

SAMPLE LIFE SKILLS ASSESSMENT



Academic Support:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|--|----|-----------|------------|-----|------------|
| I am enrolled in school or a GED program. | | | | | |
| I have access to transportation to get to work or school. | | | | | |
| I have an adult in my life that cares about how I am doing at school. | | | | | |
| I know where I can get tutoring or other help with schoolwork. | | | | | |
| I know what type (college, trade school) education I need for the work I want to do. | | | | | |
| I plan to attend college or a vocational school. | | | | | |
| I have talked about my education plans with an adult who cares about me. | | | | | |
| I know how to find financial aid to help pay for my education or training. | | | | | |

Workforce Support:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|--|----|-----------|------------|-----|------------|
| I have a resume. | | | | | |
| I know how to update my resume as needed. | | | | | |
| I know how to fill out an online job application. | | | | | |
| I know how to prepare for a job interview | | | | | |
| I know what clothes I should wear to an interview. | | | | | |
| I have been involved in volunteer service or an internship. | | | | | |
| I know how to get the documents I need for work, such as my Social Security card, birth certificate, and photo ID. | | | | | |
| I can take criticism and direction at work without losing my temper | | | | | |
| I arrive at work on time. | | | | | |

Money Management Skills:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|--|----|-----------|------------|-----|------------|
| I have an allowance. | | | | | |
| I have opportunities to practice budgeting. | | | | | |
| I know the steps I need to take to open a checking and/or savings account. | | | | | |
| I have a checking and/or savings account. | | | | | |
| I know where I can get help with an income tax form. | | | | | |

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Self Care:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|--|----|-----------|------------|-----|------------|
| I bathe my teeth daily. | | | | | |
| I brush my teeth daily. | | | | | |
| I know how to do my own laundry | | | | | |
| I keep my living space clean. | | | | | |
| I know how to prevent getting pregnant or getting someone else pregnant. | | | | | |
| I know ways to protect myself from sexually transmitted diseases (STDs). | | | | | |
| I know how to get health insurance when I am older than 18. | | | | | |
| I know my family medical history | | | | | |

Social Support:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|---|----|-----------|------------|-----|------------|
| I can speak up for myself. | | | | | |
| I have friends I like who help me feel valued and worthwhile. | | | | | |
| I have a good relationship with a trusted adult I like and respect. | | | | | |
| I know the signs of an abusive relationship. | | | | | |
| I know what to do if anyone bullies or harasses me online | | | | | |
| My relationships are free from hitting, slapping, shoving, being made fun of, or name calling. | | | | | |
| I believe that the friends I have in my life right now want to help me succeed. | | | | | |
| An adult I trust, other than my worker, checks in with me regularly. | | | | | |
| I know at least one adult, other than my worker, who would take my call in the middle of the night if I had an emergency. | | | | | |
| I can get in touch with at least one family member when I want to. | | | | | |
| I know at least one adult I can depend on when I exit care. | | | | | |

Transportation Skills:

| Is this true for you? | No | Mostly No | Mostly Yes | Yes | Don't Know |
|--|----|-----------|------------|-----|------------|
| I know how to navigate public transportation (bus) | | | | | |
| I have participated in Driver's Ed | | | | | |