This book is for you! I-E-P stands for “Individualized Education Plan.” It is a plan that tells you and your teachers how you learn best in school. It has steps that will help you to reach your learning goals.

You can do this book by yourself, with your family, or a teacher. They can help you come up with ideas and write them down!
Sometimes students learn differently from others. That does not mean it is better or worse, just different. The IEP helps you meet your special learning needs. You, your teachers and family can use the IEP to make changes at school.

**Where is the IEP developed?**

The IEP is developed at the IEP meeting. People involved in your education meet and discuss your goals for the next year. If you want, you can come too!
Who comes to the IEP meeting?

People who know you well will be there to help write your IEP. They will join your IEP team. The following people may be on your IEP team:

Your Principal
Your Case Manager
Your parents or guardians
Your teachers

Who else do you want on your team? Write or draw them here.
MY TURN
WHAT SHOULD I DO FOR MY IEP MEETING?

1. Tell your family and teachers you are coming to the meeting. They will help you.

2. To help set your IEP goals, think about what you like and don’t like about school.

Fill in the “About Me” on the next page and share at the meeting to help your team!
My favorite color is:

My favorite class is:
   Because:

My hardest class is:
   Because:

I am good at:

I need help with:
Think about how your teachers can help. Some students get help by:

- Using a computer (e.g., spell checker)
- Using a calculator or dictionary in class
- Having extra time on tests
- Having tests read out to them
- Answering the test out loud instead of writing
- Sitting in the front of the class

What do you think YOU need? Write or draw it here.
If you had an IEP last year, read it. Ask your parents or teachers to read with you. Make sure you understand what’s in your IEP.

- Check ✔ goals you think you met.

- Highlight ones to keep working on.

- If you are not sure, draw a question mark ? next to the goal. Ask about it at the IEP meeting.
Practice what to say. Ask your teacher or family to help you.

Go to the meeting. Remember to bring your IEP book!

- Relax
- Share
- Listen
- Ask questions when you need to!
After the meeting, ask for a **copy of your IEP when it’s ready**. Do your best to reach your goals!

Great Job!
MY NOTES

You can do it!
Visit http://promisingpractices.research.educ.ubc.ca/ for this and other resources!

Information adapted from:

A Student’s Guide to the IEP (National Dissemination Center for Children with Disabilities)


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