

ME! Scale

Student: _____ Date: _____

1. I know I am in exceptional student education.

- a. Yes
- b. I think
- c. Not sure
- d. No

2. I have a disability.

- a. Yes
- b. I think
- c. Not sure
- d. No

3. I have an IEP.

- a. Yes
- b. I think
- c. Not sure
- d. No

4. I have IEP goals.

- a. Yes
- b. I think
- c. Not sure
- d. No

5. I know my IEP goals.

- a. Yes
- b. I think
- c. Not sure
- d. No

6. I (or my parents) have a copy of my IEP.

- a. Yes
- b. I think
- c. Not sure
- d. No

7. I know what accommodations are.

- a. Yes
- b. I think
- c. Not sure
- d. No

8. I can tell my teachers about accommodations I need in class.

- a. Yes
- b. I think
- c. Not sure
- d. No

9. I feel good about my future.

- a. Yes
- b. I think
- c. Not sure
- d. No

10. People with disabilities can go to college.

- a. Yes
- b. I think
- c. Not sure
- d. No

11. I can describe my post-school goals and dreams.

- a. Yes
- b. I think
- c. Not sure
- d. No

12. I can explain to others how my disability impacts my school work.

- a. Yes
- b. I think
- c. Not sure
- d. No

13. I am comfortable telling others about my disability.

- a. Yes
- b. I think
- c. Not sure
- d. No

14. I will find a good job after high school.

- a. Yes
- b. I think
- c. Not sure
- d. No

15. List 3 things you are good at when you are at school.

- 1. _____
- 2. _____
- 3. _____

16. List 3 things you need help with when you are at school.

- 1. _____
- 2. _____
- 3. _____

17. List 3 things you are good at when you are somewhere other than school.

- 1. _____
- 2. _____
- 3. _____

18. List 3 things you need help with when you are somewhere other than school.

- 1. _____
- 2. _____
- 3. _____

19. Three important things I want to achieve this year.

- 1. _____
- 2. _____
- 3. _____

20. Three important things I want to achieve when I am an adult.

- 1. _____
- 2. _____
- 3. _____