mum, my younger sister and my pet dog, Alfie.</p> <p>My interests are making cakes, going to the cinema and horse riding.</p> <p>I go to school by myself on the bus but do not really like this.</p> <p>For English I am working towards L2 but for maths I am working towards L1.</p>	

Important people in my life

Mum: Nisha, **Sister:** Ella who is eight, **Grandad:** Sandeep, **Best friend:** Mia.

What I am good at/my strengths

I am good at looking after my sister and my dog. I am really good at horse riding which I love and have won four rosettes. I am kind and helpful to people that I trust for example I help my grandad with his allotment and am good at growing flowers and vegetables.

Things I want to get better at/hopes for the future

- I want to be a better horse rider. I also want to know how to look after other animals as I would like a job working with animals in some way.
- I would like to be able to concentrate better so I can learn things.
- I also want to be more confident and less worried about talking to people I don't know.
- I would like to get better with maths as I struggle with numbers.

My specific learning difficulty

- Dyscalculia
- Anxiety disorder

How you can help me

How I can help myself

About me: Savita Devi

My date of birth: 3 June 2001

<ul style="list-style-type: none">• Support me with my maths particularly at the moment with my understanding of place value and quantity.• Give me handouts to take away and look at again.• Break down instructions into small steps and wherever possible write these down for me.• Please give me additional time in tests or exams for extended pieces of writing.• Talk to me and my mum about strategies that will help me to feel less anxious and let us jointly agree a plan of action.	<ul style="list-style-type: none">• Repeat instructions given to me in my own words to make sure that I understand them.• Tell staff when I feel worried or anxious.• Look at people during conversations.• Set myself the target of trying to start a conversation with one person each day.• Focus in class. Listen to the tutor and don't become distracted by thinking of other things.
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What I find difficult	How you can help me
Communication and social interaction <ul style="list-style-type: none">• I find speaking to new people very daunting and this makes me anxious.• I do not like talking in front of the class. I like to ring my mum if I am feeling anxious or worried.	Communication and social interaction <ul style="list-style-type: none">• Support me to work in small groups rather than as a whole class.• Encourage me to present my work to the tutor only or to a small group of my class mates.• Please do not ask me to read aloud.
Self-help/independence <ul style="list-style-type: none">• I am learning to travel to college independently but at the moment this is very new to me• I become anxious when talking to big groups of people.	Self-help/independence <ul style="list-style-type: none">• Ask me how my independent travelling is going and if I need any more help.• Encourage me to work with my learning support assistant (LSA) to start talking to new people on the course in a safe environment. Let me gradually become familiar with other students in my group by gradually rotating who I work with.• Let me practice what to say to new people with my LSA.
Sensory and/or physical needs <ul style="list-style-type: none">• I really dislike high levels of noise which make me feel very agitated.	Sensory and/or physical needs <ul style="list-style-type: none">• Prepare me for noisy environments in advance.• Discuss different strategies with me that will help me become less anxious with noise.• Let me wear headphones/ear plugs to reduce noise.

About me: Savita Devi

My date of birth: 3 June 2001

Particular dislikes/ triggers that create additional stress and anxiety

- I panic if there is an unexpected change to my routine.

Particular dislikes/ triggers that create additional stress and anxiety

- Talk to me in advance if, for example, you know that teaching rooms are going to change, or a different tutor will be taking a session.
- If this isn't possible, please give me some physical space and time to come to terms with the change and talk it through with me.

Health and medical needs

If this section is not relevant, delete.

Specific medical condition(s)

Epilepsy: No

Emergency Meds: No

Known allergies Allergic to penicillin

Additional notes

Examination access arrangements (x as appropriate)

Examination access arrangements are applied for by educational organisations on behalf of students with special educational needs, disabilities or temporary injuries. They include requesting modified question papers, extra time and permission for an individual to sit an exam in a separate room. Indicate below whether such arrangements have been successfully applied for and used by the young person.

Yes	X
No	

Form completed by: Savita Devi

With the help of: Nisha Devi (mother)

Date: 28th November 2017