

## The Individual Education Plan (I.E.P.)

个人教育计划 (I.E.P.- Individual Education. Plan)

### A Guide for Parents

为父母提供的指南

#### What is an Individual Education Plan (I.E.P.)?

什么是个人教育计划 (I.E.P.)?

An I.E.P. is a written plan. It is a working document which describes the strengths and needs of an individual exceptional pupil, the special education program and services established to meet that pupil's needs, and how the program and services will be delivered. It also describes the student's progress.

个人教育计划 (I.E.P.) 是一份书面计划。这是一份工作文件，记述个别特殊学生的强项及需要，为满足该学生的需要设立的特殊教育课程和服务，以及该课程和服务将如何实施。其中也会描述该学生的成长与进步。

The I.E.P. summarizes the following:

该个人教育计划 (I.E.P.) 的要点如下：

- student's strengths and needs
- 学生的强项及需要
- medical/health information
- 医疗/健康资料
- assessment data
- 评估数据
- student's current level of achievement in each program area
- 学生目前在各个课程领域的成绩水平
- goals and specific expectations for the student program modifications (changes required to grade-level expectations in the Ontario Curriculum)
- 学生课程修改的目标和具体期望（安大略省教育大纲所要求的年级水平期望的更改）
- accommodations (supports, services that will help your child access the curriculum and demonstrate learning)
- 适应性调整（帮助您孩子使用教育大纲及展示学习成果的支援和服务）
- special education services provided to the student
- 为学生提供的特殊教育服务
- assessment strategies for reviewing the student's achievements and progress
- 用以审阅学生成绩和进步的评估策略
- regular updates, showing dates, results and recommendations
- 定期更新、写明日期、结果和建议
- a Transition Plan (over the age of 14)
- 过渡计划（14 岁以上）

How does an I.E.P. work?

个人教育计划 (I.E.P.) 如何运作?

An I.E.P. outlines the special education programs and services your child will receive. There are five phases in the development of an I.E.P.

个人教育计划 (I.E.P.) 概括了您孩子将接受的特殊教育课程和服务。在个人教育计划的制定中有五个阶段。

1. Gather information.  
收集信息
2. Set the direction.  
设定方向
3. Develop the plan.  
制定计划
4. Carry out the planned activities.  
执行已定计划的活动
5. Review and update the I.E.P.  
审阅并更新个人教育计划 (I.E.P.)

Contributions from as many sources as possible will benefit your child.

从尽可能多的资源获得帮助将有利于您的孩子。

As the parent, what role do I play?

作为父母，我应起什么样的作用?

Parents play a powerful supporting role in the I.E.P. process. It is important to understand and participate in the five phases of the I.E.P. process. As well, be sure to ask for a copy of your child's I.E.P. , within 30 days, so that you can support the planned activities at home.

父母在个人教育计划的进展过程中起着强有力的支持作用。重要的是要了解并参与个人教育计划进展过程中的五个阶段。同时，确保在开始起 30 日内要求获得您孩子的个人教育计划的副本，这样您就可以在家里支持已定计划中的活动。

You know things about your child's approach to learning that no one else knows. Be sure to tell the teacher about your child's:

您比任何人都了解您孩子的学习方式。一定要告诉老师您孩子的以下情况:

- likes, dislikes and interests;
- 喜欢和不喜欢的事物，及感兴趣的事物；
- interest in extra-curricular activities;
- 课外活动中感兴趣的事物；

- talents and abilities;
- 才华和能力;
- family relationships and dynamics (including extended family and pets);
- 家庭关系和动态（包括扩充的家人和宠物）;
- peer relationships and dynamics; and
- 同学关系和动态; 以及
- family routines and schedules.
- 家庭规则和时间表。

You may wish to consider making a “portfolio” of this information for your child’s teacher under the following headings:

您不妨考虑根据以下标题为您孩子的老师制定一份有关此信息的“资料组合”：

**ALL ABOUT ME**

关于我自己

**Physical**

身体/运动方面

**Intellectual**

智力方面

**Educational**

教育方面

**Cultural**

文化方面

**Emotional**

情绪方面

**Social**

社交方面

- medical information
- 医疗信息
- athletic abilities
- 运动能力
- self-care
- 自我管理
- gross and fine-motor skills
- 总的和精细的动作技能
- abilities at home
- 在家的能力
- strategies that have or haven’t worked

