

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