STUDENT SKILL CHECKLIST

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	Student Name	Date		
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Comb hair Shampoo hair Nasal care Fingernail care				
Shampoo hair Nasal care Fingernail care				
Nasal care Fingernail care				
Fingernail care				
(VIIVAI	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			
	1		
Telephone skills			
Answers classroom phone			

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