- 已起作用或未起作用的策略
- communication strategies
- 沟通策略
- assessments
- 评估
- learning styles
- 学习风格
- examples of work and abilities
- 做功课及各种能力的实例
- motivation
- 动机
- disposition
- 素质
- emotional well-being
- 情绪健康/稳定
- cultural and language considerations
- 文化与语言考虑因素
- social skills
- 社交技能
- schoolyard interactions
- 校园内的交流
- peer and adult interactions
- 与同学和成人的交流
- extra-curricular in-school activities
- 在校课外活动
- other
- 其他

## SETTING THE DIRECTION

设定方向

### How Do I Work as an Effective I.E.P. Team Member?

我如何作为一名有实效的个人教育计划团队成员来进行工作？

Students are most successful when all team members work together towards achievable goals. As a parent:

当所有团队成员为实现目标而共同努力时，学生就最能成功。作为父母：

- keep the focus on your child at all times;

- 在任何时候都重点关注您的孩子;
- tell the teacher the hopes you have for your child's learning;
- 告诉老师您对孩子的学习所抱有的希望;
- bring ideas and information;
- 带来各种好的主意及信息;
- ask questions; and
- 询问问题; 并且
- value everyone's input.
- 对每个人的投入有好的评价。

## DEVELOPING THE I.E.P.

### 制定计划

#### How Can I Contribute to Planning Goals for My Child?

我如何为给我孩子制定计划目标作贡献?

Beginning with your child's strengths and needs is an important first step. You can help by:  
从您孩子的强项和需要开始是重要的第一步。您能通过以下各项来给予帮助:

- including your child in the discussions; and
- 和您孩子一起参加讨论; 并且
- telling the teacher what you hope your child will accomplish this year.
- 告诉老师您希望您孩子今年达到什么目标。

## CARRYING OUT THE I.E.P.

### 执行个人教育计划 (I.E.P.) 的活动

There are many things you can do at home to help your child to reach his/her goals.  
有很多事情您可以在家里做, 以帮助您的孩子达到他/她的目标。

1. Talk to the teacher about what s/he is trying to accomplish.  
告诉老师他/她正在努力达到什么目标。
2. Do what you can at home to try to support your child's goals.  
您可以在家里尝试所能做的事, 以支持您孩子达到目标。
3. Take every opportunity to communicate with your child's teacher.  
抓住每一个机会与您孩子的老师进行沟通。
4. Provide additional insights and resources to the school.  
向学校提供其他的见解和资源。

5. Share significant personal/family events as relevant.

分享相关的重要个人/家庭大事。

REVIEW and UPDATE the I.E.P.

审阅个人教育计划 (I.E.P.)

Your child's progress toward his/her goals will be reviewed. Then, the I.E.P. will be updated to include different strategies, approaches, and/or resources considered necessary to help the learning process. 应针对您的孩子（他/她）完成目标的进展情况进行审阅。然后，个人教育计划应予更新，并包括不同的策略、方法，和/或有助于学习过程的资源。

- Talk to your child's teacher about the goals that have been set.  
• 告诉您孩子的老师已设定的目标。
- Communicate regularly with your child's teacher regarding progress.  
• 定期与您孩子的老师就进展情况进行交流。
- Look for evidence of growth towards goals on your child's report card  
• 在您孩子的成绩单上发现迈向目标的进步证据。
- Recommend changes in goals, strategies and/or resources or support where you see a need.  
• 当您看到有需要时，对目标、策略和/或资源或支援提出建议。
- Be actively involved in discussions at school when your child is changing grades, schools or moving into the workplace.  
• 当您孩子变换年级、学校或移动到工作场所时，积极参与在学校的讨论。

Many organizations are available to support you in understanding the I.E.P., and/or to provide additional resources. Your school's principal can provide the names of the organizations that serve your area. This information is also available in the Special Education Advisory Committee's brochure, available at your local school.

很多机构在了解个人教育计划 (I.E.P.) 方面会为您提供支持，和/或提供额外的资源。您学校的校长可以提供为您所在地区服务的机构的名称。在您当地学校颁发的特别教育咨询委员会(Special Education Advisory Committee)的小册子中也提供这些信息。