

Resources for Skills to Help Students Live Independently

Description

Independence is taking control of your future and knowing that your future will be positive because you're in charge of it. Becoming independent requires a lot of work and thinking about a lot of different things you will have to make decisions about in order to be successful. Fortunately, there are a lot of resources and help available to assist you with this tough task. These resources can help you find out what your current skill levels are, target those skills in need of development and organize your efforts to strengthen your independent living skills.

Pros and Cons

The major advantage of exploring these resources is understanding what living independently means and making sure you know where you can get training or resources that will allow you to do so. Like Career Assessment, the disadvantage (if it is one) is that it takes time and being honest with yourself about where you are just now and where you want to be in the future.

Resources

Casey Life Skills (www.caseylifeskills.org)

The Ansell-Casey Life Skills Assessment (ACLSA) is an evaluation of youth independent living skills. It consists of statements about life skills that the youth and his/her caregivers complete. All assessments and the scored reports are free of charge. The ACLSA was designed to be as free as possible from gender, ethnic, and cultural biases. It is appropriate for all youths regardless of living circumstances, whether with one parent, in foster care, in group homes or in other places. The ACLSA does not collect personal identification information and the results are kept anonymous. The anonymous scores will contribute to the evaluation of this instrument and inform future versions of the ACLSA. Questionnaires range from ages 8 to 18 and include sections on:

- Career Planning
- Communication
- Daily Living
- Home Life
- Housing and Money Management
- Self Care
- Social Relationships
- Work Life
- Work and Study Skills

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The Youthhood (www.youthhood.org/)

This site is a welcoming community for all youth and a place where all youth belong. Here you can start thinking about what you want to do with the rest of your life. This Web site was built to help you plan for the future. What will you do after high school? Will you work? Go to college? Live in a place of your own? By using this Web site, you can plan for your future right now! There are modules to be explored:

- **The High School:** There are tons of things you have to do and think about when you're in school. It's not just about the classes you have to take. It's about all the other things you can do when you're in school too, like joining clubs and student organizations, playing sports, or being in band or orchestra. It's also about planning for life after high school. What are you going to do with your life when you graduate? This is a place you can think about that and do some exploration.
- **The Job Center:** Employment – you know, having a job and a career - is, of course, really important in the overall scheme of things. If you want to live more independently, travel, buy things, pay your bills, save for a car, or something else you want, you've got to have money and money comes from working.
- **The Community Center:** The Community Center is about generosity. Generosity is about:
 - Feeling good about yourself when you give your time to help others.
 - Knowing you can contribute to your community because you are a trustworthy, competent person.
 - Identifying ways you can give back to the community and actually spend some time doing this.
 - Generosity can be expressed in any number of ways. Here we talk about leadership, mentoring, and community involvement.
- **The Hangout:** This part is about belonging. Belonging can mean something different to each of us. Why? Because it depends on who we are, our life experiences, and the situations we find ourselves in from day to day, even moment to moment! Belonging is about:
 - Knowing yourself, your friends, your community, your family, and your personal and family history
 - Having a place in the world where you feel comfortable and accepted for who you are
 - Knowing that others value you and care about you
 - Feeling safe and having a respectful relationship with at least one adult who cares about you and that you care about too.
- **The Government Center:** Do you know what your rights are as a teenager? How about the responsibilities that go along with those rights? Maybe you've never thought about it, but there's a lot to learn about your rights, the responsibilities that go along with those rights, and some of the civil rights movements that helped us have these rights in the first place!

