Essential Life Skills for College Readiness

These are the basic skills recommended for entering college, and living in campus housing.

**Independent Living Skills**
- Personal Care Skills
  - Shaving
  - Bathing/Showering
  - Putting on Deodorant
  - Brushing Hair
  - Washing Face
  - Dressing
  - Nail Care
  - Laundry
- Transportation
- Community Access
- Setting Priorities
- Time Management
- Managing Money
- Handling Stress
- Managing Time
- Organization
- Conflict Resolution
- Know Schedules
- Know Routes
- Know Options (Bus, Taxi, On-demand)

**INDEPENDENCE SKILLS**
- Asking for Help
- Using Technology Safely
- Cooking
- Making & Keeping Appointments

**Self - Management**
- Know Yourself – Your Strengths & Weaknesses
- Manage Your Time
- Set Priorities
- Monitor Your Performance
- Balance Your Responsibilities
- Adapt & Accept Change
- Advocate for Yourself to Meet Your Needs
- Learn from Mistakes

**COLLEGE SKILLS**
- Setting Priorities
- Time Management
- Handling Stress
- Managing Money
- Taking responsibility for health
- Navigating the campus independently
- Conflict Resolution
- Effective Study Habits
- Organization

**Social / Recreation**
- Explore Social/Recreational Activities
- Develop & Maintain Healthy Relationships
- Pursue Hobbies
- Develop & Maintain Healthy Family Relationships