

# Who I Am Example

## Directions:

This completed example shares important information about a person with autism. The completed example can serve as a helpful guide as you develop your own personalized version showing the types of details you might include and how they can be organized.

Download the blank template from [OCALI's Autism Center Grab and Go Resource Gallery of Interventions](#) to create your own and provide information that helps others understand the individual's strengths, interests, communication style, preferences, and support needs. By creating and sharing this resource, you can help teachers, school staff, caregivers, family members, peers, employers, co-workers, and community members support the individual more effectively, communicate in ways that work best for them, and build meaningful, respectful connections.

# Who I am

## Get To Know Me

| Information         | Response   |
|---------------------|------------|
| Name                | John Smith |
| I like to be called | Johnny     |
| Age                 | 12         |

## Things I Love

| Information | Response                                                                      |
|-------------|-------------------------------------------------------------------------------|
| Colors      | Dark blue, navy, midnight blue                                                |
| Food        | Goldfish, jelly sandwiches with the crust cut off, and chocolate chip cookies |
| People      | Dad, mom, grandma, and grandpa                                                |

## Things I Enjoy

| Information | Response                                                               |
|-------------|------------------------------------------------------------------------|
| Hobbies     | Watching movies about space and building Legos.                        |
| Sports      | I don't like sports. I like to play chess with my dad on the weekends. |
| Music       | Star Wars soundtracks and other songs about the planets on YouTube.    |

This or That  
(check one)

I prefer: ☐ loud noises OR ☒ quiet noises

I prefer to be: ☒ indoors OR ☐ outdoors

I like: ☐ soft touches/no touching OR ☒ deep pressure

I'm great at: ☐ physical activities OR ☒ table work

I really like: ☒ working alone OR ☐ working in groups

Important things I'd like you to know about me

| Information                      | Response                                                                                                                                                                         |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Things that make me feel calm:   | Watching videos, my headphones, weighted stuffed animals, and spending quiet time by myself.                                                                                     |
| Things that are upsetting to me: | Large crowds and environments that are loud. I get frustrated during math when I don't know the answer quickly. I get upset if I don't have enough down time between hard tasks. |
| My special interest is:          | Outer space and planets.                                                                                                                                                         |