

Self-awareness: Levels of Independence

Student Example

Things I do... Well/Independently	Things I do... OK/Independently	Things I do... Well with Assistance	Things I do... OK with Assistance	Things that are... Hard even with assistance
Non-Academic <i>feeding and giving water to my dog</i>	Non-Academic <i>making my bed</i>	Non-Academic <i>cleaning my room</i>	Non-Academic <i>calling friends on the phone and knowing what to say</i>	Non-Academic <i>solving problems when I fight with friends</i>
Academic <i>math</i>	Academic <i>reading</i>	Academic <i>writing my homework down in my assignment notebook</i>	Academic <i>keeping my desk organized</i>	Academic <i>writing stories</i>