

LIFE SKILLS INSTRUCTION FOR ALL STUDENTS WITH SPECIAL NEEDS

**TABLE 2.2. Major Life Demands**

<b>Domain</b>	<b>Subdomain</b>	<b>Life Demands</b>
Employment/ Education	General Job Skills	seeking and securing a job learning job skills maintaining one's job understanding fundamental and legal issues
	General Education/ Training Considerations	knowing about education/training options gaining entry to post-secondary education/training settings (higher education, adult education, community education, trade/technical schools, military service) finding financial support utilizing academic and system survival skills (e.g., study skills, organizational skills, and time management) requesting employment services when needed (e.g., VR, unemployment) accessing support services of training setting
	Employment Setting	recognizing job duties and responsibilities exhibiting appropriate work habits/behavior getting along with employer and co-workers understanding company policies (e.g., fringe benefits, wages, sick/personal leave, advancement procedures) understanding take-home pay/deductions managing employment-related expenses (travel, clothes, dues) understanding OSHA regulations
	Career Refinement and Re-evaluation	revitalizing career choice exploring alternative career options pursuing career change
Home and Family	Home Management	setting up household operations (e.g., initiating utilities) arranging furniture and equipment identifying and implementing security provisions and safety procedures cleaning dwelling maintaining and landscaping a yard laundering and maintaining clothes and household items performing/contracting for home repairs/improvements and regular maintenance storing household items maintaining automobile(s) and equipment, appliances, etc. reacting to environmental dangers (e.g., pollution, extreme weather conditions)

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Domain	Subdomain	Life Demands
Home and Family (cont)	Financial Management	creating a general financial plan (e.g., savings, investments, retirement) maintaining a budget using banking services paying bills establishing a good credit rating purchasing day-to-day items (clothes, food, etc.) renting an apartment selecting and buying a house (building new/purchasing existing) making major purchases (e.g., auto) determining payment options for major purchases (cash, credit, layaway, debit card, finance plan, etc.) preparing and paying taxes. buying insurance purchasing specialty items throughout the year (e.g., birthday gifts, Christmas gifts, etc.) planning for long-term financial needs (e.g., major purchases, children's education) obtaining government assistance when needed (e.g., Medicare, food stamps, student loans)
	Family Life	preparing for marriage, family maintaining physical/emotional health of family members maintaining family harmony scheduling and managing daily, weekly, monthly, yearly family events (e.g., appointments, social events, leisure/recreational pursuits) planning and preparing meals (menu, buying food, ordering take-out food, dining out) arranging for/providing day care (children or older relatives) managing incoming/outgoing mail
	Child Rearing	acquiring realistic information about raising children preparing for pregnancy & childbirth understanding childhood development (physical, emotional, cognitive, language) managing children's behavior preparing for out-of-home experiences (e.g., day care, school) helping children with school-related needs hiring and training in-home babysitter
Leisure Pursuits	Indoor Activities	playing table/electronic games (e.g., cards, board games, puzzles, Nintendo, arcades, etc.) performing individual physical activities (e.g., weight training, aerobics, dance, swimming, martial arts) participating in group physical activities (e.g., racquetball, basketball) engaging in individual hobbies and crafts (e.g., reading, handicrafts, sewing, collecting)

