Essential Life Skills for All Teens

Independent Living Skills
At Home Skills
- Locate Housing options
- Arrange Rent, Utilities, Phone
- Basic Routine Maintenance
- Clean, Vacuum, Dust
- Find a Circuit Breaker/use it
- Locate, use Water Furnace Shut-off
- Fix Basic Plumbing

Food Skills
- Plan, shop for Healthy Diet
- Prepare, Store Food
- Cook Balanced Meal
- Use Kitchen Appliances

Personal Appearance Skills
- Basic Clothing Repair (buttons, hems)
- Iron Garments
- Fold, put away Clothes
- Laundry -- Follow care labels, treat stains
- Maintain Personal Appearance

Financial Literacy
- Understand Gross/Net pay, Deductions
- Make a Budget -- stick to it
- Use a Bank and/or ATM/ On-Line Banking
- Open, Use, Balance Checking Account
- Apply for Credit Card, use wisely
- Benefits Planning
- Saving Account, Keep track of documents file taxes

Health and Wellness
- Basic First Aid
- Maintain Healthy Diet
- Use Medication Safely
- Routine Exercise
- Make Healthy Lifestyle Choices
- Maintain Hygiene/Grooming
- Be aware of Personal Safety

Employability Skills
- Communication Skills (Listen, Speak, Customer Service)
- Interpersonal Skills (Leadership, Social Skills, Teamwork)
- Use of Technology
- Manage Resources, Time
- Understand Value of Lifelong Learning
- Be Adaptable

Career Planning
- Investigate
- Research/Explore Career & Education/Training
- Reflect on Insights Gained
- Develop Your Personal Career Plan
- Find the Job that is Right for YOU!

Social / Recreation
- Explore Social/Recreational Opportunities
- Pursue Hobbies, Recreational Interests
- Develop, Maintain Healthy Friendships
- Develop, Maintain Healthy Family Relationships

Citizenship
- Register to Vote, Vote
- Comply with Laws, Regulations
- Be Environmentally Responsible
- Participate in Community Activities
- Volunteer

Use Technology at Work, Home, Socially
- Use Social Media Responsibly
- Know Cyber Presence
- Validate Sources of Information
- Maintain Safe Identity
- Know current technology applications, programs, hardware

Self Determination & Self Management
- Know Yourself -- Your Strengths, Limitations
- Manage Your Time
- Set Priorities
- Monitor Your Performance
- Balance Your Responsibilities and Priorities
- Adapt and Accept Change
- Advocate for Yourself to Meet Your Needs
- Learn from Mistakes

Be A Lifelong Learner: Be curious & interested to learn new things or apply old info in new ways
- Seek Opportunities to Learn -- in Classroom, with Computers, with Books, with People
- Learn From and With Others -- Share what you Learn -- Recognize You are Not “The Expert”
- Take in Information -- Analyze it, join it with other Information, then apply it

Transportation
- Community Access
- Use Public Transportation
- Know Schedules
- Know Routes, Pick-up Points

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- Apply for Credit Card, use wisely

Community Access
- Know Options
- Read a Map/Use GPS
- Know Landmarks
- Community Orientation

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