



Life Skills: Essential Elements of Interdependence – A Learning Pathway for Resource Families was created by the Ohio University Consortium for Child and Adult Services (OUCCAS), in collaboration with the Overcoming Hurdles in Ohio Youth Advisory Board (OHIO YAB) and ACTION Ohio.

Courses and activities within this professional development pathway will help foster parents and kinship caregivers gain necessary knowledge and skills to assist youth skill development, which will promote a successful transition to interdependence.

Youth voice has been, and remains, key in the creation and continued development of the Life Skills Pathway. ACTION Ohio is facilitating the voices of youth in the following areas:

- Identifying the Essential Elements of Interdependence
- Mapping out Essential Resources for each category
- Designing badges for each category, thanks to the artistic talents of Ashley Williams
- Vetting existing trainings to determine whether or not they are eligible for a training badge
- Creating this **Menu of Life Skills Activities** for caregivers to share with youth at home

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	<ul style="list-style-type: none"> <input type="checkbox"/> Youth takes the Casey Life Skills Assessment and/or Daniel Memorial Assessment, and identifies one skill they would like to work on <input type="checkbox"/> Youth watches a YouTube video about a skill they would like to develop or goal they have for the future <input type="checkbox"/> Youth practices taking public transportation <input type="checkbox"/> Youth does research to meet one or more of their personal goals

2.) Budgeting	Practice in making a budget and making financial decisions	<ul style="list-style-type: none"> <input type="checkbox"/> Youth opens a bank account <input type="checkbox"/> Youth watches an adult check their credit score <input type="checkbox"/> Youth uses coupons at a local grocery store <input type="checkbox"/> Youth discusses the difference between needs and wants <input type="checkbox"/> Youth discusses the risks and benefits of credit cards
3.) Education	Knowing about and being able to access academic resources, including post-secondary	<ul style="list-style-type: none"> <input type="checkbox"/> Youth takes a learning style assessment to determine the best way they learn (<i>i.e. visual, auditory, tactile</i>) <input type="checkbox"/> Youth visits a college campus <input type="checkbox"/> Youth studies for the ACT and/or SAT <input type="checkbox"/> Youth visits the ETV website <input type="checkbox"/> Youth visits the Ohio Reach website <input type="checkbox"/> Youth fills out the FAFSA as an independent student <input type="checkbox"/> Youth applies for short-term certificate funds <input type="checkbox"/> Youth applies for a scholarship
4.) Health	Understanding of preventative care and how to access healthcare in young adulthood	<ul style="list-style-type: none"> <input type="checkbox"/> Youth practices scheduling their own medical appointment <input type="checkbox"/> Youth practices filling out their own medical forms <input type="checkbox"/> Youth reads a flyer about Medicaid until age 26 <input type="checkbox"/> Youth practices one or more stress management techniques <input type="checkbox"/> Youth receives a gym membership and goes regularly <input type="checkbox"/> Youth exercises to a YouTube workout video <input type="checkbox"/> 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	<ul style="list-style-type: none"> <input type="checkbox"/> Youth does a load of laundry <input type="checkbox"/> Youth makes a list of household chores, and why they are important <input type="checkbox"/> Youth gathers items to make a toolbox <input type="checkbox"/> Youth practices cooking a meal <input type="checkbox"/> Youth practices reading over a lease <input type="checkbox"/> Youth watches an adult pay for utilities <input type="checkbox"/> 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	<input type="checkbox"/> Youth seeks to identify a mentor <input type="checkbox"/> Youth participates in an internship <input type="checkbox"/> Youth participates in volunteer work <input type="checkbox"/> Youth does a job shadow or “bring a youth to work” day <input type="checkbox"/> 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	<input type="checkbox"/> Youth identifies a goal for the future, and writes down a list of steps to work towards that goal <input type="checkbox"/> Youth receives a planner and/or works on a personal to do list <input type="checkbox"/> Youth tracks appointments on their phone calendar <input type="checkbox"/> Youth creates an email and starts checking it regularly <input type="checkbox"/> Youth has two trusted adults write recommendation letters <input type="checkbox"/> Youth visits the Bridges website
8.) Relationships	Boundaries and experience in building safe and stable relationships	<input type="checkbox"/> Youth joins a group (i.e. school, church, community) <input type="checkbox"/> Youth fills out a Boundaries diagram <input type="checkbox"/> Youth fills out a Circle of Support diagram <input type="checkbox"/> Youth reads a book on boundaries <input type="checkbox"/> Youth reads a book on conflict resolution
9.) Workforce	Hands-on practice with resumes, interview questions, websites related to jobs, etc.	<input type="checkbox"/> Youth completes a career assessment test online <input type="checkbox"/> Youth creates a resume <input type="checkbox"/> Youth fills out an online job application <input type="checkbox"/> Youth identifies an outfit to wear to a job interview <input type="checkbox"/> Youth participates in a role play of job interview questions <input type="checkbox"/> Youth reaches out to a workforce program in their area <input type="checkbox"/> 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	<input type="checkbox"/> Youth visits Capital Law School’s FYAC website <input type="checkbox"/> Youth asks permission to get a photo ID <input type="checkbox"/> Youth visits iFoster’s website and creates a log-in <input type="checkbox"/> Youth discusses the importance of keeping records in a safe place