

Living Your Life with Your SPIN

The SPIN One-Pager can be used in all aspects of your life. You can use it in school with your IEP Team and teachers or share it with your job coach and medical team. It is entirely up to you!

What is SPIN?

The SPIN One-Pager is a simple tool to help provide important information about you. It outlines four categories: Strengths, Preferences, Interests and Needs

- S = Strengths
 - What you are good at.
- P = Preferences
 - Things that you like, that would be nice to have, but you could be ok without them.
- I = Interests
 - How you like to spend your time. These enhance your strengths.
- N = Needs
 - The things that you must have to succeed. The non-negotiables.

You can create your SPIN by using a template to hand write or type in information, enter pictures or you can use the web-based app.

Answering simple questions provided on the SPIN One-Pager guidance sheet can help you create your SPIN. Then you can share it with whomever you'd like!

Below are some resources to help you create your own SPIN and design a life around what makes you, you!

SPIN Resources

[SPIN One-Pager Guidance](#)

[SPIN One-Pager Template](#)

[SPIN One-Pager Web Based App](#)

For additional support, please contact the [parent mentor who covers your school district](#).