

Name _____ Date _____

Daily Living

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know where to go to get on the Internet.					
I can find what I need on the Internet.					
I know how to use my email account.					
I can create, save, print and send computer documents.					
I know the risks of meeting someone in person that I met online.					
I would not post pictures or messages if I thought it would hurt someone's feelings.					
If someone sent me messages online that made me feel bad or scared, I would know what to do or who to tell.					
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.					
An adult I trust, other than my worker, checks in with me regularly.					
When I shop for food, I take a list and I compare prices.					
I can make meals with or without using a recipe.					
I think about what I eat and how it impacts my health.					
I understand how to read food product labels to see how much fat, sugar, salt, and calories the food has.					
I know how to do my own laundry.					
I keep my living space clean.					
I know the products to use when cleaning the bathroom and kitchen.					
I know how to use a fire extinguisher.					

Self Care

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I can take care of my own minor injuries and illnesses.					
I can get medical and dental care when I need it.					
I know how to make my own medical and dental appointments.					
I know when I should go to the emergency room instead of the doctor's office.					
I know my family medical history.					
I know how to get health insurance when I am older than 18.					
I have at least one trusted adult who would visit me if I were in the hospital.					
There is at least one adult I trust who would be legally allowed to make medical decisions for me and advocate for me if I was unable to speak for myself.					
I know how to get the benefits I am eligible for, such as Social Security, Medicaid, Temporary Assistance for Needy Families (TANF), and Education and Training Vouchers (ETV).					
I bathe (wash up) daily.					
I brush my teeth daily.					
I know how to get myself away from harmful situations.					
I have a place to go when I feel unsafe.					
I can turn down a sexual advance.					
I know ways to protect myself from sexually transmitted diseases (STDs).					
I know how to prevent getting pregnant or getting someone else pregnant.					
I know where to go to get information on sex or pregnancy.					

Relationships and Communication

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I can speak up for myself.					
I know how to act in social or professional situations.					
I know how to show respect to people with different beliefs, opinions, and cultures.					
I can describe my racial and ethnic identity.					
I can explain the difference between sexual orientation and gender identity.					
I have friends I like to be with who help me feel valued and worthwhile.					
I am a part of a family and we care about each other.					
I can get in touch with at least one family member when I want to.					
I have friends or family to spend time with on holidays and special occasions.					
I know at least one adult I can depend on when I exit care.					
I know an adult who could be a grandparent, aunt or uncle to my children now or my future children.					
My relationships are free from hitting, slapping, shoving, being made fun of, or name calling.					
I know the signs of an abusive relationship.					
I know what my legal permanency goal is.					
I have information about my family members.					
I think about how my choices impact others.					
I can deal with anger without hurting others or damaging things.					
I show others that I care about them.					

Housing & Money Management

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I understand how interest rates work on loans or credit purchases.					
I understand the disadvantages of making purchases with my credit card.					
I know the importance of a good credit score.					
I know how to balance my bank account.					
I put money in my savings account when I can.					
I know an adult who would help me if I had a financial emergency.					
I use online banking to keep track of my money.					
I know the advantages and disadvantages of using a check cashing or payday loan store.					
I know how to find safe and affordable housing.					
I can figure out the costs to move to a new place, such as deposits, rents, utilities, and furniture.					
I know how to fill out an apartment rental application.					
I know how to get emergency help to pay for water, electricity, and gas bills.					
I know what can happen if I break my rental lease.					
I can explain why people need renter's or homeowner's insurance.					
I know an adult I could live with for a few days or weeks if I needed to.					
There is at least one adult that I have regular contact with, other than my case manager or other professional, who lives in stable and safe housing.					
I know an adult I can go to for financial advice.					
I plan for the expenses that I must pay each month.					

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I keep records of the money I am paid and the bills I pay.					
I know what happens in my state if I am caught driving without car insurance or a driver's license.					
I can explain how to get and renew a driver's license or state ID card.					
I can figure out all the costs of car ownership, such as registration, repairs, insurance, and gas.					
I know how to use public transportation to get where I need to go.					

Work and Study Life

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to develop a resume.					
I know how to fill out a job application.					
I know how to prepare for a job interview.					
I know what the information on a pay stub means.					
I can fill out a W-4 payroll exemption form when I get a job.					
I know what employee benefits are.					
I know what sexual harassment and discrimination are.					
I know the reasons why my personal contacts are important for finding a job.					
I know how to get the documents I need for work, such as my Social Security card and birth certificate.					
I know how and when I can see my child welfare or juvenile justice records.					
I know an adult who will go with me if I need to change schools.					

