

## My Areas of Difficulty Checklist

The following is a list of some areas of difficulty experienced by many students with ASD. It is helpful to identify problems so that we can better understand you and make the best recommendations for you. Please check all of the statements that apply to you.

### Learning & Memory

- New assignments are confusing
- I can't make decisions
- I don't have enough energy to start things
- I only like to study things that are interesting to me
- I have difficulty remembering instructions unless I write them down
- I get overwhelmed in class or when studying
- Sometimes my mind goes blank during exams
- I have a lot of memory problems
- I have trouble taking notes in class
- I don't have good study habits

### Attention and Organization

- Sometimes I can't concentrate
- Little things get me distracted
- I have trouble getting started on things
- My room and notes are really disorganized
- I need to move around when I have to sit still
- I never plan my work in advance
- I don't have enough time to do everything I need to
- Deadlines make me panicky
- I start a lot of projects that I don't finish
- I only like to do one thing at a time

### Communication Skills

- Sometimes I speak too softly
- I hate small talk like at parties
- I don't answer questions or say one or two words
- It is hard to listen to and understand people
- I don't like to look people in the eyes
- Sometimes I talk too loud or too high
- I am very hard to interrupt
- I only talk about things that interest me
- Some people say my voice sounds funny
- I sometimes stand too close when talking to others
- It is hard for me to start or join a conversation
- I'm boring to talk to

### Behavior

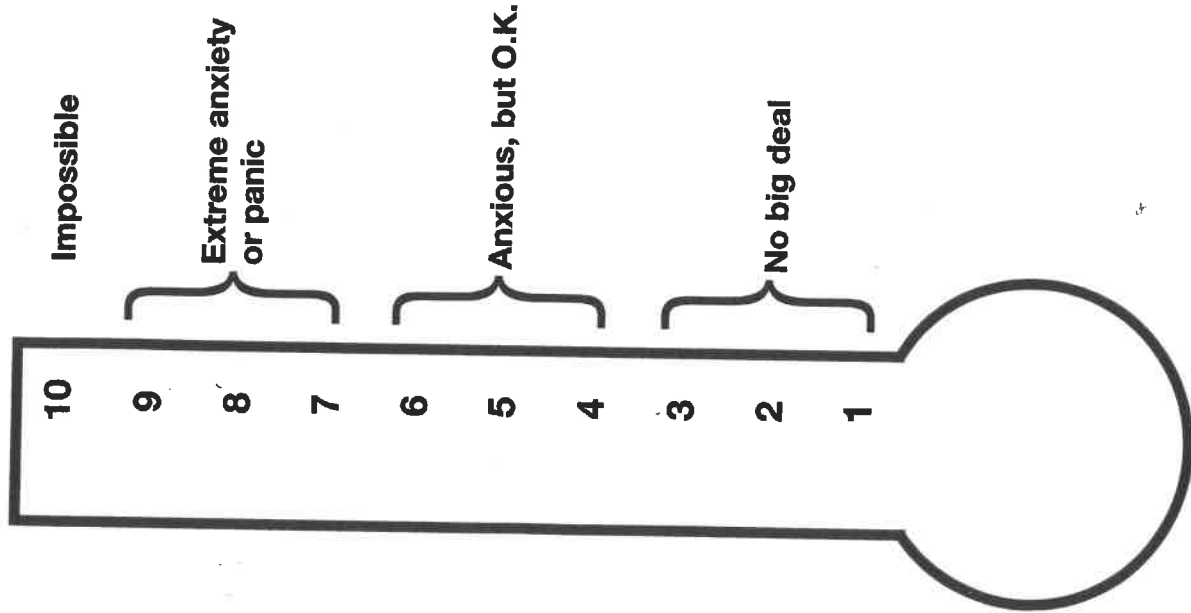
- I start many things before thinking
- I need to fidget or pace
- People sometimes look at me funny
- I like to do things the same way every time
- Sometimes my behaviors seem unusual to others.
- I spend too much time online instead of studying.
- I can't relax because I am so stressed.
- I need to have something in my hands to stay focused
- I have the same idea over and over again
- I get upset when things unexpectedly change

### Campus Resource Needs

- I don't know how to get accommodations
- I can't get a meeting with an academic advisor
- I don't have a quiet place to study
- I can't find a tutor or academic coach
- I have problems with my financial aid
- I have housing problems
- I don't have a local doctor or therapist
- I don't have transportation to school
- I don't have enough money for books and supplies

From Wolf, L. E., & Thierfeld Brown, J. (2008). Strategic education for students with Asperger Syndrome (SEADS), Program materials in development. Adapted with permission from L. Legere, A. Sullivan Soydan, & L. E. Wolf (Eds.), *Boston University Office of Disability Services: Supported education intern manual*. Copyright 2004, Trustees of Boston University.

# Stress Thermometer



# 20 Questions Stress Test

		Rating	How would I cope?
1	The seat you usually sit in is taken when you get to class.		
2	The professor has left a note on the classroom door explaining that class will be held in an alternative building today.		
3	You are called upon in class to discuss a reading or answer a question.		
4	The bookstore does not have the book you need when you arrive to purchase it.		
5	Your professor announces a pop quiz when you enter the room.		
6	Your roommate has eaten something that was in the refrigerator that belonged to you.		
7	The bus you are riding forgets to stop at your stop to let you off.		
8	You must walk through a very crowded hallway every time you need to get to your classroom or dorm room.		
9	The professor wants to see you about your paper.		
10	Your roommate has left dirty clothes on your side of the room.		
11	Your roommate has left a note on the door explaining that he/she has a guest and you can't come in.		
12	Your RA tells you there have been complaints about you.		
13	They are out of the only foods you like when you get to the dining hall.		
14	The electricity goes off in your residence hall during a storm.		
15	You are locked out of your room because you forgot to bring your keycard.		
16	You misplaced your book bag with all of your homework in it.		
17	The student down the hall turns up his stereo full blast after you have gone to bed.		
18	There are no stalls available when you planned to take a shower.		
19	The fire alarm goes off unexpectedly.		
20	You need to choose a lab partner.		