

Appendix C2: Independence Ladder Years 5 & 6 in preparation for the Senior School

How close are you to reaching your independence goals?

Uniform and Sport Kit	<p>I always come to school wearing the correct uniform and sports kit. I always remember to wear my blazer to assembly and important school events. I can clean and polish my shoes. I pack my sports kit myself and check that I have brought the items I need. I can use a checklist to help remind myself of the correct clothes and equipment. After changing, I put my clothes neatly into the bag.</p>
Bag	<p>I make sure I am carrying what I need for the day ahead. I unload unnecessary items so that my bag is not too heavy. I carry my own bag and sports kit to and from school.</p>
Equipment	<p>I bring the correct equipment to all of my lessons. I check to see if my pens and glue are running out before they do and replace them quickly. I take very good care of school equipment, such as the Chromebook, always remembering to return and plug it in at the end of the day or when I have finished using it.</p>
Locker	<p>My locker is neat and tidy. I get rid of old papers and litter regularly. I have timetables stuck up inside so that I can keep track of my lessons and homework. I go to the locker in the morning and afternoon to change my books. I can check room timetables carefully to see if they are free to enter to get to my locker.</p>
Homework and study skills	<p>I use my diary to plan my week, carefully recording homework and other 'to-dos.' If I have missed a lesson or homework, I am sure to catch up. I use recommended methods of revision (such as 'look, cover, write, repeat') to recap my learning from the week. If I am unsure about something, I take responsibility to try and find out about it by looking for more information, e.g. a textbook.</p>
Break and lunch	<p>I make sensible, healthy choices for lunch. I am grateful and don't waste food. I remember my table manners. I take responsibility for helping to clean and tidy the table I was eating at. I always play nicely with others at break times. I take the initiative to organise and play games e.g. board games, with others.</p>

Independence Habits

To be able to reach these goals, do you have these good habits and attitudes? Can I....

1. Plan & prioritise – I can make decisions about what is more or less important at a certain time and can list the steps of how to complete a task.
2. Organise – create routines to keep track of things.
3. Manage time – allocate enough time to tasks and work within time limits/ meet deadlines.
4. Be flexible – in the face of obstacles, I can think of other ways to achieve my goal
5. Persist – have a goal and stick to it
6. Reflect – be able to look back on an event and learn something from it
7. Control – I can think before I act and resist the urge to act impulsively.
8. Remain calm – I have strategies for helping when emotions overtake me
9. Sustain attention – I can stay focused on the task even if it is boring or I am tired
10. Motivate – I have a positive attitude and start tasks without delay