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[Knowing Your Rights and Responsibilities](#)

[Knowing Your Rights - Disability](#)

[Knowing Disability History](#)

[Saying It Like It Is](#)

- **[The Health Clinic](#):** Health is one of the most important things to think about as you move toward adulthood and independence. If you aren't healthy, you can't work, go to school, or – of course – have a good time with friends and family. Sometimes adults are uncomfortable talking about health with teenagers because health isn't just about being sick, taking care of yourself, or having health insurance. It includes other stuff too, like dating, sexuality, and sexual health. It includes things like doing drugs, smoking, and a lot of other things that we need to know about and understand. Here at The Health Clinic, health is something we talk about and explore – A LOT. There are tons of resources here that we use to help us with our health issues like doctor and dentist offices, an immunization center, health insurance offices, and a health food store.

- **[The Apartment](#):** The Apartment is about becoming independent. It's about you and how independent you want to be as you move toward adulthood. The Apartment is about where you want to live someday and what kinds of things you have to learn to be independent. Being independent is one of the biggest topics of conversation at The Youthhood. In most states, when you turn 18, you legally become an adult. For a lot of us that's the magical age. We dream of turning 18 and then being independent. Well, we've figured out that it doesn't really work that way. Becoming independent requires a lot of work and thinking about a lot of different things that you will have to make decisions about in order to be successful.
 - [Being Independent](#)
 - [Family](#)
 - [Transportation](#)
 - [Safety](#)
 - [Finances](#)
 - [Hygiene](#)
 - [Finding My Own Place](#)

Preparing Adolescents for Young Adulthood (PAYA)

A workbook series created by Massachusetts Department of Social Services. PAYA can be used by the learner alone, or with an adult. Topic areas and brief assessments match the learning goals and expectations of the Guidebook. The Activity/Resource Workbook contains information and exercises by topic area to help develop or strengthen the skills of the learner.

There are five modules available consisting of multiple PDF files

- **[Module 1](#):** Money, Home, and Food Management
- **[Module 2](#):** Personal Care, Health, Social Skills, and Safety
- **[Module 3](#):** Education, Job Seeking Skills, and Job Maintenance Skills

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- [Module 4](#): Housing, Transportation, Community Resources, Understanding the Law, and Recreation
- [Module 5](#): Young Parents Guide

I Can Do It! A Micropedia of Living on Your Own

This engaging, easy to use resource can be used by older youth to guide them through most topics pertaining to living on their own, including budgeting, housing, daily living and relationships. For self-teaching or group teaching. [Download Full Version \(Free\)](#)

I Know Where I'm Going (But Will My Cash Keep Up?)

A two-part workbook for youth ages 12 and older focusing on all aspects of money management. Developed specifically for youth in out-of-home care, it is applicable to all. It includes a section on career development. Self-teaching tool, or use with adult supervision. Available from:

The Annie E. Casey Foundation (AECF)

410-223-2890 or order via the Web site:

<http://www.aecf.org/KnowledgeCenter/PublicationsSeries/FosterYouthMoneyGuides.aspx>

[The Teenager's Guide to the Real World \(www.byggpub.com/books/tg2rw/tg2rwbooktoc.htm\)](http://www.byggpub.com/books/tg2rw/tg2rwbooktoc.htm) explains the immutable facts of life that every successful adult learns in one way or another. Each of the 46 chapters provides you with examples, stories and discussions that will help you to understand how to use these facts in your own life every day to become a successful adult yourself. For example:

- [Chapter 0 - You Get to Design Your Life](#)

PART 1 The Hard Facts - These are the basic facts of life that you must understand before you can make intelligent decisions. Most of these are hard because they will force you to break down fundamental assumptions that you may have about yourself and your world right now. Start with them. To many teenagers these facts seem harsh until they are understood. However, once they are understood they form a solid foundation on which to base many of life's important decisions, and they also help explain why adults do many of the things they do.

- [Chapter 1 - Money Really Matters](#)
- [Chapter 2 - Teenagers Lack Experience](#)
- [Chapter 3 - Adults Rule the World](#)

The Real Game Series (www.realgame.com)

A set of six innovative, world-class programs designed to bring interactive, experiential learning to classroom and group settings to increase students' perceptions of the relevance and importance of their school experience.

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