

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

**Joni Alberg,Christene A. Petry,Susan
Eller**

Young Adult Life Skills Training Guide:

Eventually, you will agreed discover a other experience and exploit by spending more cash. still when? do you consent that you require to get those all needs afterward having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more just about the globe, experience, some places, past history, amusement, and a lot more?

It is your utterly own period to enactment reviewing habit. in the middle of guides you could enjoy now is **Young Adult Life Skills Training Guide** below.

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