

100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME

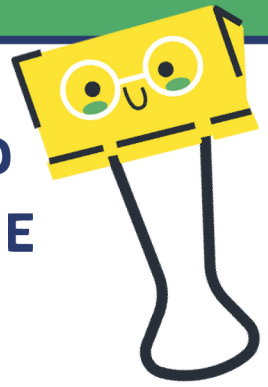


Coach Carol
Educational Consulting

WWW.GETINWITHCOACHCAROL.COM

100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



HOUSEHOLD BASICS

- ☐ How to unclog a drain
- ☐ How to plunge a toilet
- ☐ How to change a vacuum bag or clean a vacuum filter
- ☐ How to run a dishwasher
- ☐ How to operate a washing machine and clothes dryer
- ☐ How to separate clothes for laundry
- ☐ How to iron or steam clothing
- ☐ How to fold, store, and spot-clean clothes
- ☐ How to check pockets before placing clothes in the laundry
- ☐ How to use a laundromat



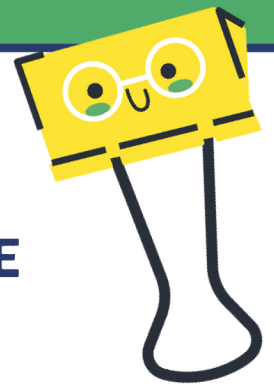
TIME & RESPONSIBILITY

- ☐ How to manage their time effectively
- ☐ How to set SMART goals
- ☐ How to take responsibility for mistakes
- ☐ How to handle failure and put it in perspective
- ☐ How to ask for help



100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



PERSONAL CARE & HEALTH

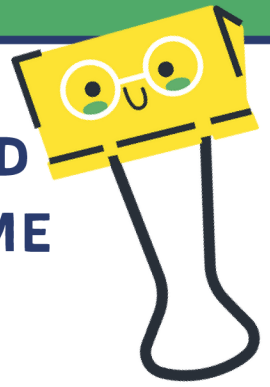
- ☐ Daily hygiene: showering, deodorant, brushing teeth, etc.
- ☐ The importance of physical fitness
- ☐ Understanding a balanced diet
- ☐ Dangers of smoking, drinking, unsafe sex, and abusive relationships
- ☐ How to take prescribed medication safely
- ☐ When to seek medical attention
- ☐ Stress management skills that works effectively for them
- ☐ Basic first aid skills
- ☐ How to swim

APPOINTMENTS & COMMUNICATION

- ☐ How to make appointments by phone or online
- ☐ How to schedule and maintain regular health checkups
- ☐ How to talk politely on the phone
- ☐ How to send and receive emails safely
- ☐ How to identify scams and practice internet safety
- ☐ How to write a professional email (subject line, greeting, signature)
- ☐ How to use a calendar or planner to track deadlines and appointments

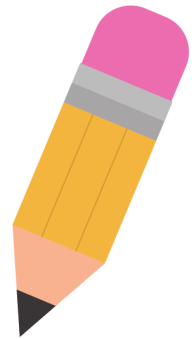


100+ SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



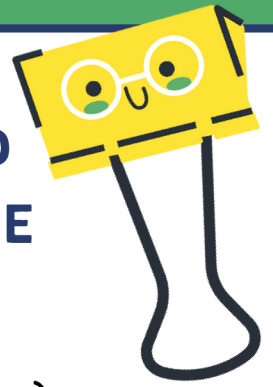
FINANCES & MONEY MANAGEMENT

- ☐ How to balance checking and credit accounts
- ☐ How to apply for a bank account or credit card
- ☐ How to create and stick to a budget
- ☐ How to save money
- ☐ How to pay bills online or by phone
- ☐ How to understand credit, interest rates, and how to use them responsibly
- ☐ How to read a paycheck stub
- ☐ How to count money and make change
- ☐ How to calculate a tip
- ☐ Understand the basics of a tax return
- ☐ How to complete a W-9 form
- ☐ How to safely use a credit or debit card (PIN protection, fraud awareness)
- ☐ How to set up and use online banking or mobile banking apps
- ☐ How to unsubscribe from services and avoid recurring charges



100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



TRANSPORTATION & SAFETY

- ☐ How to put gas in the car (when, how, and what type)
- ☐ Basic car maintenance (oil, tire pressure, etc.)
- ☐ How to use jumper cables
- ☐ How to order a ride share (Uber, Lyft, etc.)
- ☐ How to use public transportation
- ☐ How to navigate without GPS or a phone
- ☐ How to drive safely
- ☐ What to do in case of a fender bender accident
- ☐ Who to call in an emergency

SCHOOL & CAREER PREP

- ☐ How to set up a job interview
- ☐ How to dress for an interview
- ☐ How to write a resume and cover letter
- ☐ How to register to vote