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to get help from my school's mental health services.					
I know where I can get help with an income tax form.					
I have an adult in my life who cares about how I am doing at school or work.					
I can take criticism and direction at school or work without losing my temper.					
I know how to prepare for exams and/or presentations.					
I know where I can get tutoring or other help with school work.					
I look over my work for mistakes.					
I get to school or work on time.					
I get my work done and turned in on time.					

Career and Education Planning

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to find work-related internships.					
I know where to find information about job training.					
I can explain the benefits of doing volunteer work.					
I have recently talked to an adult who works in a job I would like to have.					
I know what type (college, trade school) education I need for the work I want to do.					
I know how to get into the school, training, or job I want after high school.					

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to find financial aid to help pay for my education or training.					
I have talked about my education plans with an adult who cares about me.					
I know an adult who will help me apply for training or education after high school.					

Looking Forward

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I believe I can influence how my life will turn out.					
I can describe my vision for myself as a successful adult.					
I have a good relationship with a trusted adult I like and respect.					
I would like to use my experience to help other youth.					
I believe my relationships with others will help me succeed.					
I feel I am ready for the next phase of my life.					
Most days, I am proud of the way I am living my life.					
Most days, I feel I have control of how my life will turn out.					



Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

DAILY LIVING SKILLS		
1. I know how to set up and use an email account.	YES	NO
2. I can create, save, print and send computer documents.	YES	NO
3. I know the risks of meeting someone in person that I met online.	YES	NO
4. When I shop for food, I take a list and I compare prices.	YES	NO
5. I can make meals with or without using a recipe.	YES	NO
6. I know what a healthy, balanced meal includes.	YES	NO
7. I think about what I eat and how it impacts my health.	YES	NO
8. I understand how to read food product labels to see how much fat, sugar, salt and calories the food has.	YES	NO
9. I know how to do my own laundry, organize and put it away.	YES	NO
10. I keep my living space clean.	YES	NO
11. I know the products to use when cleaning the bathroom and kitchen.	YES	NO
12. I know how to use a fire extinguisher.	YES	NO
13. I know the importance of having smoke detectors installed in my home.	YES	NO
SELF CARE SKILLS		
14. I can take care of my own minor injuries and illnesses.	YES	NO
15. I can get medical and dental care when I need it.	YES	NO
16. I know how to make my own medical and dental appointments.	YES	NO
17. I know when I should go to the emergency room instead of a doctor's office.	YES	NO
18. I know my family medical history and know why this is important.	YES	NO
19. I know how to obtain and maintain medical insurance.	YES	NO
20. I know how to get benefits that I am eligible for such as Medicaid, Temporary Assistance for Needy Families (TANF) and food stamps.	YES	NO
21. I bathe daily and attend to my personal hygiene.	YES	NO
22. I brush my teeth daily.	YES	NO
23. I know how to get myself away from harmful situations.	YES	NO
24. I can turn down an unwanted sexual advance.	YES	NO
25. I know ways to protect myself from sexually transmitted diseases (STDs).	YES	NO
26. I know how to prevent getting pregnant or getting someone else pregnant.	YES	NO
27. (Females) I get yearly exams and pap smears.	YES	NO
RELATIONSHIPS AND COMMUNICATION SKILLS		
28. I can speak up for myself and be assertive when necessary.	YES	NO
29. I know how to act in social or professional situations.	YES	NO
30. I know how to dress appropriately for occasions (casual, professional, dressy).	YES	NO
31. I know how to dress appropriately for my age.	YES	NO
32. I know how to show respect to people with different beliefs, opinions and cultures.	YES	NO
33. I can describe my racial and ethnic identity.	YES	NO

Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

34. I can explain the difference between sexual orientation and gender identity.	YES	NO
35. I have friends I like to be with who help me feel valued and worthwhile.	YES	NO
36. I am a part of a family and we care about each other.	YES	NO
37. My relationships are free from hitting, slapping, shoving, being made fun of or name calling.	YES	NO
38. I know the signs of an abusive relationship.	YES	NO
39. I think about how my choices impact others.	YES	NO
40. I can deal with anger without hurting others or damaging things.	YES	NO
41. I consider character traits, common interests, age appropriateness, and positive influences of another before I say yes to date him/her.	YES	NO
42. I know how to show others respect and compassion.	YES	NO
HOUSING AND MONEY MANAGEMENT SKILLS		
43. I understand how interest rates work on loans or credit card purchases.	YES	NO
44. I know how to improve and maintain my credit score.	YES	NO
45. I understand the disadvantages of making purchases with a credit card.	YES	NO
46. I understand the importance of a good credit score.	YES	NO
47. I know how to balance my bank account.	YES	NO
48. I put money in my savings account when I can.	YES	NO
49. I know how to use online banking.	YES	NO
50. I know the advantages and disadvantages of using a check cashing or payday loan store.	YES	NO
51. I know the risks of using a title pawn.	YES	NO
52. I know how to find safe and affordable housing.	YES	NO
53. I can figure out the costs of moving to a new place, such as deposits, rents, utilities and furniture.	YES	NO
54. I know how to fill out an apartment rental application.	YES	NO
55. I know how to get emergency help to pay for water, electricity and gas bills.	YES	NO
56. I know what can happen if I break my rental lease.	YES	NO
57. I can explain why people need renters or homeowner's insurance.	YES	NO
58. I plan for the expenses that I must pay each month.	YES	NO
59. I keep records of the money I am paid and the bills I pay each month.	YES	NO
60. I know what happens in my state if I am caught driving without car insurance or a driver's license or with an expired tag.	YES	NO
61. I can explain how to get and renew a driver's license or state ID card.	YES	NO
62. I can figure out the costs of car ownership such as registration, repairs, insurance and gas.	YES	NO
63. I know how to maintain a car by getting regular service, oil changes, tires, and brakes.	YES	NO
64. I know how to use public transportation to get where I need to go.	YES	NO

Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

WORK LIFE SKILLS		
65. I know how to develop my resume.	YES	NO
66. I know how to complete a job application.	YES	NO
67. I know how to prepare for a job interview including how to dress.	YES	NO
68. I know what the information on a pay stub means.	YES	NO
69. I can fill out a W-4 payroll exemption form when I get a job.	YES	NO
70. I know how to file my tax return.	YES	NO
71. I know what employee benefits are and how to sign up for them when offered.	YES	NO
72. I know what sexual harassment and discrimination are.	YES	NO
73. I know the reasons why my personal contacts are important for finding a job.	YES	NO
74. I know how to get the documents I need for work such as a social security card and birth certificate.	YES	NO
75. I know the importance of being on time for work.	YES	NO
76. I know the importance of going to work every day and which illnesses are cause for calling out and which ones are not cause for calling out.	YES	NO
77. I know how to respect authority and supervisors at my job.	YES	NO
78. I know how to work well with others and be a team player.	YES	NO
79. I know the advantages of staying at one job for a long time.	YES	NO
CAREER AND EDUCATION PLANNING SKILLS		
80. I know where to find information about job training.	YES	NO
81. I can explain the benefits of doing volunteer work.	YES	NO
82. I know what type of education or training I need to do the job I want to do.	YES	NO
83. I know how to obtain financial aid to attend school or training.	YES	NO
84. I know the importance of paying back student loans I have received.	YES	NO
85. I know the difference between technical, associates and bachelor's degrees.	YES	NO
86. I know how to apply for acceptance into a school or training program.	YES	NO
PARENTING INFANTS AND/OR CHILDREN SKILLS		
87. I know how to budget to buy the things my child needs.	YES	NO
88. I understand how a good education helps me be a good parent	YES	NO
89. I understand why interacting with my child every day is important for both my child and me.	YES	NO
90. I can explain why a good education is important for my child.	YES	NO
91. I can help my child with homework.	YES	NO
92. I make sure my child gets the right shots on schedule.	YES	NO
93. I make sure my child sees a doctor or nurse on a regular basis.	YES	NO
94. I can make appointments or reschedule missed doctor's appointments for my child if I need to.	YES	NO
95. I understand what my doctor or nurse tells me to do.	YES	NO

Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

96. I ask questions of my child's doctor when I don't understand the instructions.	YES	NO
97. I know when to call 911 if my child is sick or in danger.	YES	NO
98. I know what to do if my child is vomiting.	YES	NO
99. I can use a thermometer to take my child's temperature.	YES	NO
100. I know where to quickly find the phone number to the poison control center.	YES	NO
101. I know how to take care of my child's teeth.	YES	NO
102. I know the safe body temperature for my child.	YES	NO
103. I know what to do if my child gets a diaper rash.	YES	NO
104. I know the symptoms of an ear infection.	YES	NO
105. I know when my child should start having regular dental appointments.	YES	NO
106. I know how to get my child's vision checked.	YES	NO
107. I know how to get my child's hearing checked.	YES	NO
108. I know what to do if my child is getting sick.	YES	NO
109. I have made our home safe for my baby or child(ren).	YES	NO
110. I remove unsafe and dangerous items from places my child can go or reach.	YES	NO
111. I do not smoke cigarettes when I am in the same room/car as my child.	YES	NO
112. I understand the dangers and negative effects of cigarette smoke to my child(ren)'s health.	YES	NO
113. I make sure our home is free from violence.	YES	NO
114. I know how to control my anger.	YES	NO
115. I know how to wash my child's clothing.	YES	NO
116. I make sure my child is dressed to be comfortable and safe according to the weather.	YES	NO
117. I know what Sudden Infant Death Syndrome (SIDS) is and how to help prevent it.	YES	NO
118. I know how to safely secure a car seat for my baby or child.	YES	NO
119. I know how long I have to make sure my child rides securely in a car seat according to age and size.	YES	NO
120. I make sure my child is supervised in and around water.	YES	NO
121. I know I should NEVER leave my child in a car alone.	YES	NO
122. I can explain why it is not ok to use drugs or alcohol around a child.	YES	NO
123. I know the proper sleeping positions for a newborn baby.	YES	NO
124. I can explain what toys and bedding are safe when a baby is in a crib.	YES	NO
125. I know how to find shelter or safety in an emergency situation.	YES	NO
126. I know the importance of reading to my child as much as	YES	NO

Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

	possible.		
127.	I know the dangers of allowing my baby or child to watch too much television.	YES	NO
128.	I know how to correct my child's behavior in an appropriate, effective manner without shouting or spanking.	YES	NO
129.	I know how to set limits and structure for my child.	YES	NO
130.	I know what the correct age for toilet training is.	YES	NO
131.	I know the importance of keeping my child's diaper changed.	YES	NO
132.	I know the importance of talking to my child frequently to encourage speech development.	YES	NO
133.	I have books and toys that are appropriate for my child.	YES	NO
134.	I make sure that my child gets to school or daycare on time.	YES	NO
135.	I know how to communicate with teachers or daycare workers to find out how my child is doing.	YES	NO
136.	I know the importance of my child having interaction with friends his/her own age.	YES	NO
137.	I know how to research which school or daycare is best for my child.	YES	NO
138.	I know how to obtain financial assistance for daycare.	YES	NO
139.	I give my child healthy foods daily.	YES	NO
140.	I have a daily routine for my child including set feeding, bath, and bed times.	YES	NO
141.	I understand the importance of my child getting an appropriate amount of sleep.	YES	NO
142.	I understand how important it is to show affection and hug my child every day.	YES	NO
143.	I know how to comfort my baby or child when he/she is crying.	YES	NO
144.	I know that infants and toddlers require constant supervision/care.	YES	NO
145.	I take care of all my baby's or child's needs even when I am tired.	YES	NO
PLANNING AND LOOKING FORWARD			
146.	I know what my schedule will look like at least a week in advance.	YES	NO
147.	I write down appointments and tasks to complete in a calendar or planner.	YES	NO
148.	I make lists of things I need to do or take care of and then mark off what I've completed.	YES	NO
149.	I know when my bills are due and I plan ahead to have money budgeted.	YES	NO
150.	I pay attention to the weather forecast on a daily basis so I can plan how to dress myself and my children.	YES	NO
151.	I watch or read the local or state news so I know what is	YES	NO

LIFE SKILLS QUESTIONNAIRE

Please answer the following questions truthfully. Your knowledge about the life skills may be tested.

happening in the world around me.			
152.	I believe that I can influence how my life will turn out.	YES	NO
153.	I can describe a vision for myself as a successful person.	YES	NO
154.	I know how my relationships with others affect my life.	YES	NO
155.	I have short-term and long-term goals that are clearly defined.	YES	NO
156.	I know that what I do and how I live will directly influence my children and their success.	YES	NO