SPIN Resources

Below is a list of examples of strengths, preferences, interests, and needs (SPIN) which can be used to develop your One-Pager. This document can be used to define in your Individualized Education Program (IEP) and to define future school, work, and personal goals.

Strengths Examples (what I do well in school, at home, or in the community; what other people say I do well; what seems to come naturally or easily)

- Work well with others
- Compromise well
- Good listener
- Initiates and has conversations
- Maintains effective communications
- Asks for help if needed
- Accepts responsibility for actions
- Tolerant of differences when needed
- Apologizes when needed
- Good sense of humor
- Comfortable using language
- Understands jokes or sarcasm
- Strong reading, math, computer, science, other academic skills
- Solves word or other puzzles
- Understands and sets goals
- Follows rules and routines
- Plans and organizes well
- Is flexible with changes and thinking
- Learns from mistakes
- Can problem solve and make decisions
- Is creative with art (drawing, painting, other)
- Plays musical instrument
- Good at sports or athletic
- Volunteers
- Does homework or interested in grades

Preferences Examples (what works for me or helps me be more successful; things I like more than others; where I might be living, working, or doing for fun in the future

- Being alone
- Being with others, but not interacting
- Being with others, and interacting
- Being in a crowd
- Not being in a crowd
- Okay in most situations if I know others, or with someone familiar
- Being organized and orderly
- Quiet settings
- Loud settings are okay
- Dislike dirty activities (mud, dirt, messes, sticky)
- Okay with dirty activities (mud, dirt, messes, sticky)
- Prefers warm to cold, or cold to warm settings or outdoor activities
- Gets used to new situations easily
- Harder time getting comfortable with new situations
- Settings with no strong odors
- Moving fast or moving slow
- Have expectations clearly defined
- Things going according to the plan
- Have supports available if needed

Interests Examples (what I like to do in my free time; what groups, organizations, or clubs am I involved in; my hobbies)

- Animals (caring for them, cleaning up after them, looking at them, drawing them, etc.)
- Vehicles (cars, trucks, trains, planes; busses, etc.; working on them, riding on or in them, repairing them, knowing parts of them, drawing them, etc.)
- Movies (favorite movies, actors/actresses, types of movies, producing, writing, etc.)
- Television (favorite shows, types of shows, producing, news, etc.)
- Computers (gaming, social media, programming, working on them, building them, internet, etc.)
- Music (playing instruments, listening, reading, watching, etc.)
- Writing (pleasure, type of writing, books, journals, poetry, articles, etc.)
- Reading (pleasure, types of books, book clubs, etc.)
- People (socializing)
- Acting (clubs, groups, professional, recreational, type of acting, travel, etc.)
- Singing or dancing (recreation, clubs, groups, professional, recreational, type of dancing, exercise)
- Exercise (lifting weights, running, gymnastics, yoga, walking, at home, gym, school, clubs, etc.)

Needs Examples (What is hard for me? What accommodations might I need? How can other people help me?)

- Involved my in IEP, give more input in my IEP, run my IEP
- Augmented communication support
- Audio recording classes or instructions
- Notes from another class peer
- Type notes versus write notes
- Small group testing
- Designated reader
- Sensory supports (fidget, ear muffs, special lighting, etc.)
- More time on tests
- More independent in daily living
- Motivated to do things
- More organized at home, work, or school
- Free time (down time)
- Clear expectations
- Visual/written feedback versus verbal feedback
- Social interactions and communication ability
- Daily checklist
- Help prioritizing work
- Reminders on my phone
- Timer on my phone
- Flexible work schedule
- A peer or mentor for support
- Equipment accommodation (such as a magnifying software for the computer screen or closed captioning options)