

# My IEP Notebook.

This book belongs to:

---



## About this book

- This book will help you do well and have fun at school.
- It will help you figure out what things you want to do at school and how to make them happen.
- You can do this book by yourself or have a guardian or teacher help you.
- When you finish this book, it will be used to make an IEP for you.



## So what is an IEP anyways?

**S**ome students learn differently than others. Different does NOT mean better or worse.

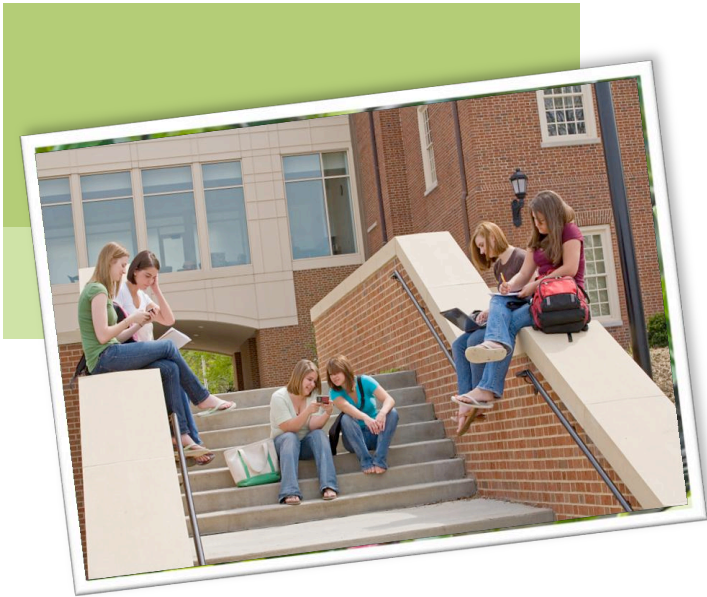
It just means that the way one student likes to take tests, write papers, or listen in class is different than the way another student likes to do those things.

An **IEP** 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**.

I-E-P stands for "**Individualized Education Plan**." It is a plan made just for you!

# My IEP Meeting

During the IEP meeting, goals are set for your school year.



## Who is at the meeting?

People who know you well will be at the meeting to help write your goals. These people might be:

- Your principal
- Your case manager
- Your parent(s) or guardian(s)
- Yourself

Remember it is **your choice** to be at the meeting or not.

**Use the space below** to write down which teachers, parents, guardians or other school staff members you would like at your meeting:

---

---

---

To help set your IEP goals, it is important to think about what you like about school, what you find difficult, and what you think might help you do your best.

**Activity:** Fill in the blanks below to create an "About Me" profile. Share your profile at your IEP meeting to help your team set goals for you!

## ABOUT ME

My favourite subjects/activities in school are:

I like them because:

My least favourite subjects/activities in school are:

I do not like them because:

One thing I would like to get better at is:

One thing I think I do really well is:

It is also important to think about how teachers can make learning easier for you. Below are examples of some things other students find helpful:

- 1) Writing tests in a separate room
- 2) Using a calculator or dictionary in class
- 3) Tape recording lectures, or receiving copies of lecture notes
- 4) Using a computer for written work

**Use the space below to brainstorm what YOU think might be helpful for YOU...**



# YOUR IEP Meeting

If you're nervous about the meeting...

Take a **DEEP BREATH** and give yourself a **PAT ON THE BACK.**

You should be proud that you're participating. Remember, the meeting is to **HELP YOU!**

To help you out...

**READ** your IEP from last year.



**PRACTICE** what you want to say.

**BRING** your IEP notebook.



## Getting Ready

Ask your parent(s), guardian(s), or teachers if you had an IEP last year. If you did:

- Ask for a **copy**.
- **Read it**, on your own or with someone to help you.
- Look at the goals that are listed...
  - o Check  the ones you think you met.
  - o **Highlight** the ones you think you need to keep working on.
  - o Draw a question mark  beside the goal if you're not sure. This will be a **good question to ask** at your IEP meeting.

## Before



- **Practice what you want to say** at the IEP meeting. It's extra helpful to practice out loud.
- **Write notes** of what you want to say so that you don't forget. You'll find 2 pages at the end of the book with space to write.
- Bring your **IEP Notebook** .

## During

- **Relax.** Remember, everyone at the meeting knows you and wants to help you do your best!
- **Share.** Say what you planned to say and show your team what you wrote down in this book before the meeting.
- **Listen.** Be sure to pay attention to what others have to say.
- **Ask.** Most importantly, don't be afraid to ask questions.

## After

- Ask for a **copy of the final IEP**. Keep this so to look over whenever you need.
- Do **your best** to reach your IEP goals!





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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)
- Special Education Services: A Manual of Policies, Procedures, and Guidelines (BC Ministry of Education)

**This brochure is a publication of The University of British Columbia, with support from the BC Representative for Children and Youth.**



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA