



Independent Living Skills Inventory

To be successful at DU, **all** students must have certain independent living skills in place. LEP academic counselors do not provide training on independent living skills. We will *support* students as they navigate the academic requirements of university life; but it is important that each student arrives on campus with the appropriate abilities for independent living.

Please use the following questions to rate your independent living skills:

	Yes	No	Yes, with support
I set my own alarm clock and get myself out of bed in the morning.			
I get myself ready for school independently.			
I am responsible for getting places on time.			
I understand my sleep needs and go to bed at a time that supports my academic success.			
I maintain my own hygiene without reminders from my parents.			
I wash and care for my own clothing.			
I am aware of my nutritional needs and can select healthy foods.			
I get regular exercise without reminders from parents.			
I have healthy coping strategies in place to help manage stress.			
I know how to make my own doctor's appointment.			
I take my medicine without reminders from parents or other adults.			
I know how to get a prescription filled.			
I can initiate social interactions with peers.			

Next, use the information you've learned about yourself to create SMART goals, so that you feel confident in your abilities to succeed as a freshman at DU!



Write a SMART Goal:

SMART goals are: specific, measurable, achievable, relevant, and time-bound

I will	Action	How many times?	How often?	By when?
<i>I will</i>	<i>Set my alarm and get myself up</i>	<i>5 times</i>	<i>Per week</i>	<i>End of Summer</i>

Write your SMART Goal in a sentence:

Make a plan:

What are 3 action steps you can take to help you reach your goal?