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

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**

- Creating Your High School Resume by Jist Publishing (available from [www.christianbook.com](http://www.christianbook.com))

**Career Resources**


- Career Interests and Resources [http://www.hslda.org/highschool/resources.asp#career](http://www.hslda.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
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
  - *The History of Painting* by Sister Wendy Beckett
  - *The Gift of Music* by Jane Stuart Smith & Betty Carlson

Volunteering/Community Service

- HSLDA's Homeschooling Thru High School website:
  [http://www.hslda.org/highschool/resources.asp#volunteering](http://www.hslda.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

Spiritual Preparation

- HSLDA's Homeschooling Thru High School website:
  - *Understanding the Times: The Religious Worldviews of Our Day and the Search for Truth* by David Noebel
    Available at: [http://www.hslda.org/elix.asp?id=3061](http://www.hslda.org/elix.asp?id=3061)
  - *Knowing God* by J.I. Packer
    Available at: [http://www.hslda.org/elix.asp?id=3062](http://www.hslda.org/elix.asp?id=3062)
  - *Pursuit of God* by A.W. Tozer
    Available at: [http://www.hslda.org/elix.asp?id=3063](http://www.hslda.org/elix.asp?id=3063)
  - *Pursuit of Holiness/The Practice of Godliness* by Jerry Bridges
    Available at: [http://www.hslda.org/elix.asp?id=3064](http://www.hslda.org/elix.asp?id=3064)
  - *Know What You Believe* by Paul Little
    Available at: [http://www.hslda.org/elix.asp?id=3065](http://www.hslda.org/elix.asp?id=3065)
  - *Know Why You Believe* by Paul Little
    Available at: [http://www.hslda.org/elix.asp?id=3067](http://www.hslda.org/elix.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/elnk.asp?id=3066