

UNIT 2 LESSON 1

Name: _____

Date: _____

Think of the strengths and weaknesses you have.

List at least 3 strengths and 3 weaknesses you identify.

Then, explain why it is important for you to know and understand your strengths and limitations.

Write your answer in complete sentences.

My Strengths

My Limitations

Understanding my strengths and limitations is important because...

UNIT 2 LESSON 2

Name: _____

Date: _____

Let's practice self-reflection!

What strategies can you use to be more self-aware? Write them here!

What are some things you are good at? Write them here!

What are some things you need help with? Write them here!

STRENGTHS AND LIMITATIONS

Part of self-awareness is asking for feedback from people you trust. Ask your grownups if they have any feedback or concerns about your performance in school. Write the feedback here.

How can you use this feedback to be successful in school?

UNIT 2 LESSON 3

Name: _____

Date: _____

Let's create a plan to turn a limitation into a strength!

Look at the list of strengths and limitations you created in Lesson 1.
Which limitation might impact you the *most* at school?

We all have people around us who can help us overcome our limitations.
Who can you ask for help? How will this person help?

I can ask:

because they can help me:

We all have resources that can help us overcome our limitations.
What resources do you have? How can they help?

I can use these resources:

because they can help me:



Let's set some goals so you can achieve your plan.

When do you want to reach your goal?

I want to achieve my goal by:

What are the steps you need to take to reach your goal?

First, I need to:

Then:

After that:

Finally:

UNIT 2 LESSON 4

Name: _____

Date: _____

Brainstorm your strengths, preferences, interests, and needs.
Then write your **SPIN** statement.

What **STRENGTHS** do you have?

Example: I am good at asking for help when I need it and using a calculator to solve math problems.

What are some things you **PREFER**?

Example: I prefer to work with a partner or to work with music playing.

What are some things you are **INTERESTED** in?

Example: I like to play video games. I am interested in archaeology and history.

What do you **NEED** to be successful?

Example: I need step-by-step directions and clear due dates.

You brainstormed your strengths, preferences, interests, and nneeds.
Now you're ready to write your **SPIN** statement.

Example **SPIN** Statement:

I am good at asking for help when I need it and at using resources like my calculator to finish math problems. I prefer to either work with a partner or independently with my headphones on. I love to play Minecraft, and I am interested in archaeology and history. I need clear due dates and step-by-step directions to be successful in class.

My **SPIN** Statement:

UNIT 2 LESSON 5

Name: _____

Date: _____

Brainstorm your atttributes, resources, contexts, and skills.
Then write your **ARCS** statement.

What are your **ATTRIBUTE** strengths?

Example: I am independent and resilient, and I advocate for myself.

What are your **RELATIONSHIP** strengths?

Example: My teammates are very important to me because they encourage me to be a better player.

What are your **CONTEXT** strengths?

Example: My DRS worker can help me get job training and help me find a job.

What are your **SKILL** strengths?

Example: I work hard. I am good at basketball, and I am fast at typing.

You brainstormed your atttributes, resources, contexts, and skills.
Now you're ready to write your **ARCS** statement.

Example **ARCS** Statement:

I am independent, resilient, and hardworking. I can advocate for myself and the things I need to be successful. I am very close to my mom, and I have a good relationship with my teammates. I know my DRS worker can help me access a job and job training. I am a good football player, and I am good at math and science.

My **ARCS** Statement:

UNIT 2 LESSON 1

Name: _____

Date: _____

Think of the strengths and weaknesses you have.

List at least 3 strengths and 3 weaknesses you identify.

Then, explain why it is important for you to know and understand your strengths and limitations.

Write your answer in complete sentences.

My Strengths

My Limitations

Understanding my strengths and limitations is important because...

UNIT 2 LESSON 2

Name: _____

Date: _____

Let's practice self-reflection!

What strategies can you use to be more self-aware? Write them here!

What are some things you are good at? Write them here!

What are some things you need help with? Write them here!



Part of self-awareness is asking for feedback from people you trust. Ask your grownups if they have any feedback or concerns about your performance in school. Write the feedback here.

How can you use this feedback to be successful in school?

UNIT 2 LESSON 3

Name: _____

Date: _____

Let's create a plan to turn a limitation into a strength!

Look at the list of strengths and limitations you created in Lesson 1.
Which limitation might impact you the *most* at school?

We all have people around us who can help us overcome our limitations.
Who can you ask for help? How will this person help?

I can ask:

because they can help me:

We all have resources that can help us overcome our limitations.
What resources do you have? How can they help?

I can use these resources:

because they can help me:



Let's set some goals so you can achieve your plan.

When do you want to reach your goal?

I want to achieve my goal by:

What are the steps you need to take to reach your goal?

First, I need to:

Then:

After that:

Finally:

UNIT 2 LESSON 4

Name: _____

Date: _____

Brainstorm your strengths, preferences, interests, and needs.
Then write your **SPIN** statement.

What **STRENGTHS** do you have?

Example: I am good at asking for help when I need it and using a calculator to solve math problems.

What are some things you **PREFER**?

Example: I prefer to work with a partner or to work with music playing.

What are some things you are **INTERESTED** in?

Example: I like to play video games. I am interested in archaeology and history.

What do you **NEED** to be successful?

Example: I need step-by-step directions and clear due dates.

You brainstormed your strengths, preferences, interests, and needs.
Now you're ready to write your **SPIN** statement.

Example **SPIN** Statement:

I am good at asking for help when I need it and at using resources like my calculator to finish math problems. I prefer to either work with a partner or independently with my headphones on. I love to play Minecraft, and I am interested in archaeology and history. I need clear due dates and step-by-step directions to be successful in class.

My **SPIN** Statement:

UNIT 2 LESSON 5

Name: _____

Date: _____

Brainstorm your atttributes, resources, contexts, and skills.
Then write your **ARCS** statement.

What are your **ATTRIBUTE** strengths?

Example: I am independent and resilient, and I advocate for myself.

What are your **RELATIONSHIP** strengths?

Example: My teammates are very important to me because they encourage me to be a better player.

What are your **CONTEXT** strengths?

Example: My DRS worker can help me get job training and help me find a job.

What are your **SKILL** strengths?

Example: I work hard. I am good at basketball, and I am fast at typing.

You brainstormed your atttributes, resources, contexts, and skills.
Now you're ready to write your **ARCS** statement.

Example **ARCS** Statement:

I am independent, resilient, and hardworking. I can advocate for myself and the things I need to be successful. I am very close to my mom, and I have a good relationship with my teammates. I know my DRS worker can help me access a job and job training. I am a good football player, and I am good at math and science.

My **ARCS** Statement: