LIFE SKILLS LIST BEFORE THE LAUN-CH

DOES YOUR STUDENT....

NOTES

- Wake up regularly with alarm?
- Do laundry from start to finish?
- Iron clothes?
- Make meals?
- Navigate the grocery store?
- Know pertinent information?
- Fill out own paperwork?
- Know SSN and understand when to use it?
- Clean around the house?
- Plunge the toilet?
- Earn money?
- Have own bank account-debit card?
- Know how to write out a check?
- Write thank you notes?
- Know how to address an envelope?
- Know where to buy stamps?
- Make own appointments (Dr., hair)?
- Have a driver's license?
- Pump their own gas?
- Know how to change a flat tire?
- Know how to put air in tires?
- Navigate surroundings without an app?
- Know steps to take if in a car accident?
- Know how to properly tip?

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