

## Lanie's List of Life Skills

### Home and Personal Care

- How to use basic kitchen appliances
- Wash/Dry clothes
- Time Management & Scheduling
- Make a bed (with clean sheets)
- Fold laundry
- How to properly clean a toilet, shower, bathroom floor, etc.
- How to unclog a toilet
- Set an alarm and wake yourself up on time
- Get rid of spiders and bugs (without help)
- Change a Lightbulb
- Use a Hammer and Nail
- Paint a Room
- Use a Basic Toolkit
- Recycling Items

### Life-Management and Organization

- 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

- 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 classes
- 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 life

#### Professional

- Write a resume
- Draft a cover letter
- Professionally format your emails
- Write thank you notes
- Network

#### Transportation Savvy

- Read a map
- Fill up a car with gas
- Change a tire
- Bike maintenance

#### General Conscientiousness

- Awareness 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

#### Lawn and Garden

- Plant a Garden
- Identify and Pull Common Weeds

## Cooking

- Kitchen Appliances Care
- Meal Planning
- Pick Out Fresh Food
- Properly Clean & Store Fresh Produce
- Read a Recipe & Measure Ingredients
- Cook a Full Meal

## Money

- Make Proper Change with Cash
- Pay a Bill & Write a Check
- Balance a Checkbook
- Manage Your Personal Budget
- Do Your Own Taxes
- Use Coupons

## Clothing

- Do Laundry
- Learn About Fabric Care
- Iron a Shirt
- Sew a Button
- Mend Your Clothing
- Polish Your Shoes
- Stain Treatment

## Wellness

- Read Nutrition Labels
- What to Do When Sick
- Ride a Bicycle
- Roller Skate
- Make Your Own Soap
- Care for and Bathe a Pet
- Routine Medical Checks

## Etiquette and business

- Tell Time
- Use a Phone Book.
- Phone Etiquette
- Read a Map
- Understand Directions
- Keyboard Typing

- Keep an Address Book
- Write in Cursive
- Write a Thank You Card
- Address the Card & Mail It
- Set the Table
- Table Manners
- Time Management & Scheduling