

Me! Scale

Name

Date

1. I know I am in special 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 my 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 go to college.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
11. I can talk about 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 schoolwork.
 - 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. People with disabilities get good jobs after high school.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No

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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. The most important thing in my life is:

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(From *Me! Lessons for Teaching Self-Awareness and Self-Advocacy*. The University of Oklahoma. Zarrow Center for Enrichment. <https://www.ou.edu/content/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy/why-me.html>. pages 27-28.)