



Important Note: We recommend that you save this form to your computer and re-open it with Adobe Acrobat or Adobe Reader. You will then be able to fill out all or part of the form using the typewriter tool, and re-open at any time to review or add to your work.

You will need to click on the typewriter tool at the top of this page each time you want to enter text in a new place on the page. Once you have entered text, you can click on it again to move it, if needed.

What is the IAM?

The IAM, or Interests and Abilities Map, is a unique tool designed to help parents and students develop learning goals and objectives. The results can also be used to help educators to develop and tailor classroom activities, provide appropriate resources, and support each student in strengthening skills, overcoming obstacles, and reaching his or her goals.

The IAM addresses the fact that each child's personality and learning style is unique, affecting everything from how s/he processes information to what subjects s/he likes best in school. Understanding these differences makes it easier to achieve success in the classroom and in life.

How to complete the IAM:

1. Find a quiet place where you and your child can spend some time reviewing the IAM questions. Most parents find that this is a good way to open up a discussion with their child.
2. Depending on your child's age and needs, either ask them to write their answers in the blanks provided or offer to record their answers for them. When you have completed the form, you can save the document by printing it out.
3. As you proceed through the IAM, keep in mind the fact that there are no right or wrong answers. The IAM is simply a snapshot of your child's thoughts and feelings at a given moment in time. Repeating this process annually, or more often, will give you more insight into your child's personal growth and development over time.
4. Share your IAM results with your child's teacher. Some teachers prefer that you bring it to a regularly scheduled meeting; others will be happy to make a separate appointment to discuss the IAM and how it connects to your child's learning experiences in school.
5. Ask your child's teacher what s/he might be able to do in the classroom to better meet your child's needs, given his or her unique set of strengths, interests and challenges.

Need more assistance? Call our FREE Helpline at 1-800-979-4436.

The Interest and Abilities Map:

Date: _____

Student Name: _____ Grade: _____ Age _____ Birth date: _____

1. I live with:	
2. My home address:	
3. Parent email address:	
4. Parent / family phone #s:	

Please complete the following student information items. Feel free to skip any irrelevant questions.

About me:

5. Something I like about me:	
6. For fun, I like to:	
7. Favorite movie:	
8. One thing I liked about it:	
9. Favorite game:	
10. One thing I like about it:	

About school:

11. Favorite subject:	
12. What I like about it:	
13. Easiest subject for me:	
14. My favorite school assignment in the last year:	
15. What I liked about it:	
16. I like learning about:	

How I learn best:

<p>1. What motivates me most: (Knowledge? Good grades? Praise? Rewards?)</p>	
<p>2. Verbal instructions are: (Easy for me to follow? Or not easy? Not enjoyable?)</p>	
<p>3. Physical demonstrations are: (Easy for me to follow? Not easy? Not enjoyable?)</p>	
<p>4. Learning by imitating is (Helpful for me? Not particularly helpful?)</p>	
<p>5. Written instructions are: (Easy for me to follow? not easy / Not enjoyable?)</p>	
<p>6. Maps and diagrams are: (Easy for me to follow? not easy / Not enjoyable?)</p>	
<p>7. About pacing: I learn best: (In fast-paced situations? Or when I have time to think?)</p>	
<p>8. About motion: I learn best: When everything is still? When I can move around?)</p>	
<p>9. About sound: I learn best: (In quiet? With music? With background noise?)</p>	
<p>10. The most helpful thing my teacher can do to support my learning style is:</p>	

Student Name: _____ Grade: _____ Age: _____

My approaches:

