

Developing a One Page Profile LESSON Plan

A One Page Profile captures all the important information about a person on a single sheet of paper under three simple headings: what people appreciate about me, what's important to me and how best to support me. The One-page profile helps us build better relationships with providers by sharing what truly matters for you.

Students can make a One Page Profile to share important information with teachers, vocational rehabilitation counselors, services coordinators, personal agents, personal support workers, etc.

Pro Tip: Please keep in mind that a One Page Profile can be anything that shares important information about you. Feel free to download the templates below for your students. However, if your students feel creative, feel free to have them make their own one-page profiles! Download the three examples below, they all are very different examples of what a One Page Profile can look like!

Lesson Objective: Students will develop a One-Page Profile to share with Providers.

Materials Needed: One-Page Profile Example, One-Page Profile Templates

1. Today you are going to make One-Page Profiles. This will be a document that you can share with a provider that will let the provider know what is important to you.
 - a. Students define 1-page profiles: *A One-Page Profile captures all the important information about a person on a single sheet of paper under three simple headings: what people appreciate about me, what's important to me and how best to support me. From: <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/>*
 - b. Why are 1-page profiles important? *The 1-page profile helps us build better relationships by sharing what truly matters for you.*
 - ii. When should you share your One Page Profile? *Examples: In IEP Meetings; When meeting with Vocational Rehabilitation; When Meeting a Job Developer; When meeting with Services Coordinators or Personal Agents.*
 - iii. Show Josh's One Page Profile as an example:

Josh Barbour



What is Great About Me:

I enjoy working with people, and helping others reach their goals. I have an excellent work ethic and I always give 100% in everything I do. I enjoy trying new experiences and sharing those experiences with my family and friends. I have a good sense of humor and I enjoy telling jokes (even if they are not funny).

To Be Successful Give Me:

I like to complete school work in a quiet space with few distractions. I also need time to complete the work; I do not feel I can do my best work when I am rushed. When faced with a big decision, I need to have processing time before making that decision. I have a lot of energy, and I am happiest when I have the opportunity to be active and burn off that energy. I need an activity or event to look forward to in order to help me get through the tasks I don't enjoy doing!



What is Important To Me:

My family is very important to me. I want to make sure they are happy and safe. It is important to me to give 100% in everything I do. I want to feel like I did the best I could at the end of the day. I feel it is important to set goals and take steps to reach those goals each day.

Note: This one-page profile has a lot of words. One-Page Profiles do not have to look exactly like this one:

- You can feature pictures over text
- You can handwrite or draw instead of type
- Encourage students to be creative.

2. Assign Students to create their own One-Page Profile. Templates can be found here: <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>
 - a. Include your name on the One Page Profile
 - b. Each 1-page profile should have the following statements:
 - i. What is great about me...
 - ii. To be successful give me...
 - iii. What is important to me...

- c. Students can individualize their profile. Please be creative. Please add pictures, drawings, doodles, etc. to your profile. Make it reflect you and your personality.
- 3. Collect Student's One-Page Profile. Share Profiles in IEP meetings/Meetings with Providers.