



## My Full Life Core Skills Assessment

Read each skill. Circle the answer that best matches how well you can do that skill. There are no right or wrong answers. Take your time and be honest with your answers.

**I have learned:** I know how to do this on my own.

**I am learning:** I am practicing this skill.

**I need to learn:** I need to learn this skill.

**No experience:** I have never tried to do this skill.

### My Place

I know how to prepare meals safely.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

I know how to buy groceries.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

I know how to take care of my laundry.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

I keep my home or living space neat and clean.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

### Earning My Way

I know how to plan for daily, weekly, and monthly financial needs.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

I know how to identify an area of employment that interests me.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**

I know how to purchase something on my own.

**I have learned.**  **I am learning.**  **I need to learn.**  **No experience.**



## Wellness

I know how to select clothes that fit the weather and the occasion.

I have learned.  I am learning.  I need to learn.  No experience.

I bathe or shower regularly.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to respond safely if approached by a stranger.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to identify an emergency and who to call for help.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to manage my medications.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to provide my name, address, and phone number.

I have learned.  I am learning.  I need to learn.  No experience.

I know what to do when I feel stressed, angry, or depressed.

I have learned.  I am learning.  I need to learn.  No experience.

## Getting Around

I know how to keep myself safe on public transportation and in the community.

I have learned.  I am learning.  I need to learn.  No experience.

I know the different transportation options in my community.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to identify places to go in and around my community.

I have learned.  I am learning.  I need to learn.  No experience.



## Community Engagement

I know how to obey laws.

I have learned.  I am learning.  I need to learn.  No experience.

I know my legal rights.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to respond if I am stopped by the police.

I have learned.  I am learning.  I need to learn.  No experience.

I am registered to vote.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to advocate for myself and ask for help.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to name people and resources who can help me get involved in my community.

I have learned.  I am learning.  I need to learn.  No experience.

## Fun and Talents

I know how to find time to do things I like during my week.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to identify activities that interest me.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to identify activities and/or classes in my community that interest me.

I have learned.  I am learning.  I need to learn.  No experience.

## Lifelong Learning

I know how to use technology as a tool to support my daily life.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to set an alarm.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to manage my daily schedule.

I have learned.  I am learning.  I need to learn.  No experience.

I know how to solve problems in my daily life.

I have learned.  I am learning.  I need to learn.  No experience.

## Connections

I know how to identify qualities of safe and healthy relationships.

I have learned.  I am learning.  I need to learn.  No experience.

I can identify people I trust at school, work, and in the community.

I have learned.  I am learning.  I need to learn.  No experience.

I know the difference between a stranger, an acquaintance, a friend, and a romantic partner.

I have learned.  I am learning.  I need to learn.  No experience.