

SURVIVAL CHECKLIST FOR TEENAGERS AND THEIR PARENTS

COOKING

Can you:

- Cook a meal?
- Plan a weekly menu?
- Recognize when foods are spoiled?
- Purchase a week's supply of food?
- Compare for price and quality?
- Buy within a budget?

COMPARISON SHOPPING

Can you:

- Plan a wardrobe including school, work and leisure clothes?
- Recognize quality of items?
- Return items?
- Figure out the sale price based on a percentage?

GEOGRAPHY

Can you:

- Navigate your home community?
- Use a road map?

BASIC SKILLS

Can you:

- Do basic arithmetic?
- Figure percentages?
- Make change?
- Convert quantities? (feet/inches, cups/quarts, etc)
- Read the newspaper?
- Follow directions on medicine bottles?
- Read monthly statements? (credit card, cable bill, etc.)

HOME MAINTENANCE

Can you:

- Replace a light switch?
- Replace a fuse?
- Hang a picture?
- Paint a room/trim?
- Mow the yard?
- Put up a shelf?
- Monitor the house temperature?
- Replace furnace/airconditioning filters?
- Defrost the refrigerator?
- Clean the stove/oven and other appliances?
- Clean the house?
- Change bedclothes?
- Do laundry?
- Do simple mending?
- Determine who to contact for more serious home problems?

HEALTH

Can you:

- Call your doctor to schedule an appointment?
- Manage your own health care needs?
- Clean a cut?
- Stop someone from choking on food?
- Recognize symptoms of a cold?
- Decide when to use over the counter medication?
- Decide when to call a physician or other care provider?
- Use a thermometer?
- Carry out physician's directions?

COMMUNICATION

Can you:

- Communicate effectively in writing?
- Communicate well orally?
- Find needed emergency contact information?
- Use the telephone and email effectively?
- Practice proper etiquette?

CURRENT EVENTS

Do you:

- Read the newspaper?
- Watch the evening news?
- Discuss current events with friends/family?
- Know the names of the president, governor and other leaders?

TRANSPORTATION

Can you

- Navigate the public transportation system?
- Drive a car?
- Maintain a car? (change oil, water, fluids, etc.)
- Change a tire?

CAREER PLANNING

Can you

- Research careers of interest?
- Determine necessary steps to enter a career?
- Objectively evaluate your strengths and weaknesses?
- Advocate for your needs at school or on job?
- Search for colleges and other training institutes pertinent to your chosen career?
- Apply for financial aid?
- Write a college essay?
- Apply to take college application tests (SAT/ACT)

EMPLOYMENT

Can you:

- Fill out a job application?
- Write a business letter?
- Work as part of a team?
- Find solutions to disagreements?
- Use a credit card?
- Open a checking account?
- Write checks?
- Fill out income tax forms?
- Apply for loans?