

Adulthood 101: Life Skills to Teach in High School

Automotive

change a flat tire
install chains
check their fluids
pump their own gas
oil changes
handle an accident

Medical

scheduling appointments
insurance basics
simple first aid
medications
personal medical
history

Employment

resume
interviewing basics
cover letter
professional email
forms of identification
understanding an offer

Food

balanced nutrition
follow a recipe
basic cooking skills
kitchen and food safety
clean up

Cleaning

laundry
cleaning a bathroom
cleaning a kitchen
organization
decluttering

Money

online banking
keeping records
budgeting
credit cards
taxes and tax forms

Social Skills

friendship
setting boundaries
self respect
manners
social etiquette
dating

Self Care

buying hygiene products
showering
personal grooming
appropriate attire
sleep
exercise
risk behaviors
stress management

Self Management

setting a schedule
goal setting
tracking appointments
digital wellbeing
taking breaks