
How Teachers Can Help Me:

A Book By _____

(Name)

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IN THE CLASSROOM

When I first get to class:

- _____ I might need more time getting started on my work.
- _____ Help me get involved in activities that I may seem disinterested in.
- _____ Ask me how my morning has been and let me go speak with my counselor if I need to.
- _____ Have me sit close to the front of the classroom to keep my attention.
- _____ Check to make sure I am prepared. Do I have the materials required?
- _____ Greet me pleasantly. Help me get my day started off nicely.
- _____ I have an extremely hard time with separations...it is one of the toughest parts of my day!
- _____ Please don't rush me to say my goodbyes!
- _____ Understand that I will probably try to keep my family from leaving...offer reassurance that I will see my loved ones again soon.
- _____ Encourage me to try to have positive interactions with my peers.
- _____ Greet me and tell me what to do first.
- _____ Let me keep something at my desk that makes me feel better (i.e. a picture of my family, a small stuffed animal, etc.)
- _____ Remind me what we did last time.
- _____ Tell me what I will learn.
- _____ Remind me of the rules and our agreed-upon consequences.
- _____ Give me only a few directions at a time.
- _____ Post what will be happening today.
- _____ Let me sit next to a friend that will help me get started.
- _____ Give me a signal if I am doing well at the beginning of class.
- _____ Put a note on my desk telling me what I will need to do this morning.
- _____ Clarify the rules of the class and the school (ex: no fight, respect others, or no dangerous tools)
- _____ Post the rules on walls or other place that I can easily see them
- _____ Assign routine simple work for me to help the classroom (ex: water plants every day)
- _____ Tell me what we're doing today.
- _____ Have the rules in a place where I can see them.
- _____ Remind me of rewards and consequences.
- _____ Give me time to get into the classroom and warm up to you
- _____ Allow me to do my usual routine.
- _____ Have patience with me as I may take a little longer to get situated.
- _____ If you see me doing a ritual, please show me our special sign, which will remind me to stop.
- _____ Remind me of class expectations
- _____ Assist me with setting up my desk and area
- _____ Offer me duties to occupy my time in the morning
- _____ Let me know the schedule/routine for the day and tell me about any schedule changes.
- _____ Ask if there is anything I need and how I am feeling that day
- _____ Let me play at my desk until everyone else is ready to start
- _____ Have a set routine I can expect to have happen every day.
- _____ Tell me the expectations, rules, and consequences so I am prepared.

- _____ Make sure I am not around a lot of students unless there is an adult nearby.
- _____ Make sure they are the same rules every day so I know what to expect.
- _____ Give me some time to adjust slowly.
- _____ Bring me into an activity that you know I like to focus on.
- _____ Have the agenda on the board or a "To Do" list

When I have to remember stuff:

- _____ Put a reminder on the board for homework, quizzes, and tests.
- _____ Assign me a homework/test buddy (one of my friends) that can remind me about work after school.
- _____ Write it down in my assignment notebook.
- _____ Have me repeat the directions back to you to make sure I understand.
- _____ Provide me with my own set of directions.
- _____ Please be concise. It is difficult for me to take in a lot of information at once.
- _____ Let me know what I should bring to class.
- _____ Help me write down my assignments in an assignment notebook.
- _____ Help me put my assignments in color-coded folders.
- _____ Use pictures to remind me of things.
- _____ Remind the entire class once before the class is over, so I will not be singled out.
- _____ When I remember my things, remind me that I did something well.
- _____ Write down the stuff on the blackboard and ask me to jot down in my notebook.
- _____ Remind me again at the end of the day (before I go home).
- _____ Ask my parents to check and sign my notebook every day, so they can remind me if I forgot something.
- _____ Allow me to read aloud the stuff repeatedly.
- _____ Give me a checklist.
- _____ Give me reminders.
- _____ Check my parent log.
- _____ Speak slowly and clearly.
- _____ Make sure I am paying attention (making eye contact).
- _____ Break things down into steps as much as possible.
- _____ If I begin to get overwhelmed, allow me to take a break.
- _____ Make a list for me before I leave class for the materials I will need for tomorrow's class.
- _____ Verbally remind me before I leave class what I will need for tomorrow.
- _____ When I forget things, I become very upset, allow me to work through it.
- _____ Offer me a pencil and paper to write it down.
- _____ Try to ask me questions pertaining to what I need to remember throughout the day.
- _____ Offer a goal (such as remembering one or two things) and encourage me to meet it with an incentive.
- _____ When I am taking time away in the hallway, try to focus my attention on remembering the items.
- _____ If I forget items I need for class, just give me the things I would need to avoid conflict.
- _____ You may need to remind me to write down my assignments.
- _____ Show me how to make a to-do list for my homework.
- _____ Give me a folder that I can use to keep track of what I need to remember.
- _____ When I need to study, let me and a buddy work together to remember things.
- _____ Remind me to prioritize my responsibilities as a student.
- _____ Help me realize what are some of my more immediate responsibilities and what can wait a few day/weeks.