



A Multi-Specialty Behavioral Health Practice

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Intake Form for Dr. Parker's Services

Directions: Please bring this completed form to your first meeting with Dr. Parker. The client should complete as much of it as possible (with parent's help if necessary). Please also bring:

- Your most recent diagnostic report (if you have one).
- If you are a **student** and want help with academic goals, bring in:
 - your most recent grades (or a transcript)
 - your most recent IEP, 504 Plan, or Disability Services accommodations (if you have one)

Your Name: _____

Today's Date: _____

Please check all of the following items that apply to you:

- * I want to develop better study skills/habits.
- * I want help finding the right college/college services.
- * I want to clarify my goals in life.
- * I want help accomplishing some of my life goals.
- * I want to learn more about my learning disability, ADHD, autism, or other diagnoses that affect me.
- * Other: _____

A. Academics (skip if this section does not apply to you):

Current school/college: _____ Grade/Year: _____

Current GPA: _____ Desired GPA: _____

Current (or intended) college major: _____

What is your best subject in school? Why? _____

What is your worst/least favorite subject in school? Why? _____

Do you use any accommodations (such as extra test time)? Please tell us about them: _____

Accommodation

How helpful is this?
 Very Not I don't
 very use it

* * *
 * * *
 * * *
 * * *
 * * *

Are there any accommodations you do *not* receive that might be helpful? If so, please explain what these are and how they would help:

Please list any PSAT, SAT, and/or ACT scores you have received:

PSAT scores:

SAT scores:

ACT scores:

Do you like school, love school, put up with it or really dislike it? Please explain:

Please check boxes below to rate your current ability:

Area to Rate	Excellent	Pretty Good	Not So Good	Really Bad
Take notes during lectures.				
Take reading notes.				
Study for exams.				
Take multiple choice tests.				
Take short answer/essay tests.				
Write papers.				
Manage my time.				
Ask for help when I need it.				
Do math.				
Memorize things (e.g., definitions, math formulas).				
Attend school/classes regularly.				

If you could start doing 3 things today that would improve your academic standing or reduce your academic stress, what would that be?

- 1) _____
- 2) _____
- 3) _____

Do you currently work with any tutors? If so, please describe: _____

Describe any jobs, sports or extracurricular activities you are involved in: _____

What kinds of time management tools/calendars do you use? _____

B. Employment (skip if this section does not apply to you):

Where do you work and what do you do? _____

What are the 2-3 most rewarding aspects of your job? _____

If you could pick a "dream" job, what would it be? _____

C. Personal Wellness

In general, please describe how physically fit you are:

Please describe anything you do to take care of yourself in these areas:

- Exercise: _____
- Nutrition: _____
- Relationships with others/pets: _____
- Adequate sleep/rest: _____

What do you do to reduce stress? _____

What hobbies do you have? How do you have fun or relax? _____

D. Disability/Difficulties

If you have any disabilities or difficulties that affect your ability to learn, work, accomplish goals, have healthy relationships, or just be happy, please tell me what you'd like me to know about this part of your life: _____

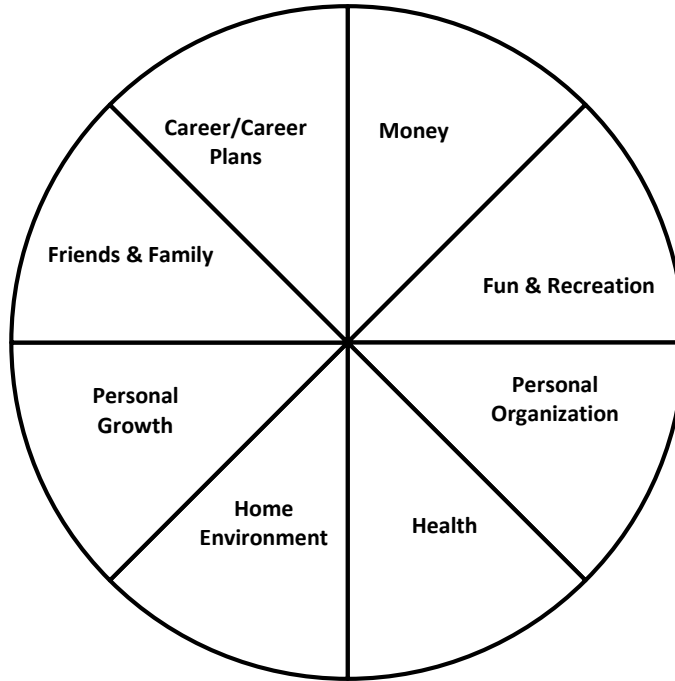
Do you have any questions about this disability or difficulty that you'd like to learn more about?

E. Current Goals

What goals would you like me to help you achieve? They could be broad and focused on any part of your life ("I want to get more organized" or "I want help finding a new job") or could they be very specific and academic ("I want to raise my Pre-Calc grade.").

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Please take a few minutes to complete the Wheel of Life below. For each slice of pie, shade in the portion that explains, "How much satisfaction are you experiencing in this area of your life?"



F. Tell Me About YOU

What are your best personal qualities?

What gets in the way of you accomplishing your goals?

What motivates you? What makes it easier for you to persist until you reach a goal?
