



| Likes   | Dislikes   |
|---|--|
| <i>What things does the person like to do at school? home? work? for fun? around town? on vacation? (classes, activities, music, hobbies, movies, food)</i> | <i>What are things that the person avoids and makes for bad days? at school? at work? around town? on vacation? at home?</i> |
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| <b>Positive Rituals and Routines</b>   |
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| <i>Does the person have any specific things that need to happen or be done to feel happy, calm and comfortable? Think about times of transition from home to school? Between classes? At lunch? Are there rhythms, patterns or routines that make things work best for them?</i> |
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| Best Day   | Worst Day   |
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| <i>What would make for a perfect day? What happens when everything goes right? Where are they? Who is there? What are they doing? What things happen that really help the person have a wonderful day?</i> | <i>What would make for the worst day possible? What happens when everything goes wrong? Where are they? Who is there? What are they doing? What things really bug the person?</i> |
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| <b>Looking Back (My Story)</b>   |   |
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| <i>What are the pivotal experiences in the person's life that have helped define who they are as a person. These can be happy, sad or otherwise impactful events that helped shape what is most important to the person.</i> |   |
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| <b>Looking Forward (My Vision for the Future)</b>  |   |
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| <i>What does the best possible future look like? If no barriers existed, what job or activity would the person want to have during the day? Where would they live? Who would they live with or be near? What groups and activities would they be involved with in the community? What relationships would they have?</i> |   |
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## How the person communicates

*All people communicate feelings without using words. Please share how the person communicates feelings in various situations and offer advice on how others can best support them at those times.*

| What is happening?                   | What does the person do?                         | What we think it means?                   | What should we do?                           |
|--------------------------------------|--|---|--|
| What is happening around the person? | What does the person do (expressions, behavior)? | What is the person trying to communicate? | How do we support the person to feel better? |
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The [Person-Centered Approaches in Schools and Transition \(PCAST\)](#) is a collaborative project among the New Jersey Department of Education's Office of Special Education, the Boggs Center on Developmental Disabilities and local school districts. This packet includes person-centered concepts, principles and materials used with permission from The Learning Community for Person-Centered Practices. For questions or further information, please contact [michael.steinbruck@rutgers.edu](mailto:michael.steinbruck@rutgers.edu), [valentina.arango@rutgers.edu](mailto:valentina.arango@rutgers.edu), or [somerlee.mcmahon@rutgers.edu](mailto:somerlee.mcmahon@rutgers.edu).