

Ready for Adulthood Checklist

Hi Kids! Here's a checklist for you to assess what adult skills you already have and what skills you still need to learn. Remember, these are skills that you'll be learning and improving upon well into adulthood. It's a good idea to make sure you're off to a good start now. Use this checklist to see what you already know and congratulate yourself as you gain new skills that will help you become an independent, successful adult (without your parents hovering over you or reminding you about *anything*)!

Interpersonal Skills

- How to talk to strangers (in person and on the phone)
- Appropriate greeting/body language for meeting new people
- How to get a conversation going with people you don't know well
- Non-verbal communication skills
- How to be a good friend
- How to resolve conflicts
- Table manners for different settings (including fancy restaurants, weddings, etc.)
- Other manners (holding door open, what to say when you bump into someone, etc.)
- When and how to write thank you notes (and how to address an envelope!)
- Gift giving skills
- How to positively represent yourself on social media
- What not to put in texts or emails (naked photos, mean comments, angry outbursts, anything else you don't want around FOREVER)
- How to take care of a baby
- How to take care of a young child
- How to take care of an elderly person
- How to play a few different card games & other games

Nutrition/Food Planning & Preparation

- How to select healthy, nutritious food and drinks
- How to prepare breakfast foods (eggs, pancakes, bacon, etc.)
- How to prepare and pack a well-balanced lunch
- How to shop for and cook 8-10 well-balanced dinners

Ready for Adulthood Checklist

- How to select well-balanced meals (that include fruits and vegetables)
- How to make a salad
- How to cut different fruits & vegetable (and where to find out how if you don't know)
- How to read and interpret nutrition labels
- How to prepare, serve, & store foods to avoid spoilage (including meats & other perishables)
- How to clean counters and cutting boards
- How and when to use different appliances & utensils: can opener, toaster, microwave, oven, stove, blender, crock pot, knives, juicer
- How to start and use a barbeque

Health & Hygiene

- Discipline to exercise regularly (and know what exercise you enjoy!)
- How to make appointments (doctor, dentist, hair, car servicing, etc.)
- How to keep yourself clean and pleasant smelling
- How to care for someone who's ill
- How to take care of yourself when you're ill (including when to call a doctor)
- How to trim your finger and toenails
- How to perform basic first aid (removing splinters, cleaning and treating small wounds and burns)
- Become CPR certified
- When and how to seek help for medical or mental health issues
- Keep current immunization record
- How to get a prescription filled
- Research and purchase medical insurance

Clothing

- Do laundry (including stain treatment, washing by hand, reading labels, ironing, folding, & putting away)
- Sew a button on

Ready for Adulthood Checklist

- How to pack for a trip (research weather & events)
- How to select appropriate attire depending on the occasion
- How to keep clothing organized
- How to sort and give-away clothing

Time & Life Management

- Keep a calendar up-to-date with appointments, due dates, etc.
- Have a time management system (“to do” list, daily priorities, or whatever works)
- How to set and reach goals
- How to wake self up in the morning
- Understand the cost and time involved in owning a pet
- Keep important documents/papers organized (immunizations, health records, academic records, tax documents)
- How to register to vote
- How to vote
- How Jury duty (and summons) work
- Navigating the DMV & keeping driver’s license current

Managing Money

- Open and use a bank account, including ATM
- How to balance your bank account
- How to budget (weekly, monthly, yearly, retirement planning)
- How much to save
- Researching and giving to charity
- Keep track of important papers (receipts that need to be turned in, W-2 forms, etc.)
- Prepare and file tax returns
- Understand what a mortgage is
- Understand debt, interest and penalties (credit cards, car loans, etc.)
- How to research, purchase, and return items
- How much to tip people (servers, valets, drivers, hair stylists)

Ready for Adulthood Checklist

Home/Apartment Skills

- Keeping belongings organized and cleaning up after yourself
- Making your bed
- Do dishes (hand washing and loading/unloading dishwasher)
- Clean bathroom (toilet, sink, shower, counter, floor, mirror)
- How to fix a running toilet
- How to plunge a toilet
- Wash sheets and towels weekly
- Vacuum
- Dust
- Wash Windows
- When/where to check for a tripped breaker
- How to shut off gas
- How to shut off water
- How to use a fire extinguisher
- How to read manuals & guides
- How to work the TV remote

Navigation & Car Skills

- Map Reading – how to read a real map, including city streets, public transit, mall directory, etc.
- How to use public transportation in your area
- How to drive a car
- Put gas in the car
Add air to tires
- Check oil level manually
- Arrange routine car maintenance (oil changes, other service needs)
- Drive through a car wash
- Order and drive through a food drive-through
- Wash car yourself
- Steps to take if you're in a car accident
- Dealing with a ticket
- Research and purchase car insurance, how deductibles work

Ready for Adulthood Checklist

- How to jump start a car
- How to change a tire
- How to parallel park
- Getting smog check and keeping registration current

Safety & Judgment

- Know when to use the buddy system
- Know how to identify safe & unsafe places and situations
- Know when you're too tired to drive
- Know what to do if your driver has been drinking
- Self control to drive without texting or looking at phone
- How to respond in different emergency situations
- When to seek guidance/professional support (suicidal friend, mental health issues, eating disorder)
- Checklist for when you're leaving your dorm room, apartment, or house (appliances off, lights off, thermostat adjusted, doors & windows locked, alarm (if have one) turned on)
- Behave in a sexually responsible way
- Be aware of dangers of drug and alcohol use
- How to distinguish between credible and non-credible news and information
- Understand racial bias and how it may impact how you think of others

Education & Job Skills

- Manage assignments and deadlines
- How to take notes and study for a test
- How to get extra help (tutoring, etc.)
- How to write a letter or essay that is easy to understand and has no grammar or spelling errors
- How to speak in public, give a presentation
- Where to look for a job
- What to put on a job application
- How to interview

Ready for Adulthood Checklist

- How to proofread
- How to write a professional email to a professor or potential employer

Self Knowledge

- Have confidence in yourself & know what your strengths are
- Know what skills and traits you need to work on
- Know the qualities you like in other people (how to pick good potential friends)
- Know how much sleep you need and self-regulate to get enough
- Know good coping mechanisms for when you're feeling stressed
- Know healthy ways to relax
- Know what activities recharge you
- Know what types of volunteer & paid work you enjoy