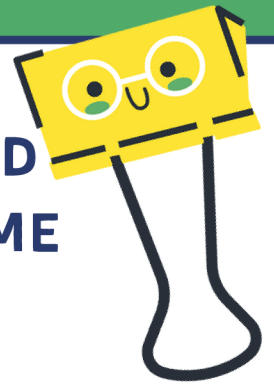
CLOTHING & SHOPPING

- ☐ Knowing their correct clothing and shoe sizes
- ☐ How to shop for clothing, household, and personal items
- ☐ How to understand the difference between needs and wants
- ☐ How to identify a "real" sale and bargains



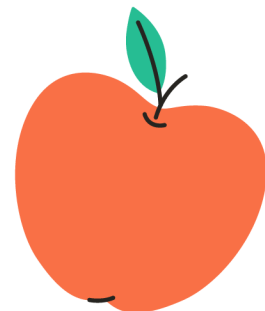
100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



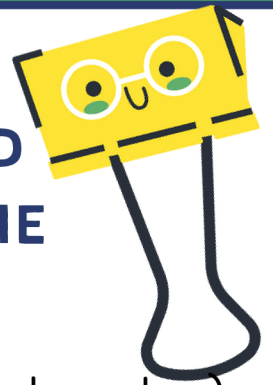
FOOD & HOME

- ☐ How to prepare and cook simple meals
- ☐ How to meal prep and store food safely
- ☐ How to handle a kitchen grease fire
- ☐ How to manage basic home cleaning and organization
- ☐ How to use basic hand tools (hammer, screwdrivers, etc.)
- ☐ How to patch a hole and sew on a button
- ☐ How to use a sewing kit
- ☐ How to paint a room or wall
- ☐ How to handle a tripped circuit breaker
- ☐ How to shut off water to a toilet or sink
- ☐ How to manage a home security system (codes, passwords, etc.)
- ☐ How to change a light bulb safely
- ☐ How to reset a Wi-Fi router or troubleshoot basic tech issues
- ☐ How to create a simple cleaning schedule for their living space



100+

SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



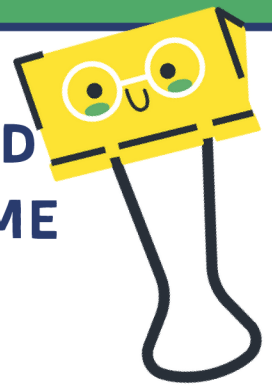
LIFE MANAGEMENT

- ☐ How to research and make informed decisions (e.g., phone plans)
- ☐ How to shop online responsibly
- ☐ How to understand weather reports and dress accordingly
- ☐ How to prepare for severe weather (storm safety, tornados, snow, etc.)
- ☐ How to get a prescription filled
- ☐ How to understand health care basics
- ☐ How to read a map
- ☐ How to mail a letter or use post office services
- ☐ How to read a lease agreement
- ☐ How to create and remember secure passwords
- ☐ How to pack efficiently for travel or moving
- ☐ How to book travel (bus, train, flights) and check in online
- ☐ How to store important documents (passport, Social Security card, etc.) safely
- ☐ How to build a basic emergency kit (flashlight, batteries, first aid supplies)
- ☐ How to renew a driver's license, car insurance, or tag
- ☐ How to register to vote



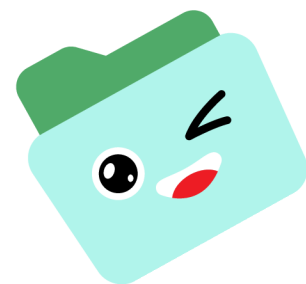
100+

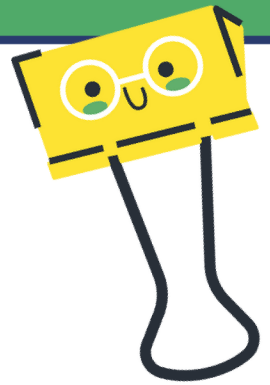
SKILLS EVERY TEEN SHOULD KNOW BEFORE LEAVING HOME



SOCIAL SKILLS & RELATIONSHIPS

- ☐ How to look people in the eye when speaking
- ☐ How to handle conflicts respectfully
- ☐ How to stand up for themselves
- ☐ How to say no and feel comfortable with it
- ☐ How to deal with difficult people
- ☐ How to properly respect authority
- ☐ Proper manners in social situations
- ☐ How to put their phone away at meals
- ☐ How to use a napkin properly at the table
- ☐ How to offer their seat to someone in need
- ☐ Social media etiquette
- ☐ Discerning the character of new people they meet
- ☐ How to respect diversity in opinions, backgrounds, and authority
- ☐ How to avoid and respond to peer pressure
- ☐ How to recognize and respect roommate boundaries
- ☐ How to borrow and return items responsibly





WWW.GETINWITHCOACHCAROL.COM

What's Next?

Once you check off this list, head over to my Student Roadmap Audit. It's the best way to avoid surprises and make sure your student is on track academically for their post-high school goals.

[Get The Roadmap](#)

