

















Personal Care

-  Wash clothes, iron a shirt
-  Basic cooking - eggs, pasta, grilled cheese, favorite dish
-  Brew coffee
-  Buy toiletries
-  Sew on a button, hem pants
-  Tie a tie
-  Understand basic nutrition
-  Wash sheets and towels regularly









Life Management

-  Organize and keep safe school, medical, and financial records
-  Keep track of internet accounts and passwords, know about Internet safety
-  Handle a personal checking account, write checks, use an ATM
-  Responsibly use a credit card, pay bills
-  Shopping: research, purchase, and return products
-  Tip people - how much and when









Transportation

-  How to use public transportation, including buses, trains, metro, and uber
-  Find, hire, and pay for a taxi
-  Car maintenance: pump gas, go through car wash, get oil changed, put air in tires, change a tire, refill fluids, regular service appointments, jump start a dead battery
-  Arrange transportation to and from college
-  Drive in the snow
-  Drive a stick shift car

How To Raise An Adult










Professional Skills

-  Address an envelope, figure out postage
-  Write thank you notes
-  Make a resume, write a cover letter, apply for a job
-  Negotiating skills
-  Public speaking
-  Basic computer skills, type 60 wpm







Life Skills

-  Ask for help
-  Find a dr, make dr's appointments
-  Agree to communication plan w/ parents
-  Deal with emergencies: medical, car accident, weather, etc
-  Apologize with sincerity
-  Use chop sticks
-  Start and put out a fire



Home Care

-  Clean on a regular schedule
-  Unclog a toilet
-  Basic plumbing and wiring
-  Operate a lawn mower

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