



Life Skills for Teens and Young Adults

How to do the laundry

How to change the sheets on a bed

How to load a dishwasher and also handwash items

How to shop for groceries and check out in both an attended line and a self-check line

How to cook at least one breakfast, one lunch, and one dinner

How to manage money/budget/deposit a check/use Venmo

How to stay organized by using a calendar

How to manage time and estimate how long a task will take

How to call a business or store and speak to someone for information

How to swim

How to drive safely

How to find a job and fill out an application (in person and online)

How to read a map and use public transportation

How to clean the house (kitchen, bathroom, use a vacuum)

How to drive safely/what to do if you're pulled over or have an accident

How to handle a car breakdown (call AAA or roadside assistance)

How to safely use ride-share services

How to use old-fashioned snail mail

How to administer basic first aid

How to call 911 and what to say to the operator

How to use basic tools for minor repairs

How to volunteer your time and help others

How to be prepared for a natural disaster

How to regulate social media time

How to make an informed decision about substances

How to dress appropriately for a variety of situations
How to maintain personal grooming/cleanliness/hygiene
How to introduce themselves/shake hands/basic social skills
How to eat politely at a table
How to cope with emotions and be resilient
How to implement problem-solving skills
How to set a goal
How to make a decision (using pros, cons, asking for advice)
How to be a self-starter
How to stand up for yourself and set boundaries
How to build resilience
How to regulate social media/device time
How to appropriately post on social media (and what not to post!)
How to coexist with roommates who may not be good friends
How to make coffee
How to manage stress
How to take care of themselves when they are sick