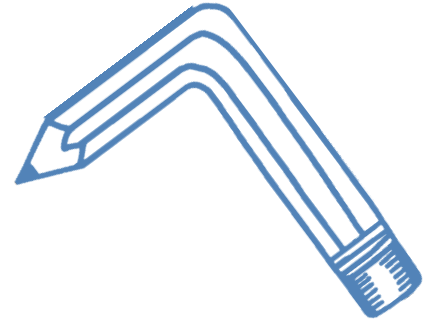


HIGH SCHOOL CHECKLIST



My handwriting:

- o I hold my pencil in a comfortable position
- o I don't get pain or cramps when writing in exams
- o My writing is legible for other students, teachers and examiners to read
- o I write as fast as my peers
- o I can complete an amount of work that I am happy with
- o I don't get neck, back or shoulder pain when writing
- o I am able to focus and get my ideas onto the page when writing
- o I am happy with the content when writing essays and exams

