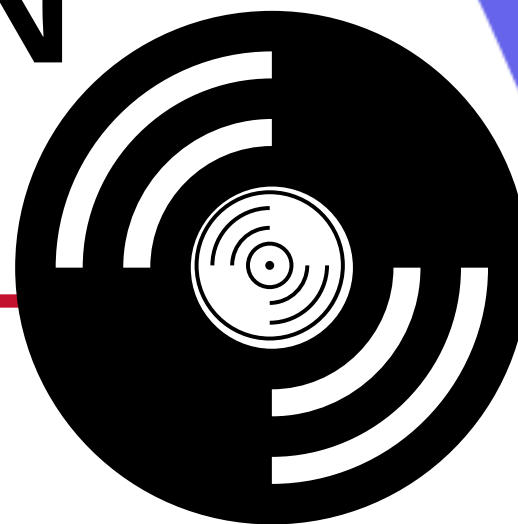
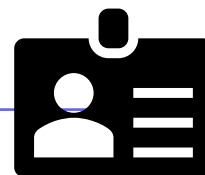


Putting your SPIN on your life



Welcome & Introductions

Your Name



Town you live in



Favorite flavor of ice cream



Ground Rules to Learn Together



Cameras on when possible



Use chat or raise hand to talk (Zoom or actual hand)



