Independent Living Skills Inventory

To be successful,alluniversitystudents must utilize certain independent living skills. Schools may have support services for students as they navigate the academic requirements of university life; but it is crucial that each student arrives on campus with the appropriate independent living skills.

# Please respond the following statements to assess 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 know when and how to schedule time to eat.  |  |  |  |
| 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 D.U.!

# 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 will*** | ***Set my alarm and get myself up*** | ***5 times*** | ***Per week*** | ***End of Summer*** |
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**Idea Bank:**

For the next month, put upcoming deadlines in your phone and take responsibility for reminding your family. (For example: doctor’s appointments, weekly chores, social events.)

For the next month, set your own alarm for morning wake up. If you need a backup plan, try out a few! (This could be a second alarm, an alarm across the room, or a call from a friend.)

Make a list of your strengths and weaknesses; practice the words you would say to communicate to someone the support you are looking for. When you and your parents meet new people this month, take the initiative to do the talking.

Over the next month, take responsibility for planning your move into your dorm at D.U. What will you need to pack? What will you need to purchase? What dates must certain tasks be completed by?