



Independent Living Skills Worksheet

To be successful, it's important for all university students to utilize independent living skills. Practicing these skills over the summer can help with your transition to D.U.

Please respond to 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 check and respond to my voicemails and emails.			
I get myself ready for school.			
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 (ex: showering, brushing teeth, etc.).			
I wash and care for my own clothing.			
I am aware of my nutritional needs and how to select healthy foods.			
I can identify when I am hungry and schedule time to eat.			
I get regular exercise.			
I have healthy coping strategies in place to help manage stress.			
I know how to make my own doctor's appointment.			
I take my medication on schedule.			
I know how to get a prescription filled.			
I can initiate social interactions with peers.			

Next, make note of the statements from above where you answered “No” or “Yes, with support.” Use the information you’ve learned about yourself to create 1-3 goals, so that you’re confident in your abilities to succeed at D.U.!

Create a Goal:

Make this goal achievable! Tip: Use tools like phone reminders, alarms, pill organizers, calendars, etc.

I will	Action	How many times?	How often?
<i>Ex: I will</i>	<i>set my alarm and get myself up</i>	<i>5 times</i>	<i>per week.</i>
<i>Ex: I will</i>	<i>wash, dry, fold, and put away my laundry</i>	<i>once</i>	<i>each week.</i>

Notes
