

**SAMPLES:
WRITING
RECOMMENDATIONS**

Recommendation Section Organized **Thematically**

1. The following recommendations may be helpful for assisting David in **managing his anxiety related to academic performance:**

- David has developed positive relationships with several of the teachers at his school. He also feels that his family is supportive and often will talk with his parents when he becomes anxious and overwhelmed. David should be encouraged to utilize these supportive relationships in his environment to assist with coping with anxiety-producing situations.
- David appears to be experiencing more success in managing his emotions, particularly in his math and science classes. Team meetings between his teachers and the school psychologist might be helpful in trying to determine what specifically may be working in his math and science class, with the hope of utilizing those strategies, as appropriate, in his other courses.
- When David becomes anxious and overwhelmed with school work during the school day, it may be helpful for all of his teachers to use the same cue to David. This cue can signal that David has permission to leave the classroom and go to a designated area for 3-4 minutes to calm down

- David would benefit from the direct teaching of coping skills, including strategies that he can use to calm down when he feels that he is starting to become overwhelmed in school.
- Because David reports spending several hours per night on homework, it is recommended that the amount of time spent completing class assignments be monitored. Communication between the parents and teachers can take place to ensure that he is not spending an excessive and unnecessary amount of time on homework assignments.
- It is recommended that more frequent communication occurs between David's therapist and the school so that services can be coordinated to help David in managing his anxiety.
- David is encouraged to spend some "down time" every day engaging in a hobby or relaxing activity.

Recommendation Section Organized **Contextually**

School-based Recommendations:

- When David becomes anxious and overwhelmed with school-work during the school day, it may be helpful for all of his teachers to use the same cue to David. This cue can signal that David has permission to leave the classroom and go to a designated area for 3-4 minutes to calm down.
- David would benefit from the direct teaching of coping skills, including strategies that he can use to calm down when he feels that he is starting to become overwhelmed in school.
- David should have the opportunity to participate in the ongoing social skills lunch group that is organized by the school social worker.
- Opportunities for increased peer interactions should be considered to assist David in fostering positive peer relationships. Examples might include increased participation in cooperative learning groups, in-class study groups, group projects, etc.
- Increased communication between parents and the school is strongly recommended. This will assist in opening up the lines of communication and should be used when David has both good and bad days in managing his anxiety at school.

Home-based Recommendations

- Because David reports spending several hours per night on homework, it is recommended that the amount of time spent completing class assignments

be monitored. Communication between the parents and teachers can take place to ensure that he is not spending an excessive and unnecessary amount of time on homework assignments.

- There are many community-based social skills groups that might be helpful for David and can be explored for suitability by his parents.

Community-Based Recommendations

- It is recommended that more frequent communication occur between David's therapist and the school so that services can be coordinated to help David in managing his anxiety.
- David has previously expressed an interest in joining an extracurricular activity, such as the swim team. Participation in a community-based extracurricular may be helpful in fostering peer relationships for David.

Recommendations for David

- David is encouraged to spend some "down time" every day engaging in a hobby or relaxing activity.
- David is encouraged to seek out peer interactions by initiating conversations with peers at school or at home on a daily basis.