

40 IMPORTANT LIFE SKILLS FOR TEENS

Daily Living Skills

- Doing laundry
- Shopping for groceries
- Cooking
- Cleaning the kitchen
- Cleaning the house
- Managing money
- Managing credit
- Swimming
- Searching for a job
- Reading a map
- Making basic repairs
- Taking public transportation
- Managing health



Executive-Functioning Skills

- Organization
- Time management
- Starting a task
- Persistence
- Managing social media
- Choosing a career
- Volunteering
- Searching online
- Evaluating sources
- Making decisions
- Setting goals
- Making a plan
- Regulating emotions
- Being flexible
- Coping with failure



Communication Skills

- Starting a conversation
- Listening
- Talking on the phone
- Texting
- Self-advocacy
- Saying no
- Sending mail
- Engaging with community helpers



Safety Skills

- Making decisions about drugs and alcohol
- Driving
- Using ride share services
- Basic first aid
- Preparing for a natural disaster
- Sleeping



Young Adult Life Skills Training Guide

R Pring



Young Adult Life Skills Training Guide:

DHHS Publication No. (NIH). ,1981 Smoking Programs for Youth National Cancer Institute (U.S.). Office of Cancer Communications,1980 **Resources in Education** ,1988 Life Skills Training Guide for Young People United Nations Publications,2005-09-01 Developing Youth Curriculum Using the Targeting Life Skills Model Patricia A. Hendricks,1998 Senior High Core Collection Raymond W. Barber,Patrice Bartell,2007 Features annotations for more than 6 200 works in the main volume 2007 and more than 2 400 new titles in three annual supplements published 2008 through 2010 New coverage of biographies art sports Islam the Middle East cultural diversity and other contemporary topics keeps your library s collection as current as today s headlines **ERS School Operations Information Exchange** ,1991 *International Journal of Religious Education* ,1926 **Young People as Active Partners in Crime Prevention** ,1996 **The 2005 PGA TOUR Official Fan Guide** PGA Tour (Association),2005 A comprehensive look at the players tournaments and records of the PGA tour **Unlocking Potential** Barbara Scheiber,Jeanne Talpers,1987 College and other choices for learning disabled people Resources in Education ,1997 **The Social Skills Planning Guide** Joni Alberg,Christene A. Petry,Susan Eller,1994 American Journal of Health Education ,2003 *Dissertation Abstracts International* ,2004 *Literacy and the Marketplace* ,1989 *Subject Catalog* Library of Congress, Handbook of Addictive Disorders Robert H. Coombs,2004-04-23 A comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts in addiction studies **The Horn Book Guide to Children's and Young Adult Books** ,1990 **Recording for the Blind & Dyslexic, ... Catalog of Books** ,1996

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