Listen to understand



Ask questions

Self- Determination

Controlling your own life

Self = me

Determination = the ability to
continue trying, although it is difficult

speaking up for yourself

knowing you have control

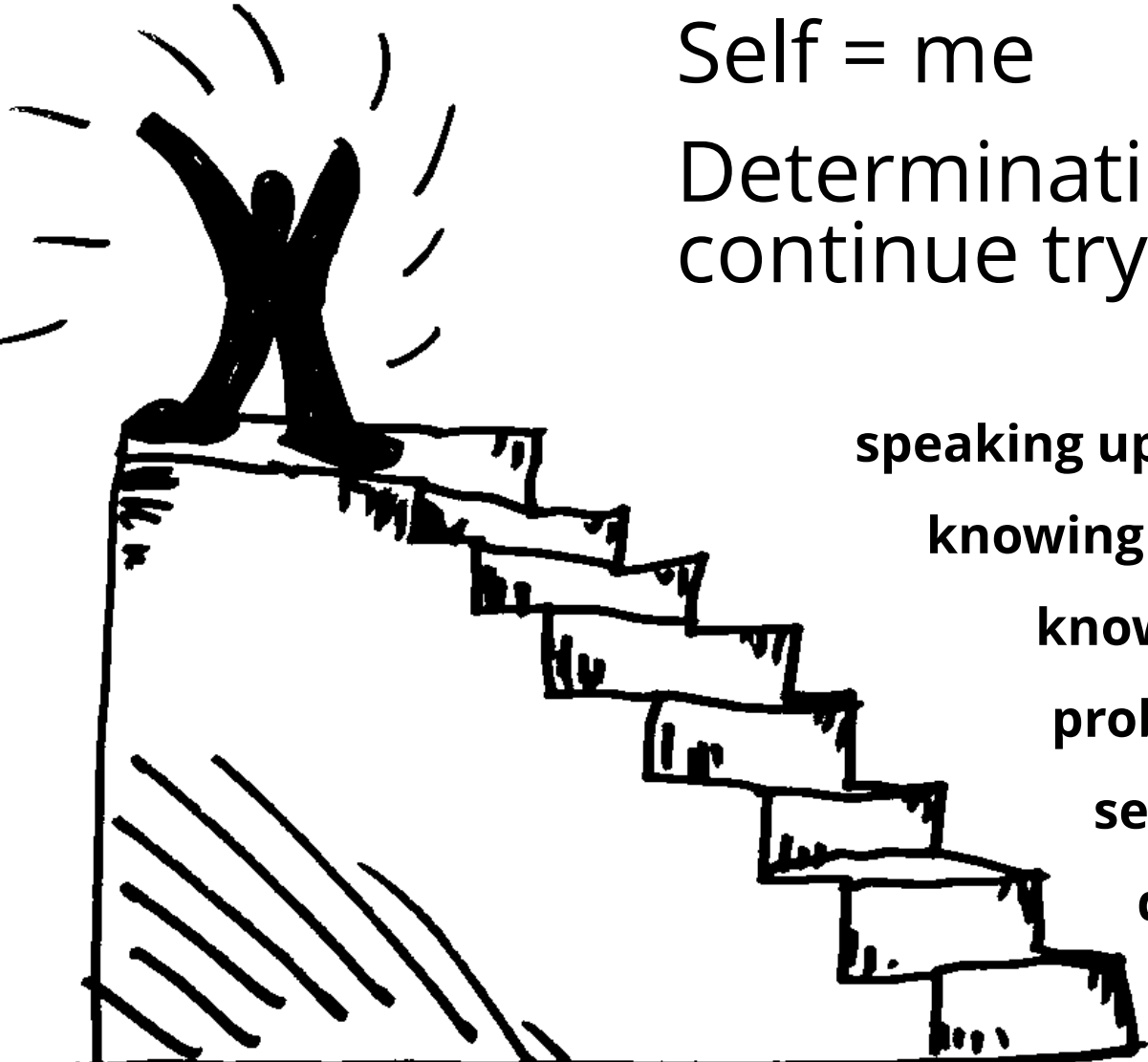
knowing yourself

problem solving

setting goals

decisions

choices





Size of Steps Matters

Self-Awareness

Knowing yourself

Self = me

Awareness = understanding of a subject

Self-Awareness



What could IEP stand for?



Iced Eye Pack

Icky Eagle Poop



Photo Credit: Bonnie Talluto



Individualized Education Program

What is an Individualized Education Program?

IEP is required to meet your unique needs

- A team gets together to talk about you in a meeting at least once a year.
- Who is in that meeting?
- What do you want the rest of the team to know about you?

Transition Planning in the IEP

Transition planning is a process used to assist students with disabilities to move from school life to adult life

- identifies opportunities for you to gain knowledge and skills needed for continuing education, work, and community participation, in preparation for adult life
- Must have your input!!
- Required at age 16

