

Name: _____

Date: _____



One-Pager

Answer each of the four parts in this One-Pager. Your answers will help you create your **SPIN**, or your **S**trengths, **P**references, **I**nterests, and **N**eeds. Give it to your teachers and employers so you can help them understand you and your needs and you can be successful!

My Strengths

My Preferences

My Interests

My Needs

