Holistic Supports Activity

Learner Profile (Secondary)

**Gerry**, a 16-year-old high school student, is facing challenges in his academic journey. Despite possessing a natural curiosity and a desire to learn, Gerry finds it difficult to keep up with the demands of his classes. This struggle can be attributed to a number of factors:

* Learning difficulty/disability: Gerry may be grappling with a specific learning difficulty or disability that makes it harder to grasp certain concepts or complete tasks efficiently.
* Lack of motivation/engagement: Gerry might be struggling to find motivation or engagement in his studies, due to personal circumstances, a lack of connection with the material, or difficulty seeing the relevance of his learning.
* Time management/organization: Juggling schoolwork, extracurricular activities, and personal responsibilities can be overwhelming, leading to poor time management and disorganization, which can further hinder academic progress.
* Stress/anxiety: External pressures, such as family expectations, peer comparisons, or test anxiety, can create significant stress and anxiety, making it difficult to focus and perform well academically.

Despite these challenges, Gerry possesses several strengths that can help them overcome these obstacles. These include:

* Positive learning trait: Gerry is an interpersonal learner: They learn best by working with others, engaging in discussions, and participating in group activities. This can involve hands-on tasks and collaboration.
* Strong work ethic: When motivated, Gerry demonstrates a strong work ethic and is willing to put in the effort to succeed.
* Supportive network: Gerry has a supportive network of family, friends, or teachers who are willing to offer encouragement and guidance.

With the right support and resources, Gerry has the potential to thrive academically and reach his full potential.

**Instructions**

Imagine you are a life and career coach for the learner in the profile. Create a list of potential barriers that may exist and some holistic supports to address them.

*Potential Barriers*

*Holistic Supports*