<p>When people are counting on me to contribute to a big project, I feel:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stressed, but I usually come through. <input type="checkbox"/> Nervous, and it often affects my performance <input type="checkbox"/> Relaxed, but I often perform better on solo work <input type="checkbox"/> Comfortable, and I usually perform at my best <input type="checkbox"/> None of the above (describe the feeling in your own words): 	<p>When in a new social situation (such as a party or a new class), I most often feel:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Excited <input type="checkbox"/> Nervous <input type="checkbox"/> Stressed or out of place <input type="checkbox"/> None of the above (describe the feeling in your own words):
<p>I feel most comfortable sharing new ideas:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Speaking aloud <input type="checkbox"/> Writing with pen or pencil <input type="checkbox"/> Entering text on a computer <input type="checkbox"/> Drawing a picture, diagram, or chart <input type="checkbox"/> Writing and sharing a list <input type="checkbox"/> None of the above (describe in your own words how you like to share new ideas): 	<p>After listening to someone talk, I am able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Paraphrase what was said <input type="checkbox"/> Understand completely <input type="checkbox"/> Understand only after it is repeated <input type="checkbox"/> Understand only if I have taken notes
<p>I like to (check all that apply to you):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do assignments with other students or in teams <input type="checkbox"/> Do assignments alone <input type="checkbox"/> Have a clear idea of expectations <input type="checkbox"/> Have flexible assignments so I can be creative 	<p>I like to (check all that apply to you):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have small assignments with short deadlines <input type="checkbox"/> Have big projects with lots of time to get it done <input type="checkbox"/> Present my work to the whole class <input type="checkbox"/> Turn in work that only my teacher will see

My assessment of my interests and skills:

Place an x after 5 items in each column below that best describe your greatest interests and skills.

Interests	5 Greatest
Reading / writing	
Working with people	
Visual art / design	
Working with hands	
Music	
Working with numbers	
Working with animals	
Working alone	
Sports (solo or team)	
Inventing things	
Business	
Science	
Managing projects	
Making decisions	
Leadership	
Research / gathering info	
Working on computers	
Entertaining people	
Taking care of others	
Agriculture / nature	
Helping others / service	
Enforcing policies / law	
Team work	
Persuading others	
Solving problems	
Teaching	
Health / medicine	
Logic, working with facts	
Planning	
Helping settle arguments	
Operating equipment	
Standing up for a cause	
Contributing to projects	
Crafting things	

Skills	5 Greatest
Writing	
Making things	
Visual art	
Working with hands	
Music skills	
Working with numbers	
Working with animals	
Working alone	
Athletic skills	
Inventing things	
Investigating facts	
Working independently	
Attention to detail	
Reading comprehension	
Managing projects	
Working independently	
Memorization	
Logic, working with facts	
Leading others	
Setting / reaching goals	
Encouraging others	
Organizing	
Solving problems	
Helping others	
Decision-making	
Learning languages	
Developing strategies	
Team work	
Teaching	
Mastering a subject	
Performing / entertaining	
Expressing ideas	
Oral presentation	
Motivating others	

My thoughts about the future:



1. Three jobs I could imagine myself doing some day:	
2. Three subjects in school or activities outside of school that might help me prepare for future work:	
3. How I feel right now about going to college (and subjects that I think might interest me if I did):	
4. Related subjects I am taking in school right now:	
5. Ideas for improving my performance in these subjects and ways to gain additional knowledge/skills:	
6. Teachers have suggested these strategies to help me increase my skills and knowledge	

When I have completed this school year:

7. I would like to feel:	
8. I would like to have completed or mastered:	
9. I would like my teacher, parents, or others to be able to see my success in:	

My goals for this school year:

(For each item, there are helpful reminders about related questions you have answered.)

1 Skills I want to build this year: (review p.4 skills column items marked "x", and p. 5 items 2,4,8 and 9)
2 Interests I want to pursue this year: (review p.1 items 11-16, and p.4 interests column items marked "x")
3 Areas I want to improve this year: (review p.5 items 5-9)
4 Goal #1 for this school year (review pages 1 - 5 and items 1 - 3 on this page)
5 Action steps for Goal #1 (review pages 2 and 3, and page 5 items 5-9)
6 Goal #2 for this school year (review pages 1-5 and items 1 - 3 on this page)
7 Action steps for Goal #2 (review pages 2 and 3, and page 5 items 5-9)