

## Survival Training: Life Skills for Young Adults Resource List

### General Resources:

*Life Prep for Homeschooled Teenagers* by Barbara Frank

- Includes projects for credit cards, cars, health insurance, rent, food expenses, utilities, budgeting, mortgages, taxes, and more
- Helpful for work-bound as well as college-bound students
- Good reading list also provided
- Available from [www.CardamomPublishers.com](http://www.CardamomPublishers.com)

HSLDA's Homeschooling Thru High School website, [www.hslda.org/highschool](http://www.hslda.org/highschool)  
(In the index, see especially the Beyond Academics, Recommended Resources, and After High School sections)

### Home and Car Management

For possible courses, see:

- Community colleges
- Distance learning programs
- Local recreation centers, 4-H clubs, etc.
- Cooking courses (recreation center, moms, culinary schools, 4-H)
- Sewing courses (local extension cooperatives, 4-H, moms, sewing machine centers/fabric stores)

Enlist the help of family and friends to teach car maintenance and repair skills, homemaking skills, and general home maintenance.

### Health Care

- CPR certification (local hospitals, recreation center courses, fire stations, Boy Scouts)
- Life Saving certification (recreation centers, YMCA, Boy Scouts)
- Nutrition (local cooperative extension, 4-H clubs, dieticians)
- Physical fitness (fitness centers, recreation centers, running clubs, personal program, fitness DVDs, local health insurance carriers who may offer quarterly courses on maintaining a healthy weight, signs of cancer and other diseases, and methods for controlling cholesterol)
- Babysitting certification (local hospitals, recreation centers)

### Personal Financial Management

Helpful resources:

- *Money Matters for Teens* by Larry Burkett
- *The World's Easiest Guide to Finances* by Larry Burkett

Other finance-related items for you to consider learning during the high school years:

- Checking account (setting up, writing checks, reconciling bank statement)
- Savings account/IRA accounts (setting up, maintaining)
- Creating and keeping a budget
- Filing state and federal tax returns
- Setting up accounts with utility companies
- Paying bills
- Renting (familiarity of terms of leases)
- Responsibly using credit and credit cards and establishing good credit

## **Job Preparation**

General Resource:

- *What Color is Your Parachute?* by Richard Nelson Bolles

Resumes

- See HSLDA's Homeschooling Thru High School section on Life Skills <http://www.hsllda.org/highschool/beyondacademics.asp#lifeskills>
- Creating Your High School Resume by Jist Publishing (available from [www.christianbook.com](http://www.christianbook.com))
- How To Write A Masterpiece of a Resume <http://www.rockportinstitute.com/resumes.html>
- College Board Tips on Writing a Resume <http://www.collegeboard.com/student/plan/high-school/36957.html>

Career Resources

- Career Testing <http://www.hsllda.org/highschool/testing.asp>
- Career Interests and Resources <http://www.hsllda.org/highschool/resources.asp#career>
- Job Web's Tips on interviews, cover letters, and references [http://www.jobweb.com/Resumes\\_Interviews/default.htm](http://www.jobweb.com/Resumes_Interviews/default.htm)

Interviewing

- *Interviewing Skills* by Tim Hindle (available from [www.christianbook.com](http://www.christianbook.com))

## **Technology/Computer Skills**

Resources

- Online and community college courses
- Local computer stores
- Free tutorials on the internet

<http://www.internet4classrooms.com/on-line.htm>

- Book tutorials from the library or bookstores
- New Perspectives series on web page design, Microsoft Office, etc.  
<http://www.course.com/catalog/product.cfm?isbn=0-619-26748-8>

### **Cultural Arts**

- Attend concerts, plays, community theaters, museums. Take advantage of free summer concert series where available.
- Participate in the fine arts by taking a class or taking part in a drama.
- Community colleges, recreation centers, libraries may all offer courses or seminars.
- Art or music private lessons
- *How Great Thou Art* curriculum by Barry Stebbing  
<http://www.howgreatthouart.com/>
- *The History of Painting* by Sister Wendy Beckett
- *The Gift of Music* by Jane Stuart Smith & Betty Carlson  
<http://www.hsllda.org/elink.asp?id=3056>

### **Volunteering/Community Service**

- HSLDA's Homeschooling Thru High School website:  
<http://www.hsllda.org/highschool/resources.asp#volunteering>
- Check into volunteer opportunities with nursing homes, political campaigns, homeless shelters, libraries, non-profit ministries, etc.
- The Value of Volunteering  
<http://www.hsllda.org/docs/hshb/63/hshbwk3.asp>

### **Spiritual Preparation**

- Hsllda's Homeschooling Thru High School website:  
<http://www.hsllda.org/elink.asp?id=3058>
- *Understanding the Times: The Religious Worldviews of Our Day and the Search for Truth* by David Noebel  
Available at: <http://www.hsllda.org/elink.asp?id=3061>
- *Knowing God* by J.I. Packer  
Available at: <http://www.hsllda.org/elink.asp?id=3062>
- *Pursuit of God* by A.W. Tozer  
Available at: <http://www.hsllda.org/elink.asp?id=3063>
- *Pursuit of Holiness/The Practice of Godliness* by Jerry Bridges  
Available at: <http://www.hsllda.org/elink.asp?id=3064>
- *Know What You Believe* by Paul Little  
Available at: <http://www.hsllda.org/elink.asp?id=3065>
- *Know Why You Believe* by Paul Little  
Available at: <http://www.hsllda.org/elink.asp?id=3067>

- *Faith Lessons on the Promised Land--Crossroads of the World* video series by Ray Vander Laan
  - 20-30 minute faith lessons from portions of Scripture taught at the site in Israel where they originally took place.
  - Available at: <http://www.hslda.org/elink.asp?id=3066>