Survival Training: Life Skills for Young Adults
Skills Checklist

Home and Car Management
- Housecleaning
- Meal planning, budgeting, grocery shopping
- Home repair – plumbing, electrical, carpentry, painting
- Laundry
- Lawn care
- Car Maintenance – oil, tires, fluid levels
- Car Repair

Health Care
- First aid
- CPR
- Nutrition
- Fitness

Personal Financial Management
- Reconciling a checking account
- Tax filing
- Insurance – car, home, personal
- Proper use of credit

Job Preparation
- Preparing a resume
- Developing interview skills
- Finding a job and gaining work experience
- Networking

Technology/Computer Skills
- Computer applications – Word, Excel, Power point
- Online course
- Sending and receiving emails
- Internet research
- Internet safety and filters

Cultural Arts
- Art
- Music
- Drama

Volunteering/Community Service
- Places to serve
- Time to serve
- Contacts

Spiritual Preparation
- Personal devotions
- Prayer
- Service
- Reading list
- Church involvement