

# 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



# Skills For Everyday Life Skills For Everyday Life Ser

**M Lipman**



## **Skills For Everyday Life Skills For Everyday Life Ser:**

*Everyday Life Skills* American Guidance Service, 2001-06 A skills based program that helps build a foundation for independent living *Everyday Life Skills* is a comprehensive career development program for high school students making the transition to postsecondary life This full color easy to read textbook and video series focus on the important how to live and work issues not always covered by regular curricular materials From maintaining a healthy body and a safe home to finding and keeping a job *Everyday Life Skills* prepares young adults for a successful life after high school Lexile Level 820 Reading Level 3 4 Interest Level 8 12      **Practical Practice Math Series: Best Buys ,      Library of Congress Subject**

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Office, 2007      **Education And Personality Development** P.k.manoharan,      **Proposals to Improve the Foster Care and Child Welfare Programs** United States. Congress. House. Committee on Ways and Means. Subcommittee on Human Resources, 1989      **Models of Community Support Services** Beth A. Stroul, 1986      *Resources in Education* , 1996

**The Neuropsychology of Everyday Life: Assessment and Basic Competencies** David E. Tupper, Keith D. Cicerone, 2012-12-06 For a period of some fifteen years following completion of my internship training in clinical psychology 1950 1951 at the Washington University School of Medicine and my concurrent successful navigation through that school s neuroanatomy course clinical work in neuropsychology for me and the psychologists of my generation consisted almost exclusively of trying to help our physician colleagues differentiate patients with neurologic from those with psychiatric disorders In time experience led all of us from the several disciplines involved in this enterprise to the conclusion that the crude diagnostic techniques available to us circa 1945 1965 had garnered us little valid information upon which to base such complex differential diagnostic decisions It now is gratifying to look back and review the remarkable progress that has occurred in the field of clinical neuropsychology in the four decades since I was a graduate student In the late 1940s such pioneers as Ward Halstead Alexander Luria George Yacorzynski Hans Lukas Teuber and Arthur Benton already were involved in clinical studies that by the late 1960s would markedly have improved the quality of clinical practice However the only psychological tests that the clinical psychologist of my immediate post Second World War generation had as aids for the diagnosis of neurologically based conditions involving cognitive deficit were such old standbys as the Wechsler Bellevue Rorschach Draw A Person Bender Gestalt and Graham Kendall Memory for Designs Test      **108-1 Hearings: Foreign Operations, Export Financing, and Related Programs Appropriations For 2004, Part 1B, 2003, \* , 2003**

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