

Life Skills Before They Leave The Nest

AT HOME

- How to do laundry
- Basic first aid
- Clean and unclog a toilet
- Grocery shop
- Basic sewing and hemming
- Cook a meal from scratch
- Load the dishwasher
- Make the bed
- How to dress for a special event

MATURE CONVERSATIONS

- How to say no
- Owning your mistakes
- Writing thank you notes
- How to offer condolences
- Setting boundaries
- How to make small talk
- How to ask someone on a date
- Courage to end relationship
- Respectfully disagree
- Recognizing manipulation
- Leave a place better than you found it
- Kindness

IN THE WORLD

- Make your own doctor's appointments
- Financial literacy & budgeting
- Car maintenance (change a tire, check oil, etc.)
- Navigate public transportation
- Order an Uber or Lyft
- How to tip at a restaurant
- Learn insurance plan jargon (Deductible, out of network, co-pay, etc.)
- Book airline flight
- Address a letter
- Buy stamps
- Mail package at post office
- How to do taxes
- Register to vote
- How to spot scams online
- Using an ATM machine
- Build credit
- Fill out job application, networking, interviewing
- Dealing with car troubles & driving in rough conditions