Personal Support Inventory

**To be completed by student.**

 Please answer the following questions as completely and honestly as possible. You may use any accommodations you receive on a regular basis (read out loud, scribe, etc) This information gives a greater understanding of your functional levels and is not a determining factor in acceptance to UNC through the GOAL program. (adapted from ARC Self-Determination Scale and Transition Planning Inventory 2nd Ed.)

**PARENTS PLEASE NOTE: Please allow your son or daughter to answer these questions from his or her perspective.**

Name:

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|  | I need **a lot of help** from an adult or support person (1) | I need **some help** from an adult or support person (2) | I **need reminders** from an adult or support person (3) | I do this **by myself without help** from an adult or support person (4) | I have not had the opportunity (5) |
| I take showers or bathe daily (1)  |  |  |  |  |  |
| I shampoo my hair (2)  |  |  |  |  |  |
| I style my hair (3)  |  |  |  |  |  |
| I wash my body (4)  |  |  |  |  |  |
| I put on deodorant (5)  |  |  |  |  |  |
| I shave my face/legs (6)  |  |  |  |  |  |
| I cut my fingernails and toenails (7)  |  |  |  |  |  |
| I change my clothes daily (8)  |  |  |  |  |  |
| I know how to dress appropriately for weather and/or specific situations (working out, going to class) (9)  |  |  |  |  |  |
| I brush my teeth twice a day (10)  |  |  |  |  |  |
| I check my face and clothes in the mirror before I leave for school or work (11)  |  |  |  |  |  |
| I have good personal care and grooming skills (12)  |  |  |  |  |  |

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| I can cook simple meals (1)  |  |  |  |  |  |
| I know how to shop for food (2)  |  |  |  |  |  |
| I know how to store food properly (3)  |  |  |  |  |  |
| I can operate cooking appliances (toaster, microwave, blender) (4)  |  |  |  |  |  |
| I can identify warning signs when food is no longer edible (5)  |  |  |  |  |  |
| I keep my personal areas clean and tidy (6)  |  |  |  |  |  |
| I keep my personal items together (7)  |  |  |  |  |  |
| I know how and when to change the sheets on my bed (8)  |  |  |  |  |  |
| I know how to handle fragile items (9)  |  |  |  |  |  |
| I know how to lock and unlock doors (10)  |  |  |  |  |  |
| I can use a key (11)  |  |  |  |  |  |
| I can use a combination lock (12)  |  |  |  |  |  |
| I know how to do my laundry (13)  |  |  |  |  |  |
| I know how to use an iron (14)  |  |  |  |  |  |
| I do chores in my home (15)  |  |  |  |  |  |
|  |  |  |  |  |  |
| I know how to operate a vacuum (16)  |  |  |  |  |  |
| I know how to take medication (17)  |  |  |  |  |  |
| I know where to store medication (18)  |  |  |  |  |  |
| I dispose expired medications when needed (19)  |  |  |  |  |  |
| I know how to dispose waste appropriately (recycling, taking out trash) (20)  |  |  |  |  |  |

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| I know the difference between friends, acquaintances, and strangers (1)  |  |  |  |  |  |
| I know the difference between romantic behaviors and friendly behaviors (2)  |  |  |  |  |  |
| I know the effects of alcohol and drugs (3)  |  |  |  |  |  |
| I know how to avoid dangerous situations on the internet (4)  |  |  |  |  |  |
| I know how to ask for assistance if I feel threatened (5)  |  |  |  |  |  |
| I know how to report my concerns to an authority figure (6)  |  |  |  |  |  |
| I know when it is okay to give out personal information (7)  |  |  |  |  |  |

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| I manage my own email account (1)  |  |  |  |  |  |
| I know how to attach a document to an email (2)  |  |  |  |  |  |
| I remember my passwords (3)  |  |  |  |  |  |
| I make calls using a cell phone (4)  |  |  |  |  |  |
| I send and receive text messages that make sense (5)  |  |  |  |  |  |
| I use a planner or organization system (6)  |  |  |  |  |  |
| I know how to set my alarm (7)  |  |  |  |  |  |
| I safely use the internet (8)  |  |  |  |  |  |
| I use online banking (9)  |  |  |  |  |  |
| I know how to purchase items online (10)  |  |  |  |  |  |
| I know how to use an ATM (11)  |  |  |  |  |  |
| I use a debit card (12)  |  |  |  |  |  |

