

Essential Life Skills for College Readiness

These are the basic skills recommended for entering college, and living in campus housing



Independent Living Skills

Personal Care Skills

- Shaving
- Bathing/Showering
- Putting on Deodorant
- Brushing Hair
- Washing Face
- Dressing
- Nail Care
- Laundry

Transportation Community Access

Use of Public Transportation

- Know Schedules
- Know Routes
- Know Options (Bus, Taxi, On-demand)

COLLEGE SKILLS

- Setting Priorities
- Time Management
- Handling Stress
- Managing Money
- Taking responsibility for health
- Navigating the campus independently
- Conflict Resolution
- Effective Study Habits
- Organization

INDEPENDENCE SKILLS

- Asking for Help
- Using Technology Safely
- Cooking
- Making & Keeping Appointments

Self - Management

- Know Yourself – Your Strengths & Weaknesses
- Manage Your Time
- Set Priorities
- Monitor Your Performance
- Balance Your Responsibilities
- Adapt & Accept Change
- Advocate for Yourself to Meet Your Needs
- Learn from Mistakes

Social / Recreation

- Explore Social/ Recreational Activities
- Develop & Maintain Healthy Relationships
- Pursue Hobbies
- Develop & Maintain Healthy Family Relationships