

Concerns/Needs/Stressors Assessment

(used to help determine groupings for skill-building, for teacher information, and as progress assessment tool)

Mann, 2013

Student: _____

Grade: _____

Date: _____

CONCERN(S)/ NEED(S)/ STRESSOR(S) that apply to this student (no more than 3)	Check (✓)
• Coping with stress/anxiety	
• Coping with Anger/frustration	
• Coping with sad feelings	
• Distractibility	
• Impulsivity	
• Energy – need to ‘rev’ up	
• Energy – need to slow down	
• Organizational skills	
• Study skills	
• Time management	
• Task completion	
• Homework completion	
• Adult attention needs	
• Peer attention needs	
• Social avoidance or withdrawal	
• Making positive social contacts	
• Peers	
• Adults	
• Sensory needs, such as movement	
• Stressors that trigger thoughts and emotion for this student:	