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| I can find my way around new environments (1)  |  |  |  |  |  |
| I can follow a schedule (2)  |  |  |  |  |  |
| I know how to manage my time (3)  |  |  |  |  |  |
| I adjust well to new environments (4)  |  |  |  |  |  |
| I know how to ask for help if I need it (5)  |  |  |  |  |  |
| I use good judgement in an emergency situation (6)  |  |  |  |  |  |
| I know how to perform simple first aid or medical care for myself (7)  |  |  |  |  |  |
| I handle my stress appropriately (8)  |  |  |  |  |  |
| I make appointments for myself (9)  |  |  |  |  |  |
| I know how to use a pharmacy (10)  |  |  |  |  |  |
| I use the post office (11)  |  |  |  |  |  |
| I use a cell phone to navigate (12)  |  |  |  |  |  |
| I am able to provide personal information when needed (13)  |  |  |  |  |  |
| I have appropriate behavior in public (14)  |  |  |  |  |  |
| I am able to manage my anger and anxiety in public (15)  |  |  |  |  |  |

The next series of questions are about your current academic ability. Please answer the following questions as completely and honestly as possible. This information gives a greater understanding of your academic levels and is not a determining factor in acceptance to GOAL.

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|  | Never (1) | Sometimes (2) | Almost Always (3) | Always (4) | Not Sure (5) |
| I like to read (1)  |  |  |  |  |  |
| I read chapter books (2)  |  |  |  |  |  |
| I can answer questions about a reading selection (3)  |  |  |  |  |  |
| I can summarize what I read (4)  |  |  |  |  |  |
| I can make inferences (5)  |  |  |  |  |  |
| I prefer having books read to me (6)  |  |  |  |  |  |

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|  | Never (1) | Sometimes (2) | Almost Always (3) | Always (4) | Not Sure (5) |
| I make purchases on my own (1)  |  |  |  |  |  |
| I can count change with coins (2)  |  |  |  |  |  |
| I can count change with bills (3)  |  |  |  |  |  |
| I manage my own checking account (4)  |  |  |  |  |  |
| I always stay within my budget (5)  |  |  |  |  |  |
| I know how to make deposits (6)  |  |  |  |  |  |
| I know how to make withdrawals (7)  |  |  |  |  |  |
| I know how to write a check (8)  |  |  |  |  |  |
| I know how to use a calculator on my phone (9)  |  |  |  |  |  |
| I can tell time using a digital or analog clock (10)  |  |  |  |  |  |

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|  | Never (1) | Sometimes (2) | Almost Always (3) | Always (4) | Not Sure (5) |
| I can write multi-paragraph papers (1)  |  |  |  |  |  |
| I can write complete sentences (2)  |  |  |  |  |  |
| I know how to edit my written work (3)  |  |  |  |  |  |
| I use punctuation correctly (4)  |  |  |  |  |  |
| I use a computer for writing assignments (5)  |  |  |  |  |  |
| I prefer to hand-write my assignments (6)  |  |  |  |  |  |
| I use assistive software on my computer for writing (speech to text, text to speech, co-writer, etc) (7)  |  |  |  |  |  |
| I know how to fill out a job application (8)  |  |  |  |  |  |
| I know how to write a cover letter for a job (9)  |  |  |  |  |  |
| I know the difference between a professional writing and casual writing (10)  |  |  |  |  |  |

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|  | Never (1) | Sometimes (2) | Almost Always (3) | Always (4) | Not Sure (5) |
| I follow verbal directions (1)  |  |  |  |  |  |
| I follow written directions (2)  |  |  |  |  |  |
| I manage my time wisely (3)  |  |  |  |  |  |
| I use a calendar (4)  |  |  |  |  |  |
| I set reminders on my phone (5)  |  |  |  |  |  |
| I study independently (6)  |  |  |  |  |  |
| I use a tutor for school work (7)  |  |  |  |  |  |
| I am used to doing homework every night (8)  |  |  |  |  |  |
| I can recall information (9)  |  |  |  |  |  |
| I can retell a story (10)  |  |  |  |  |  |
| I ask questions when I don't understand something (11)  |  |  |  |  |  |