

Life Skills 101

Directions: Fill out these worksheets and associated checklists and discuss with family members, friends, trusted advisers, and school personnel as needed. Practice using these worksheets regularly before you transition to life after high school - college or work.

Part A. Life Skills Checklist

Before I start my work life:	Before my first semester at college:
Learned how to do my own laundry	Learned how to do my own laundry
Explored the grocery stores in my area	Investigated dining options on campus
Planned out my meals- cooking, take-out, assembling	Enrolled in a campus meal plan
Identified various places to buy prepared foods - grocery stores, restaurants, meal delivery	Identified nearby grocery stores
Made sure to know how to contact my doctor/medical care team; if no doctor- look around for one	Investigated the school's health services
Planned my workout schedule/options; enroll in a gym/walking/swimming, etc.	Investigated the school fitness center
Made sure that a support system is in place- friends, mentor, possible counselor	Investigated the school's counseling services
Made a plan for health insurance - on family's insurance/insurance through work/purchase own insurance plan	Made a plan for health insurance
Made a plan for any prescriptions I may need refilled	Made a plan for any prescriptions I may need refilled
Opened a bank account in neighborhood	Opened a bank account on campus
Created a budget to manage my expenses	Created a budget to manage my expenses

Weekly Calendar

Time	M	T	W	R	F	Sat	Sun
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							
Midnight							

Part C: Stress Management and Coping

Directions: Use this worksheet to track your stress week-to-week and to develop techniques to use when you are feeling very stressed. Review with family members, friends, and/or trusted school staff as appropriate.

Stress Tracker:

Day of the Week	Time of Day	Intensity of Stress (1-10)	Duration of Stress	Circumstances	Reaction	Notes
<i>Example</i>	<i>7pm</i>	<i>7</i>	<i>1 hour</i>	<i>I forgot about an assignment I had due tomorrow.</i>	<i>I called my parents crying</i>	
M						
T						
W						
R						
F						
Sat						
Sun						

Signs of Stress:

Date & Time	Physical Symptoms	Thoughts	Actions
<i>6/11, 2pm</i>	<i>Heart racing, palms sweaty</i>	<i>I am not ready for my statistics exam - I will fail and then I won't get into grad school.</i>	<i>Canceled all my plans with friends for the day. Skipped lunch to study.</i>

Coping Mechanisms:

What is the stressful event?

What are my thoughts related to the event?

What is the evidence that supports these thoughts?

What is the evidence that does **NOT** support these thoughts?

What is an alternative way of thinking about this situation?

Self-Care - Definition of Self-Care Domains

1. **Physical:** Taking care of physical health, including diet, exercise, sleep, getting regular preventive care from a primary care physician, etc.
2. **Emotional:** Everything to do with monitoring and regulating emotions, including activities like journaling, meditating, asking for emotional help when needed, going to therapy if needed, engaging in positive self-talk, listening to comforting music, playing with a pet, etc.
3. **Social:** Ensuring feelings of connectedness, including socializing, identifying and utilizing social support networks, engaging in activities to meet new people, spending quality time with loved ones, etc.

Self-Care Domain	Current Practices	Practices to Try	Notes
Physical			
Emotional			
Social			

Self-Care Domain	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical							
Emotional							
Social							

Self-Care Worksheet Sample

Self-Care Domain	Current Practices	Practices to Try	Notes
Physical	<i>Go to gym 3 times / week</i>	<i>Yoga, eating more veggies</i>	<i>If I feel overwhelmed or emotional I often skip exercise. I should try to exercise anyway - it might make me feel better.</i>
Emotional	<i>Journaling</i>	<i>Meditation</i>	<i>I should get into the practice of meditating everyday, even if I am feeling good</i>
Social	<i>Weekly calls with my best friend from home</i>	<i>Taking a gym class</i>	<i>I should look for ways to maximize opportunities to meet people, even as part of other activities, like exercising</i>

