

# 16-18 YEAR OLD LIFE SKILLS- BY THIS AGE THEY SHOULD BE ABLE TO TO THESE SKILLS

[DATE]

**Any from the previous list, plus**

## **Interactions with others**

- ☐ Know how and when to negotiate and compromise
- ☐ Hold others accountable
- ☐ Use public transportation alone
- ☐ Fill out an application and interview for a job
- ☐ Initiate contact with colleges and/or employers
- ☐ Keep parents notified of whereabouts and time expected home
- ☐ Understand what facts to keep personal to avoid identity theft and what can be made public
- ☐ Fill out medical/dental forms

## **Time management**

- ☐ Use a day planner or app to keep track of multiple obligations
- ☐ Manage extracurricular activities
- ☐ Identify activities that are time wasters
- ☐ Be consistently on time for work and commitments

## **Money management**

- ☐ Set up a bank account
- ☐ Understand basics of compound interest
- ☐ Know the risks of credit cards — and the importance of creditworthiness
- ☐ Understand basic premise of investing
- ☐ Understand basics of insurance
- ☐ Know what to do if a purse or wallet is stolen
- ☐ Understand how to read a pay stub with Social Security and income tax withdrawals

- ☐ Understand student loan offers and terms of repayment

## **Organizing and decluttering**

- ☐ Keep a vehicle free of trash, especially if sharing it with the family

## **Repair and maintenance**

- ☐ Check car tire pressure, air filter, oil and fluid levels
- ☐ Know when to take car to garage for maintenance or repair
- ☐ Use jumper cables
- ☐ Change a tire

## **Household basics**

- ☐ Understand plumbing basics
- ☐ Know electricity basics

## **Healthy habits**

- ☐ Know importance of preventive dental and medical care
- ☐ Know safe use of over-the-counter and prescription drugs
- ☐ Maintain a consistent exercise routine

## **Decision-making skills**

- ☐ Read and decipher fine print
- ☐ Talk with a career counselor
- ☐ Vote (18 only)
- ☐ Understand a rental contract for housing (18 only)