



## SPIN VOLUNTEER QUICK GUIDE TO INDEPENDENCE

To be independent, young people must have confidence in their abilities and know how to use them in real-world situations. Independence grows by steps and begins with making small decisions that can turn into life-changing decisions. Your encouragement builds members' self-confidence. By exercising independence, young people learn self-discipline and responsibility, better understand themselves, and become independent thinkers.

Best Practices for Independence	Ways Volunteers Can Promote Independence
<ul style="list-style-type: none"> <li>■ SPIN clubs provide young people an opportunity to do something they are personally interested in.</li> </ul>	<ul style="list-style-type: none"> <li>■ Share your enthusiasm for the topic with your SPIN club members.</li> <li>■ Involve them in hands-on learning.</li> <li>■ Encourage them to ask questions, share what they are learning, and think about how they might use their knowledge in other areas of their lives.</li> </ul>
<ul style="list-style-type: none"> <li>■ Young people need opportunities to practice independence in a safe environment.</li> </ul>	<ul style="list-style-type: none"> <li>■ Involve young people in decision-making.</li> <li>■ Provide opportunities for young people to be responsible. There is a close link between independence and responsibility. Some examples are                             <ul style="list-style-type: none"> <li>• Getting supplies and equipment ready.</li> <li>• Explaining directions to others who may need individual attention.</li> <li>• Leading an activity.</li> <li>• Demonstrating a process to others.</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>■ Young people need your encouragement.</li> </ul>	<ul style="list-style-type: none"> <li>■ Praise is a powerful motivator. We all like to know we are doing well. Use praise liberally.</li> <li>■ Encouragement is even more important when things are not going well. Encourage a young person who is struggling by offering suggestions or talking through their ideas for what might work.</li> </ul>

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