

# Empower to **EMPLOY**

STUDENT ACCESS AND INCLUSION

Educating individuals with unique abilities, from empowerment to employment.

## Personal Support Inventory

**Your Name:**

**Date:**

**Program Applied For:**

### *1. Daily Routine*

- **Can you find your way around a new environment?**

- ☐ I have never had the opportunity
- ☐ I need complete assistance
- ☐ I am completely independent

**Notes/Comments:**

- **Do you follow a schedule independently?**

- ☐ I have never had the opportunity
- ☐ I need complete assistance
- ☐ I am completely independent

**Notes/Comments:**

- **Do you bathe daily?**

- ☐ I need daily reminders
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

- **Do you change clothes daily?**

- ☐ I need daily reminders
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

- **Do you brush your teeth daily?**

- ☐ I need daily reminders
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

## *2. Academic Support*

- **How do you plan your study time?**

- ☐ I need complete assistance
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

- **Do you use good judgment in an emergency?**

- ☐ I have received instruction, but have not been in the situation
- ☐ I have not received instruction
- ☐ I am completely independent

**Notes/Comments:**

- **How do you cope with stress?**

- ☐ I need assistance
- ☐ I have and use coping strategies
- ☐ I am independent

**Notes/Comments:**

## *3. Problem-Solving*

- **Can you give an example of a problem you solved on your own?**

**Notes/Comments:**

- **Do you ask for help when you need it?**

- ☐ I need prompting
- ☐ Always
- ☐ Only in familiar situations

**Notes/Comments:**

## *4. Motivation and Goals*

- **What helps you stay motivated to do your schoolwork?**

- ☐ I need assistance
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

- **How do you set and achieve your goals?**

- ☐ I need assistance
- ☐ I do it with prompting/schedules
- ☐ I am completely independent

**Notes/Comments:**

## 5. Using Resources

- **How do you find and use resources like books, websites, or people who can help you?**
  - ☐ I need assistance
  - ☐ I do it with prompting/schedules
  - ☐ I am completely independent

**Notes/Comments:**

- **Can you give an example of a time you used a resource to help you with a task or project?**

**Notes/Comments:**

## 6. Communication

- **Do you communicate your needs appropriately?**
  - ☐ Yes
  - ☐ No
  - ☐ With prompting

**Notes/Comments:**

- **Do you engage in age-appropriate interaction?**
  - ☐ Yes, I socialize with same age peers
  - ☐ I do not socialize
  - ☐ I socialize mostly with family
  - ☐ I socialize with older people
  - ☐ I socialize with younger people

**Notes/Comments:**

- **How do you deal with conflict?**
  - ☐ I need much assistance
  - ☐ I seek assistance
  - ☐ I need limited assistance
  - ☐ I am independent

**Notes/Comments:**

## 7. Self-Care

- **How do you balance academic responsibilities with personal well-being?**
  - ☐ I need assistance
  - ☐ I do it with prompting/schedules
  - ☐ I am completely independent

**Notes/Comments:**

- **How do you manage stress?**
  - ☐ I need assistance
  - ☐ I have and use coping strategies

☐ I am independent

**Notes/Comments:**