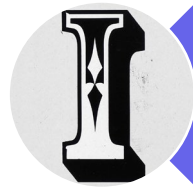
Your SPIN, Your Life



Strengths



Preferences

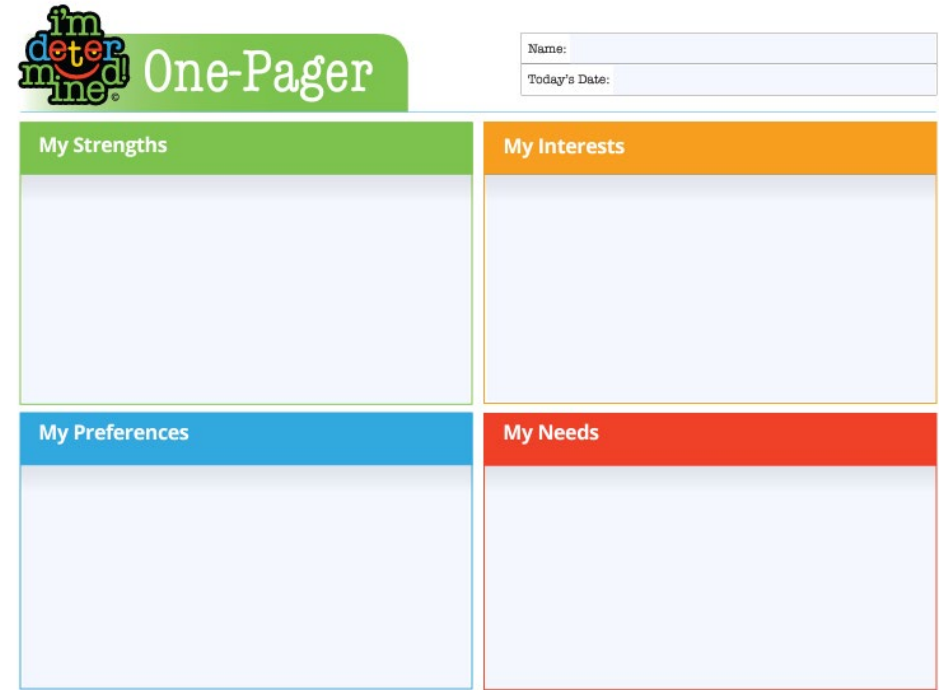


Interests



Needs

I'm Determined One-Pager



The form is titled "I'm Determined! One-Pager" and features a logo with the text "i'm deter mine!" in a stylized font. It includes two input fields for "Name:" and "Today's Date:". The main content area is divided into four colored boxes: "My Strengths" (green), "My Interests" (orange), "My Preferences" (blue), and "My Needs" (red). Each box is empty for user input.

I'm Determined! One-Pager	
Name: <input type="text"/>	
Today's Date: <input type="text"/>	
My Strengths	My Interests
<div></div>	<div></div>
My Preferences	My Needs
<div></div>	<div></div>

Resource provided by I'm Determined, a state-directed project funded by the Virginia Department of Education. © 2006-2018 I'm Determined. All rights reserved. Last updated 01/2018

**Please put in
the chat
something you
are good at**

My Strengths

What do I do well in school?

What do I do well at home or in my community?

What do other people say are my strengths?



One-Pager

Preferences



My Preferences

What works for me? What helps me be successful?

Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?



One-Pager

Interest



My Interests

What do I like to do when I'm not in school?

What activities or organizations do I enjoy participating in?

What are my hobbies?



One-Pager

**Please put in
the chat
something that
helps you learn**

My Needs

What are the accommodations that help me?

How can others help me?

What are some things that are difficult for me?



One-Pager

Name:	Stephanie
-------	-----------

Today's Date: June 1, 2022

My Strengths

Creating things



Sharing Ideas



My Interests

Flowers



Pets



Rocks



My Preferences

To-Do Lists

Having a clear daily schedule

Opportunity to ask questions

TODAY'S PLAN		DATE: _____
TOP PRIORITIES 1. _____ 2. _____ 3. _____		DAILY SCHEDULE 6:00 7:00 8:00 9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:00 5:00 6:00 7:00 8:00 9:00 10:00
TO DO LIST <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	MEAL PLANNING 	
	DAILY CHORES <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	
CALLS/TEXTS/EMAILS • _____ • _____ • _____	NOTES 	

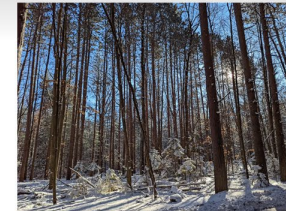
Copyright © 2009 THE INFORMATIONAL MAGAZINE

My Needs

To move outside

Sunshine / Vitamin D

7 hours of sleep / to sleep on a schedule



Strengths Preferences Interests Needs

Your SPIN



Who would you share this with?

Strengths Preferences Interests Needs

Your SPIN



Where would you use it?

Strengths Preferences Interests Needs

Your SPIN



How might it help you
make decisions?

Action Plan

- ☐ Complete your One Pager / SPIN with your strengths, preferences, interests, and needs
- ☐ Share your SPIN with the rest of your IEP team
- ☐ Think about how you use your SPIN when out of school
- ☐ Look at your SPIN regularly, it will keep changing as you change

We are here to support you!

 @MichiganAllianceForFamilies

 @mialliance

 @michiganallianceforfamilies

 /MichiganAlliance

For more information visit:
<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821

Statewide Email: info@michiganallianceforfamilies.org



Michigan Alliance for Families

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education, and Michigan's federal Parent-Training and Information Center (PTIC) funded by U.S. Department of Education, Office of Special Education Programs (OSEP).

www.michiganallianceforfamilies.org

1-800-552-4821

info@michiganallianceforfamilies.org

