

Becoming an Independent Adult -

Seven life literacy skills students should have before leaving school.

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Many of these life literacy skills are unconscious things students grew up with. Others take some serious application and work to learn. The point is they are all learnable and incredibly useful.

1. Building and Maintaining Relationships

The personal and professional relationships students build need constant attention. All relationships come with unique challenges. Learning how to handle them fosters relationships that are healthy and beneficial.

Skills include:

<ul style="list-style-type: none">• Collaboration skills	<ul style="list-style-type: none">• Communication skills	<ul style="list-style-type: none">• Listening skills
<ul style="list-style-type: none">• Giving/accepting feedback	<ul style="list-style-type: none">• Conflict resolution	<ul style="list-style-type: none">• Self-management
	<ul style="list-style-type: none">• Stress management	

<https://www.qld.gov.au/jobs/balance/pages/relationships.html>

2. Financial Literacy

Managing money is a skill that any student leaving school must have. It's not often given much attention, however. A study done in 2016 indicated that only about 17% of teens know how to handle money. Another study performed around the same time indicated that financial literacy was an area of interest for over 80% of teens in high school. So the interest in it is definitely there.

Skills include:

<ul style="list-style-type: none">• Saving and investing	<ul style="list-style-type: none">• Tax preparation skills	<ul style="list-style-type: none">• Budgeting
<ul style="list-style-type: none">• Keeping good financial records		<ul style="list-style-type: none">• Banking and credit knowledge

<https://www.moneysmart.gov.au/teaching/teaching-resources/teaching-resources-for->

<http://www.moneyversity.co.za/#/intro>

3. Renter's Rights and Responsibilities

Any renter knows about the things that can go wrong with apartments. It's crucial for any student renting their first apartment to be fully aware of their rights and responsibilities. Knowledge is protection, in this case.

Skills Include:

- **Familiarity with applicable landlord/tenancy guidelines**
- **How to properly inspect an apartment**
- **Emergency procedures**
- **Legal protection/obligations as a renter**
- **Shopping for and buying renter's insurance**

http://www.fairtrading.nsw.gov.au/ftw/Tenants_and_home_owners/Renting_a_home.page

<http://www.tenants.org.au/english-introduction>

4. Basic Home Skills

Not everybody loves cooking, cleaning, and maintenance. Nevertheless, they are good things to learn and practice. They can keep you healthy and save you money. This also extends into the essentials of home ownership. That's both a tremendous responsibility and a noteworthy accomplishment.

Skills include:

- **Cooking and cleaning**
- **Household maintenance upkeep**
- **Lot maintenance/gardening**
- **Legal/financial obligations to home owning**

<http://www.cleaning-games.net/kitchen-cleaning-games/155-cooking-and-clean-up>

<http://www.cookinggames.com/clean-up-kitchen.html>

http://www.hud.gov/offices/lead/library/hhi/Healthy_Housing_CheckList.pdf

<http://www.bhg.com/gardening/yard/garden-care/ten-steps-to-beginning-a-garden/#page=0>

<http://www.lawsociety.com.au/community/publicationsandfaqs/Buyingahome/index.htm>

[http://www.fairtrading.nsw.gov.au/ftw/Tenants_and_home_owners/Buying_property/Getting_finance.p
age](http://www.fairtrading.nsw.gov.au/ftw/Tenants_and_home_owners/Buying_property/Getting_finance.page)

5. Social Skills

Unless you're a recluse, you know much of our lives are spent interacting with others. The ability to do this effectively means being able to talk to and relate to others.

Skills include:

- **Respecting people's boundaries and protecting your own**
- **Conversational skills**
- **Self-esteem and confidence**
- **Awareness of body language and other non-verbal communication**
- **Taking care of yourself and others in public places**
- **Interacting with authority figures like police, emergency personnel, etc.**

<http://www.parentingscience.com/social-skills-activities.html>

<http://socialskillscentral.com/free-samples/>

6. Job Hunting Skills

No life literacy skills list would be complete without mentioning this one. That's because chances are students will be using them a lot. It's not uncommon to see career changes happen at least 5–6 times in the average person's life. According to Workopolis, 51% of people stay with their jobs for no more than 2 years. In addition, only 30% of people stay in a job for over 4 years. The working world is changing fast. Make sure students can keep up with the trends.

Skills include:

<ul style="list-style-type: none">• Goal setting	<ul style="list-style-type: none">• Communication skills	<ul style="list-style-type: none">• Sourcing job opportunities
<ul style="list-style-type: none">• Interview skills	<ul style="list-style-type: none">• Social media skills	<ul style="list-style-type: none">• Problem solving
<ul style="list-style-type: none">• Time management	<ul style="list-style-type: none">• Resume formatting/updating	<ul style="list-style-type: none">• Building a portfolio

<https://jobactive.gov.au/>

<https://jobsearch.gov.au/jobseekerfactsheets.aspx>

<https://joboutlook.gov.au/>

7. Personal Health and Wellness

In his book *Sly Moves*, Hollywood action star and movie director Sylvester Stallone declares a sobering truth. "If you don't have your health," he claims, "you've got nothing." All the money and success in the world are meaningless without personal health. When we are healthy, life is more enjoyable. We remain adaptable and resilient in the face of challenge. We are able to pursue opportunities with greater gusto and efficiency. Personal health and wellness are the cornerstones of true success. They are the real wealth.

Skills include:

<ul style="list-style-type: none">• Proper nutrition	<ul style="list-style-type: none">• Proper exercise	<ul style="list-style-type: none">• Proper rest	<ul style="list-style-type: none">• Basic hygiene
<ul style="list-style-type: none">• Mental and emotional health	<ul style="list-style-type: none">• First aid knowledge	<ul style="list-style-type: none">• Disease prevention	<ul style="list-style-type: none">• Positive visualization
<ul style="list-style-type: none">• Meditation	<ul style="list-style-type: none">• Work-life balance	<ul style="list-style-type: none">• Hobbies and other creative pursuits	

<https://quizlet.com/subject/quiz-1-chapter-1-personal-health-wellness/>

[http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/schoolcommu_resourcekit.pdf/\\$File/schoolcommu_resourcekit.pdf](http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/schoolcommu_resourcekit.pdf/$File/schoolcommu_resourcekit.pdf)