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Leisure Pursuits (cont)	Outdoor Activities	performing individual physical activities (e.g., jogging, golf, bicycling, swimming, hiking, backpacking, fishing) participating in group physical activities (e.g., softball, football, basketball, tennis) engaging in general recreational' activities (e.g., camping, sightseeing, picnicking)
	Community/ Neighborhood Activities	going to various ongoing neighborhood events (e.g., garage sales, block parties, BBQs) attending special events (e.g., fairs, trade shows, carnivals, parades, festivals)
	Travel	preparing to go on a trip (e.g., destination, transportation arrangements, hotel/motel arrangements, packing, preparations for leaving home) dealing with the realities of travel via air, ground, or water
	Entertainment	Entertainment engaging in in-home activities (e.g., TV, videos, music) attending out-of-home events (e.g., theaters, spectator sports, concerts, performances, art shows) going to socially oriented events (e.g., restaurants, parties, nightclubs) and other social events
Community Involvement	Citizenship	Citizenship understanding legal rights exhibiting civic responsibility voting in elections understanding tax obligations obeying laws and ordinances serving on a jury understanding judicial procedures (e.g., due process, criminal/civil courts, legal documents) attending public hearing's creating change in the community (e.g., petition drives)
	Community Awareness	being aware of social issues affecting community knowing major events at the local, regional, national, world levels using mass media (TV, radio, newspaper) understanding all sides of public opinion on community issues recognizing and acting on fraudulent practices
	Services/Resources	knowing about the wide range of services available in a specific community using all levels of government agencies (tax office, drivers license [DMV], permits, consumer agencies [BBB]) accessing public transportation (trains, buses, subways, ferries, etc.)

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Community Involvement (cont)	Services/Resources (cont)	<ul style="list-style-type: none"> <li>accessing private services (humane society, cable services, utilities [phone, water, electric, sewage, garbage])</li> <li>accessing emergency services/resources (police, EMS, hospital, fire, civil defense)</li> <li>accessing agencies that provide special services (advocacy centers)</li> <li>securing legal representation (e.g., lawyer reference service)</li> </ul>
Physical/Emotional Health	Physical	<ul style="list-style-type: none"> <li>living a healthy lifestyle</li> <li>planning a nutritional diet</li> <li>exercising regularly as part of lifestyle</li> <li>having regular physical/dental checkups</li> <li>understanding illnesses and medical/dental needs across age levels</li> <li>using proper dental hygiene/dental care</li> <li>preventing illness and accidents</li> <li>recognizing health risks</li> <li>recognizing signs of medical/dental problems</li> <li>reacting to medical emergencies</li> <li>administering simple first aid</li> <li>using medications</li> <li>providing treatment for chronic health problems</li> <li>recognizing and accommodating physical changes associated with aging</li> <li>recognizing and dealing with substance use/abuse</li> </ul>
	Emotional	<ul style="list-style-type: none"> <li>understanding emotional needs across age levels</li> <li>recognizing signs of emotional needs</li> <li>managing life changes</li> <li>managing stress</li> <li>dealing with adversity and depression</li> <li>dealing with anxiety</li> <li>coping with separation/death of family members and friends</li> <li>understanding emotional dimensions of sexuality</li> <li>seeking personal counseling</li> </ul>
Personal Responsibility and Relationships	Personal Confidence/ Understanding	<ul style="list-style-type: none"> <li>recognizing one's strengths and weaknesses</li> <li>appreciating one's accomplishments</li> <li>identifying ways to maintain or achieve a positive self-concept</li> <li>reacting appropriately to the positive or negative feedback of others</li> <li>using appropriate communication skills</li> <li>following one's religious beliefs</li> </ul>
	Goal Setting	<ul style="list-style-type: none"> <li>evaluating one's values</li> <li>identifying and achieving personal goals and aspirations</li> <li>exercising problem-solving/decision-making skills</li> </ul>

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Personal Responsibility and Relationships (cont)		becoming independent and self-directed
	Self-Improvement	pursuing personal interests conducting self-evaluation seeking continuing education improving scholastic abilities displaying appropriate personal interaction skills maintaining personal appearance
	Relationships	getting along with others establishing and maintaining friendships developing intimate relations deciding upon potential spouse or partner being sensitive to the needs of others communicating praise or criticism to others being socially perceptive (e.g., recognizing contextual clues) dealing with conflict nurturing healthy child/parent interactions solving marital problems
	Personal Expression	Personal sharing personal feelings, experiences, concerns, desires with other people writing personal correspondence (e.g., letters, notes, greeting cards)