Category	Desired Skills to Develop	Menu of Activities to Choose From *Including scaffolding for different stages of development
1.) Assessments	Experience in taking assessments and making a follow-up plan for personal growth	Youth takes the Casey Life Skills Assessment and/or Daniel Memorial Assessment, and identifies one skill they would like to work on Youth watches a YouTube video about a skill they would like to develop or goal they have for the future Youth practices taking public transportation Youth does research to meet one or more of their personal goals
2.) Budgeting	Practice in making a budget and making financial decisions	Youth opens a bank account Youth watches an adult check their credit score Youth uses coupons at a local grocery store Youth discusses the difference between needs and wants Youth discusses the risks and benefits of credit cards
3.) Education	Knowing about and being able to access academic resources, including post-secondary	Youth takes a learning style assessment to determine the best way they learn *(i.e. visual, auditory, tactile)* Youth visits a college campus Youth studies for the ACT and/or SAT Youth visits the ETV website Youth visits the Ohio Reach website Youth fills out the FAFSA as an independent student Youth applies for short-term certificate funds Youth applies for a scholarship
4.) Health	Understanding of preventative care and how to access healthcare in young adulthood	Youth practices scheduling their own medical appointment Youth practices filling out their own medical forms Youth reads a flyer about Medicaid until age 26 Youth practices one or more stress management techniques Youth receives a gym membership and goes regularly Youth exercises to a YouTube workout video Youth gathers items to make a first aid kit

5.) Housing	Knowing about and being able to navigate housing resources, home maintenance, landlord-tenant issues	Youth does a load of laundry Youth makes a list of household chores, and why they are important Youth gathers items to make a toolbox Youth practices cooking a meal Youth practices reading over a lease Youth watches an adult pay for utilities Youth discusses basic home safety and emergency home safety
6.) Mentoring	Understanding the value of mentorship and how to reach out to seek to identify a mentor	Youth seeks to identify a mentor Youth participates in an internship Youth participates in volunteer work Youth does a job shadow or "bring a youth to work" day Youth interviews someone who is currently doing a job that the youth is interested in
7.) Planning	Practice in mapping out a plan for the future and revising it as needed	Youth identifies a goal for the future, and writes down a list of steps to work towards that goal Youth receives a planner and/or works on a personal to do list Youth tracks appointments on their phone calendar Youth creates an email and starts checking it regularly Youth has two trusted adults write recommendation letters Youth visits the Bridges website
8.) Relationships	Boundaries and experience in building safe and stable relationships	Youth joins a group (i.e. school, church, community) Youth fills out a Boundaries diagram Youth fills out a Circle of Support diagram Youth reads a book on boundaries Youth reads a book on conflict resolution
9.) Workforce	Hands-on practice with resumes, interview questions, websites related to jobs, etc.	Youth completes a career assessment test online Youth creates a resume Youth fills out an online job application Youth identifies an outfit to wear to a job interview Youth participates in a role play of job interview questions Youth reaches out to a workforce program in their area Youth participates in an internship or job shadow

10.) Vital Records	Understanding the importance of birth certificate, Social Security cards, etc. and how to obtain those items when needed	Youth visits Capital Law School's FYAC website Youth asks permission to get a photo ID Youth visits iFoster's website and creates a log-in Youth discusses the importance of keeping records in a safe place