LIFE SKILLS NOTE CATCHER

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
| --- | --- | --- |
| INTERNET SAFETY |  |  |
| HOW TO MAINTAIN GOOD HYGIENE |  |  |
| LAUNDRY CARE |  |  |
| MENTAL HEALTH |  |  |
| HOW TO CLEAN A HOME |  |  |

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
| --- | --- | --- |
| MAINTAINING YOUR COMPUTER/CELL PHONE |  |  |
| SMARTPHONE MAINTENANCE |  |  |
| CAR MAINTENANCE |  |  |
| MINOR HOME REPAIRS |  |  |

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
| --- | --- | --- |
| BANK ACCOUNTS |  |  |
| MONEY INVESTMENT |  |  |
| TAXES |  |  |
| KEEPING RECORDS |  |  |

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
| --- | --- | --- |
| TRAVEL |  |  |
| COURT SYSTEM |  |  |
| WHAT TO DO IF YOU ARE IN AN ACCIDENT |  |  |
| CREDIT SCORES/REPORTS |  |  |

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
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| BUDGETING |  |  |
| TYPES OF INSURANCE |  |  |
| HOW TO SET GOALS |  |  |
| COOKING/NUTRITION |  |  |

| Adulting Skill Type | Specific Skill | Write 3 important details from each skill resource. |
| --- | --- | --- |
| ENTERTAINING |  |  |
| PREPARING FOR A JOB INTERVIEW/WORK ETIQUETTE |  |  |
| HANDLING CONFLICT |  |  |
| NEGOTIATING |  |  |
| DISASTER READINESS |  |  |