

# Life Skills Example List by Categories

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## Life Skills Example List by Categories

### I. **Daily Living Skills:** Food and Nutrition, Home Cleanliness, Home Safety, Home Repairs, Vehicle Maintenance, Computer and Internet Basics, and Support Systems

- Be aware of information about the different transport options to reach different places
- Being able to read bus, train or flight schedules, and timetables
- Car safety
- Change a diaper
- Change a tire using different tools
- Choosing the right kind of clothes for the right occasion
- Create a “miracle meal” (being able to prepare a healthy meal with the ingredients available)
- Create a first aid kit
- Create an important document folder or filing system
- Create and cook your recipe
- Etiquette - knowledge about utensils, cutlery and how to use them
- Folding clothes and putting them neatly away
- Have a knowledge of traffic and road terms like curves, exits, freeways, highways, etc.
- How to access community resources in case of need, or emergency
- How to make simple home repairs
- Identify different ingredients and know where they are available
- Ironing clothes
- Know and follow traffic rules for the safety of self and others
- Know and understand the importance of good hygiene
- Know at least three adults who would help in case of an emergency and day-to-day needs
- Know how to care for minor illness and simple injuries
- Learn a new skill by going to the library to locate information
- Learn a new skill by using the internet to locate information
- Living in America 101 (*international students*)
- Mail a letter, or package at the post office
- Meal planning & preparation
- Meal prep for seven days
- Memorize important phone numbers
- Menu planning
- Pack a suitcase
- Picking the right sized clothes
- Pump gas and change oil for maintenance
- Putting air in a tire
- Read and understand fabric labels
- Read maps to go from point A to point B

- Reading food labels for nutrition and ingredient information
- Registration of the vehicle
- Send an email
- Start an insurance policy (auto or home)
- Storing food in the right way (know where and how to store different food products like fresh produce, packaged food, and liquids)
- Time management
- Understand directions – north, south, east, and west; left, right
- Use a recipe to prepare a meal
- Use an oven
- Use available resources to meet a need (people, things, or organizations)
- Use the phone to make a reservation, or appointment

II. **Self-Care Skills:** Physical Health Care, Mental Health Care, Personal Hygiene, Personal Safety, and Family Planning

- Ability to find safe and supportive resources
- Create a first aid kit
- Create a personal safety plan
- Create a safety plan in times of natural disaster Create an emergency kit for natural disasters (hurricanes, tornados, earthquakes, wildfires, blizzards, flooding, droughts, heatwave, etc.)
- Create a self-care plan and maintain it (know what self-care is and the importance of it)
- Create an emergency kit for natural disasters (hurricanes, tornados, earthquakes, wildfires, blizzards, flooding, droughts, heatwave, etc.)
- Has a safe place to stay in the event of an emergency
- How to avoid child heatstroke “Where’s baby? Look before you lock!”
- How to maintain personal and family health (all aspects)
- Know and understand the importance of good hygiene
- Know and understand the importance of taking prescription drugs and over-the-counter medications as prescribed
- Know and understand your personal strengths and needs
- Know how to care for minor illness and simple injuries
- Know when and how to seek medical and mental health attention
- Knowledge of personal health and over-the-counter medications
- Knows and understands the medical/dental coverage available, and how to receive services
- Learn CPR and other lifesaving skills
- Living in America 101 (*international students*)
- Start an insurance policy (health, dental, vision, or life)
- Taking proper care of self, through proper diet and environment, in the case of illnesses like common colds, fever or the flu

**III. Relationships and Communication Skills:** Personal Development, Developing Healthy Relationships, Communication with Others, and Cultural Competency

- Create a planner system for organization
- Different forms of communication like writing, talking and non-verbal behavior.
- Have a face-to-face conversation with someone (you choose the topic)
- Healthy Boundaries/know and understand the impact of caring, respectful, responsible, and honest behavior in relationships (work and personal relationships)
- How to advocate for self and others
- How to respect people and their views, regardless of what they think about others
- Know local, state, and federal officials and how to contact them
- Learn about healthy relationships
- Learn to say "No"
- Living in America 101 (*international students*)
- Making a public presentation (you choose the topic)
- Negotiation skills to create win-win situations.
- Using different modes of communication like a telephone, letters or email, etc.

**IV. Housing and Money Management -** Budgeting and Spending Plan, Banking & Credit, Housing, Transportation, and Resource Management

- Assess the basic market value of goods
- Balance a checkbook
- Create a budgeting and spending plan
- Create a sewing project
- Credit Cards 101 – how to apply, use, and not get into debt
- Develop and maintain a household cleaning routine
- Doing laundry and how to remove simple stains (by hand or washing machine)
- Grocery shop for a week within a budget
- Home hunting and lease negotiation
- How credit works
- How to access community resources in case of need, or emergency
- How to avoid getting into debt
- How to find the right accommodation or housing options
- How to transfer money online
- Interacting with government (apply for, or maintain government provided benefits)
- Know how to access benefits; such as, Social Security, Medicaid, Temporary Assistance for Needy Families, and Supplemental Nutrition Assistance Program (SNAP), and Education and Training Vouchers (ETV)
- Learn consumer savvy techniques and tips

- Living in America 101 (*international students*)
- Locate your polling place and vote
- Maintain financial records
- Manage utilities and pay bills
- Open a bank account (savings and/or checking)
- Pay bills online, or in person
- Rent an apartment, or buy a home
- Save money to buy or invest in something, for emergencies
- Start an insurance policy (auto or home)
- Use coupon(s) for a purchase
- Use the ATM
- Using kitchen appliances like microwave, coffee maker, dishwasher and toaster among others
- Ways to shop economically
- Write a check

**V. Work and Study Skills** - Study Skills, Employment, Time Management, Personal Development, Income Tax, Legal, Civic Responsibilities, and Collaboration

- Create a LinkedIn account
- Create a resume
- Fill out a W-4 for employment (to learn about allowances)
- Get a library card
- Give responsibly to a charity (time and/or donations)
- How to apply for a job or internship
- How to complete and submit job applications
- How to dress for success
- Improve your study skills
- Know how to maintain personal documents and records
- Know how to obtain copies of personal documents
- Learn workplace etiquette
- Living in America 101 (*international students*)
- Organization skills
- Prepare and file a tax return
- Read a paystub
- Register to vote
- Visit your local workforce development center to receive employment services
- Volunteer at a non-profit
- Write a cover letter
- Write a report, or essay for school

**VI. Career and Education** - Education Planning, Career Planning, Employability Skills, and Technical Training

- How to apply for a job or internship
- How to apply for scholarships
- How to fill out FAFSA for school (don't show your personal information of EFC in the assignment submission – just the email stating that your application was successfully submitted while explaining how you completed it.)
- Know how to access benefits; such as, Social Security, Medicaid, Temporary Assistance for Needy Families, and Supplemental Nutrition Assistance Program (SNAP), and Education and Training Vouchers (ETV)
- Living in America 101 (*international students*)
- Research colleges and/or trade schools that interest you
- SMART goal setting & achievement
- Take a strength finder, or personality test
- Visit your local workforce development center to receive employment services