

Role checklist

You can use this checklist to help you think about what roles you have in your life now.

What is the role checklist?

The role checklist has a list of 10 roles, such as:

- student
- worker
- volunteer

For each role you are asked to select if this is a role you:

- used to do
- do now
- would like to do

For each role, you are also asked how important the role is to you.

Your answers to these questions could help you think about your current and future goals, any support that you may require, including the option of using assistive technology for support.

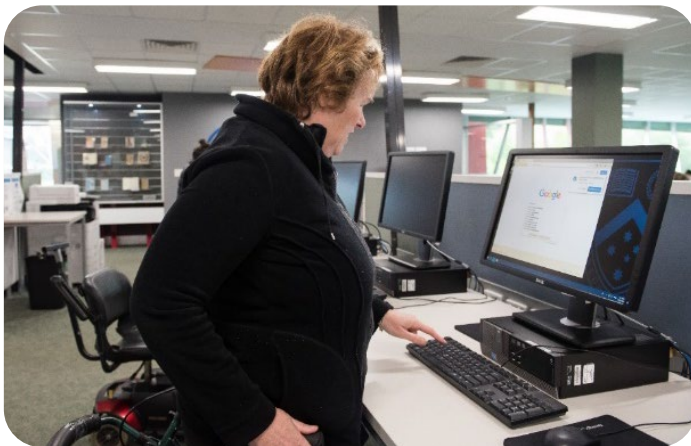
How long will it take to answer all the questions?

It will take you around 10 to 30 minutes to answer all the questions on a role checklist.

How do I download the role checklist?

There are lots of role checklist that you can use. Some examples of role checklists you can download, and use are below:

- [You can download a role checklist here.](#)
- [You can download an accessible role checklist here.](#)





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