

STUDENT SKILL CHECKLIST

Student Name _____

Date _____

	Independently	With Help	Does Not Do
House Cleaning/Chores			
Picks up and puts away			
Vacuums			
Dusts			
wipe up spills			
Take out trash			

Kitchen

Cook on stove			
Cook in microwave			
Use common kitchen tools (can opener, knife, measuring cups/spoons)			
Bake in oven			
Plan/prepare snacks			
Plan/prepare cold meals			
Plan/prepare hot meals			
Follow recipe			
Load/unload dishwasher			
Wash/dry dishes			
Put away leftovers			
Set table			

Shopping: grocery

Select items from a list			
Go get item you request			

Grooming

Bathing/shower			
Toothbrushing			
Comb hair			
Shampoo hair			
Nasal care			
Fingernail care			
Toileting			

	Independently	With Help	Does Not Do
Laundry			
Put dirty laundry in hamper			
Sort clothing			
Load washer/dryer			
Select temperature/load size			
Hang clothes on hanger			
Fold clothes			
Put clothes away			
Simple repairs- sews buttons			

Health issues

Know medications and what they're for			
Keeps calendar of doctor, dentist appointments			
Knows height, weight, birthdate			
Takes care of own menstrual needs and keep a record of monthly periods			
Cares for minor injuries			
Know how to call 911			
Know emergency phone numbers			

Community skills

Cross the street			
Ride the Transit			
Ask directions			
Know about neighborhood stores and services			

Telephone skills

Answers classroom phone			
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Adapted from Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a model developed by the Children's Rehabilitation Center at University of Virginia