

Life Skills Check List

Life Skills—Age 12-13

- _____ Demonstrate Heimlich maneuver and tell when it is used
- _____ Make deposits and withdrawals at the bank
- _____ Volunteer at the library or food bank
- _____ Time Management (should be able to manage an entire day of activities/assignments)
- _____ Check and fill all car fluids
- _____ Keyboarding skills with proficiency
- _____ Money Management: Budgeting basics. Charitable Giving. Spending Plan. Saving for a car. Saving Money. Emergency Fund
- _____ Have a work experience (paid or unpaid) with responsibilities and set hours.
- _____ Care for a simple garden. Plant, care for, and harvest at least one food item
- _____ Understand how to care for wood furniture. Know the difference between real wood and veneer and the cleaning products used on each.
- _____ Demonstrate social etiquette in group settings, concerts, and Theater
- _____ Know how to properly use a fire extinguisher, methods for putting out an electric fire or grease fire

Life Skills Check List

Life Skills—Age 14-15

- _____ Know first aid for exhaustion, heat stroke, hypothermia, serious burns, puncture wounds from splinters, nails, and fish hooks
- _____ Plan, budget, shop for, and cook a complete meal
- _____ Start or manage a personal savings account..
- _____ Understand monthly bills for a household (mortgage/rent, gas/electricity, water, phones, internet, etc.)
- _____ Safely use sharp knives and vegetable peelers to peel and chop a variety of fruits and vegetables
- _____ Know how to start a lawn mower, mow a lawn, and finish the borders with a weed-eater
- _____ Know how to mend clothing items (sewing on a button, re-pairing a seam, patching a hole)
- _____ Understand and be able to use public transportation
- _____ Know how to calculate a tip
- _____ Know how to make a good first impression (make eye contact, good posture, firm handshake, dress appropriately, avoid

Life Skills Check List

Life Skills—Age 16-17

- _____ Plan well-balanced meals, including shopping and cooking
- _____ Pass a driver's test
- _____ Write checks and balance a checkbook
- _____ Fill out a job application
- _____ Make one complete meal (nothing gourmet, just make sure they can feed themselves)
- _____ Money Management: Budget / Cash Flow, Debit cards vs. Credit Cards, Fraud Protection, Teaching Investing
- _____ Understand concept of interest
- _____ Explain how to obtain, maintain, and cancel utilities
- _____ Be able to calculate mileage and gas consumption
- _____ Understand car insurance, what it does and does not cover
- _____ Know how to change a tire and jump start a car
- _____ Understand basic car maintenance, oil change, tire pressure, tire rotation, air filters and tune ups

Life Skills Check List

Life Skills—Age 18

- _____ Identify consumer protection resources
- _____ Identify procedures consumers can use when receiving an unsatisfactory product or service
- _____ Understand family medical history
- _____ Know how to find a doctor for specific health concerns
- _____ Understand health insurance coverage and how to apply insurance for health needs
- _____ Complete job applications and develop interview skills
- _____ Complete a voter registration card
- _____ Understand how to read a ballot
- _____ Know how to evaluate candidates and issues. Participate in voter information forums and meet the candidates events
- _____ Recognize media bias and propaganda. Demonstrate critical thinking skills to determine truth in advertising and news Reports