

LIFE SKILLS

12TH GRADES

1. Rate how true each statement is for you, then explain your answer.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I do chores at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I clean up after myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I am organized. (i.e. keeping homework in my binder; Placing stuff where it belongs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I finish what I start.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I am on time to activities and appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I earn money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I set goals that are important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain your answer:					
I use different strategies to work towards these goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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2. If you could snap your fingers and improve one of the life skills above, which one would you choose? Why?

3. What could you learn or do this year, to improve your independent living skills after high school?

4. Think about the types of work you've done. Consider paid or unpaid, at home, school, and in your community. What skills are you developing in these jobs?

5. Can you think of future dream job or career, where you could apply the strengths you've grown?

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6. What could you learn or do this year, to help you succeed in a future dream job or career?

7. Do you have a plan for a job or education after high school? Describe your plan and your motivation to do it.

8. After high school, if you need help accomplishing goals, name three people you can call.

Life skills are called the “nuts and bolts” of your skill-based toolkit. They include: • earning, managing, and sharing money wisely; • managing your time well; • being organized; • goal management; • learning how to use transportation; • home care such as cooking and cleaning; • skills that will help you find and keep a good job; • and understanding communication protocols.

8. Overall, I have optimal life skills.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Further Reflections