

About Me



Hi, I'm going to be your student this year.

Teachers tell me that knowledge is power, so this is an invitation to really get to know me.

My name is:

I like to be called:

and I am: year's old.

Some words that describe me are:

Some things I'm passionate about are:

Something I can do that I'm really proud of is:

This year, I'm hoping to learn how to:



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My unique brain

My learning style is unique because I'm Autistic. This means I think, process, sense, move and interact differently. My brain is hyperconnected in some brain areas, and hypoconnected in others, so I have different strengths and challenges to typical students.

My hyperconnected brain regions allow me to see patterns and make connections where others may not. However, with so many connections firing simultaneously and engaging all my brain's resources, I find it tricky to shift my focus rapidly, which makes transitions difficult for me. So I need careful preparation to transition from a task (especially if I haven't had time to finish it) because my whole brain is invested in the current one.

It's also more challenging for me to filter out sights, sounds, smells and sensations when my brain is hyperconnected. This means that the whirl of the classroom ceiling fan, the clicking of a student's pen or the scraping of chairs on floors, register as equally as important to my brain as the voice of you, my teacher, or a question from a classmate.

Because my brain is overwhelmed by competing sensory stimuli, I have my own way of trying to focus in the classroom. For instance, "whole body listening" for me does not happen by sitting still and looking at you with my hands by my side. I listen most intently when I can allow my body to move, my hands to fidget and I can focus all my energy on listening to your words rather than looking at you and being still for you.

It takes effort and determination to filter, prioritise and organise the multiple tasks and processes required in a school day. It is exhausting, stressful and can leave me anxious, defensive and emotionally dysregulated.

So, if I appear lazy, disengaged, disrespectful or defiant, I am most likely overwhelmed by the task, my environment or an unmet need.

You can help me by asking yourself: What barriers might be preventing me from completing the task? Are there environmental stressors? Have I been able to process and hold onto your instructions? Do I have the skills required to complete the task? Are my needs for safety and connection met? Have there been any unexpected changes?

And please respond with safety, connection and the following accommodations.

Because my Autistic peers and I - just like all students - will do well, if we can.



In the classroom

Because I have a different brain, I learn and sense the world differently. Below is what I find hard and what can really help me.

Please note that Autism is a dynamic disability. This means my support needs and abilities will change from day to day. What I could do yesterday, I may struggle with today.

What I find hard ...

What can help ...



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In other school areas

Because my brain is hypoconnected in regions associated with self- and socio-cognitive processes, I interact with others, play, and form and define friendships and relationships differently. Below is what I find hard and what can really help me in areas such as the playground, the library, the sports field and recess and lunch areas.

What I find hard ...

What can help ...



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My emotional wellbeing

Like all students, I can only thrive when I feel safe in my environment, my basic needs are met and I feel securely connected to the people whose care I am entrusted.

When things are going well, it will look and sound like ...

When things are not going well, it will look and sound like ...



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Other considerations

I also have the following conditions ...

What can help ...

Other things I'd like you to know:



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A note from my loved ones

What we would love to see happen for our child this year:

How we can help this year:

Thank you for taking the time to get to know our child.

Please remember that every day they're trying their best in an unpredictable world that can feel scary and unsafe for them.

Your support and understanding will be instrumental in setting them up for success.



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