

Specific learning disorders

Tell My Learning Team What Helps

Children ages 10 to 12 with a supportive adult | 10 to 15 minutes

A reading, writing, or math task can be hard for different reasons. Being stuck does not tell us how smart you are. Pick one school task. You can draw, speak, type, or ask someone to write your words. This page helps adults understand what you need.

Choose one task. Show where it gets hard and what helps. Ask a safe adult to plan the next conversation with you.

Show the hard part

Maybe reading the directions takes a long time, writing ideas is difficult, or numbers are hard to keep track of. Use one example. Include what you understand or enjoy, so the whole picture is not just about difficulty.

Choose a question for help

You might ask for a worked example, a different way to respond, or a discussion about learning support. The adults can explain what evaluation or teaching help may be available. You do not have to diagnose yourself to ask a question.

1. What reading, writing, or math task do I want help with?**2. Where does it get hard, and what can I already do?****3. What support or different format has helped me?****4. What would I like my teacher or learning team to explain or try?****Clinical use and adaptation**

Use developmentally appropriate language and accessible responses. Coordinate with qualified educational or clinical professionals for evaluation and specialized instruction. Do not diagnose from a single task, promise school eligibility, or equate difficulty with effort or intelligence. Preserve the student's voice and privacy.