

Student Introduction Letter:

Student Name: _____

Age / Grade Level: _____

Pronouns: _____

Date: _____

1. Introduction

Hello

I'm _____, and I live with Fetal Alcohol Spectrum Disorder (FASD). This means my brain works a bit differently—especially when it comes to processing, memory, managing emotions, and organizing. This letter is here to help you understand how I learn best and how you can support my success this year.

2. My Strengths & What I Love

Here are the things I'm good at and enjoy:

1. _____
2. _____
3. _____
4. _____

3. How FASD Affects Me

Some ways FASD shows up for me:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

4. What Helps Me Learn

Strategy

What It Looks Like

[illegible]

5. Personal Goals & Needs

This year I want to:

1. _____
2. _____
3. _____

Things I might need during the year:

- [illegible]

6. Teaming Up

I'm learning how to ask for help and figure out what I need. I'd love to be included in conversations about how to support me.

7. How You Can Reach Out

Parent/Guardian Contact: _____

Student Check-In Option: _____

Thank you for your support!