



### ***Iceberg Analogy Scenario***

Ian is an eighth grade student who struggles with anxiety. As the year has gone on, he has been missing more and more classes. When he does come to school, he spends the majority of this day in the break room. His team completed the ALSUP and determined that Ian exhibited several lagging skills. His results are as followed:

- Difficulty persisting on challenging or tedious tasks
- Difficulty expressing concerns, needs or thoughts in words
- Difficulty managing emotional response to frustration so as to think rationally
- Chronic irritability and/or anxiety impede capacity for problem-solving or heighten frustration
- Inflexible, inaccurate interpretations/cognitive distortions or biases
- Sensory differences

Staff have noted that Ian needs frequent breaks, a large personal bubble which includes his own materials, and frequent quiet time where he is not exposed to much sensory stimulation. He doesn't appreciate being called on or singled out in large groups, even when this includes positive reinforcement.