



BUS Program: Section 6

Lesson 1: Life Skills

Note: *You must also print activity forms. If you do not have internet access at your tutoring location, you will not be able to do the last two activities.*

Lesson Description

The purpose of this lesson is to help your student prepare for adulthood and live independently.

Activities

- Discuss what it means to live independently
- Discuss the skills required to achieve independence
- Provide an overview of the life skills resources available online
- Visit and explore a life skills web site from the list provided
- Have your student complete an online assessment and discuss his or her results

Questions

1. What are your strengths in regard to life skills?
2. What skills do you need to further develop?
3. What is your plan for the future?
4. What will you do after high school? Will you work? Go to college?

Materials and Websites

- [Resources for Skills to Help Students Live Independently](#)
- Casey Life Skills <http://www.caseylifeskills.org/>
- The Youthhood www.youthhood.org