



How I Help Checklist

UE3-F

Name _____

To help me hear and understand better in the classroom I will...

- _____ wear my hearing aid/cochlear implant
- _____ wear my FM system
- _____ look out the window at the playground
- _____ check the battery on my hearing aid every day
- _____ watch the teacher to speechread
- _____ put my head down on my desk
- _____ sit where I can see the teacher
- _____ ask for the teacher to repeat information
- _____ wear my glasses
- _____ talk to my friend during class
- _____ pretend to understand
- _____ ask a friend after class about the homework assignment that was missed
- _____ turn off my hearing aids when I'm bored
- _____ move away from noise
- _____ ask for help when I don't understand words
- _____ ask the teacher to look at the class instead of at the board
- _____ doodle on my desk
- _____ watch for the teacher's body language
- _____ sleep