

# INDEPENDENT LIVING SKILLS

- Spend some nights away from home
- Take care of your health and grooming (e.g., shower daily, use deodorant, take own medication)
- Clean and organize your room every day
- Work on cell phone skills
- Manage your own money (e.g., manage your own bank account, set up a budget, keep track of expenses)
- Buy things that you need
- Prepare and cook meals
- Use a map and the bus system
- Complete chores and tasks around the house (e.g., do your own laundry, make your bed, wash dishes, empty trashcan)
- Making friends (or initiating appropriate relationships)

# ACADEMIC SKILLS

- Practice the use of technology (e.g., computer, typing, internet, etc.)
- Practice the use of email (e.g., accessing, reading, writing)
- Reading and Writing daily
- Visit the public library and public spaces
- Organize and manage classroom and homework
- Complete academic tasks
- Practice basic math skills (e.g., addition, subtraction, multiplication, division)
- Use a calculator

# VOCATIONAL SKILLS

- Have work or volunteer experience
- Complete tasks in those work-related experiences
- Develop daily schedule
- Meet other people and learn how to work with them
- Learn and practice professional social skills (e.g., introducing yourself, professional conversations, etc.)
- Practice building a resume and cover letter