

One-Page Profile Example

Name: Maya

Grade: 9th

Age: 15

(Space for a
personal photo)

What others like and admire about me

This section lists positive qualities that you and others value and appreciate.

I am friendly and like to talk with others. I try new things. I am a good worker when you show me what to do. Honest. I am a good helper and am always looking for ways to help everyone. I am Patient with little kids and babies. Creative. I am nice and make cards for people.

What is important to me

This section describes what really matters to you. Include people who mean the most to you, places you go, what you like to do etc.

I love my family, Mom and Dad and Michael, Malyk, Mila.
I carry at least one book everywhere I go. I visit lots of libraries around town- at my church, my school, and by my house.
Being outside. I ride my new bike, go swimming, take babies for walks in their strollers.
My best friends are Hannah, Leah, Taylor and Anna. But I have lots of friends. Friends like me.
I help my dad coach my sisters soccer team at the YMCA. They call me Coach Maya.
I want to do things by myself like babysit and make my own lunch.
School is important because I'm with my friends all day and I learn to read more words and count money. Classes that are important: singing in the choir, painting in art class, and bible to learn more about Jesus.

The best way to support me

This section tells others what they need to know about you to support you in being your best.

Give me time to answer your question before asking again.
Ask me to show you if you can't understand what I am saying.
When you give me directions I may repeat what you say and still not know what to do.
I am a visual learner and learn through seeing more than words. Show me.
Talk to me in the same voice you use with other 15year olds. Not baby talk
Give me choices. I like to make my own decisions.