

# Can you do it?

Home and Personal Care Skills	Yes	No
• How to use basic kitchen appliances		
• Wash/Dry clothes (in a laundry mat)		
• Determine which clothes to take to the dry cleaners		
• Regularly Make a bed (with clean sheets)		
• Fold& Put Away laundry		
• How to properly clean a toilet, shower, bathroom floor, etc.		
• How to unclog a toilet-or what do to if it breaks		
• Set an alarm and wake yourself up on time		
• Get rid of spiders and bugs (without help)		
• Independently schedule doctors appointments		
Life-Management and Organization Skills	Yes	No
• Open an Bank Account		
• Create a budget		
• Keep your finances records organized		
• Organize all passwords, accounts and important documents in a safe place for reference		
• Use a credit card responsibly, avoiding debt		
• When/how to pay taxes		
• Time management		
• Keep a daily calendar		
• How to set up internet/cable		
• Calculate a tip		
• How to split a check amongst friends		
• Address an envelope		
• Write a check		
• Balance a checkbook		
• Pack smarter		
• Change the battery in a fire alarm		
• Back-up information on your computer and other devices		
• Manage/clean-up your social media accounts		
Student-Specific Skills	Yes	No
• Complete paperwork for colleges and scholarships		
• Register for College Courses		
• Shop smarter for books		
• Keep track of your grades		
• Keep track of assignments due		
• Sign up/register for classes		
• Maintain healthy study habits		
• Contact professors for help		
• Navigate to classes		
• Discuss living guidelines with your roommate		
• Locate the student section of your university's web site		
• Taking clear, readable notes		
• Essay writing		

• Create an outline		
• Public speaking		
• Seek out extracurricular activities you enjoy		
• Create a schedule that works for you		
• Maintain a healthy balance between your academic and social lives		
<b>Professional Skills</b>	Yes	No
• Write a resume		
• Draft a cover letter		
• Professionally formatting your emails		
• Write thank you notes		
• Network		
<b>Transportation Savvy</b>	Yes	No
• Read a map		
• Fill up a car with gas		
• Change a tire		
• Hail a taxi/UBER		
• Car/ Bike maintenance		
• Utilize and navigate public transit		
• Know when and how to change oil		
<b>General Conscientiousness</b>	Yes	No
• Awareness of your surroundings		
• Recognizing a potentially dangerous situation		
• Have personal medical information and keep up with appointments		
• Emergency preparedness		
• Avoid drugs and alcohol		
• Be sexually responsible		
• How to say “no,” respectfully		
• How to ask for help		
• Be open-minded		
• Accept constructive criticism		

After reviewing your responses, identify 2 or 3 things that you need to work on before graduating high school.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_