



# 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. Use this checklist to congratulate yourself as you gain new skills that will help you launch into an independent, successful adult life (without your parents reminding you about anything!)

## “,, Interpersonal Skills

- ☐ Appropriate greeting/body language for meeting new people
- ☐ Making conversation
- ☐ Non-verbal communication skills
- ☐ How to be a good friend
- ☐ How to resolve conflicts
- ☐ Table manners
- ☐ 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)
- ☐ How to take care of a child
- ☐ How to take care of an elderly person



## Nutrition/Food Planning AND Preparation

- ☐ Prepare breakfast foods (eggs, pancakes, bacon, etc.)
- ☐ Prepare and pack a well-balanced lunch
- ☐ Shop for and cook 8-10 well-balanced dinners
- ☐ Select well-balanced meals (that include fruits and vegetables)
- ☐ Make a salad
- ☐ 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: can opener, microwave, oven, stove, blender, crock pot
- ☐ How to start and use a barbeque



## Health AND Hygiene

- ☐ 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
- ☐ Perform basic first aid (removing splinters, cleaning and treating small wounds and burns)
- ☐ When and how to seek help for medical or mental health issues



## Clothing

- ☐ Do laundry (including stain treatment, washing by hand, reading labels, ironing, folding, & putting away)
- ☐ Sew a button on
- ☐ Pack for a trip
- ☐ How to select appropriate attire depending on the occasion



## Time AND Life Management

- ☐ Keep a calendar up-to-date with appointments, due dates, etc.
- ☐ Time management system (to do list, daily priorities, or whatever works)
- ☐ How to set and reach goals
- ☐ Wake self up in the morning
- ☐ The cost and time involved in owning a pet
- ☐ Keep important documents/papers organized (immunizations, health records, academic records, tax documents)



## Citizenship

- ☐ How to register to vote
- ☐ How to vote
- ☐ How Jury duty (and summons) work



## Managing Money

- ☐ Open and use a bank account, including ATM
- ☐ How to balance your bank account
- ☐ How to budget (weekly, monthly, yearly, retirement planning)
- ☐ Saving
- ☐ 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)



## Safety AND Judgment

- ☐ Know when to use the buddy system, safe & unsafe places in your area
- ☐ 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



## Education AND 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 an essay
- ☐ Where to look for a job
- ☐ What to put on a job application
- ☐ How to interview
- ☐ How to proofread
- ☐ How to write a professional email to a professor or potential employer



## Self Knowledge

- ☐ Appropriate confidence/know what qualities you like in yourself
- ☐ Qualities you like in other people-good potential friends (i.e. finding your "tribe")
- ☐ Know how much sleep you need and self regulate to get enough
- ☐ Know good coping mechanisms for when you're feeling stressed/healthy ways to relax
- ☐ Know what activities recharge you



## Home/Apartment Skills

- ☐ 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



## Navigation AND 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
- ☐ Wash car yourself
- ☐ Steps to take if you're in a car accident
- ☐ Dealing with a ticket
- ☐ Maintaining car insurance, how it works
- ☐ How to jump start a car
- ☐ How to change a tire