**Resident Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age Group: 6-12 13-15 16-18 18-21**

**Grade: 1 2 3 4 5 6 7 8 9 10 11 12**

**DIRECTIONS:** Please complete the assessment below and turn it in to Mrs. Cat on \_\_\_\_\_\_\_\_\_, Please ask your House Parent to help you if you do not understand the instructions or any of the statements. Read each statement and choose the option that best fits you. Please be honest and complete the entire assessment.

**Health and Wellness**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are the following statements like me** | **No** | **Mostly No** | **Somewhat** | **Mostly Yes** | **Yes** |
| When I shop for food, I take a list and I compare prices. |  |  |  |  |  |
| I can make meals with or without using a recipe. |  |  |  |  |  |
| I think about what I eat and how it impacts my health. |  |  |  |  |  |
| I understand how to read food product labels to see how much fat, sugar, salt, and calories the food has. |  |  |  |  |  |
| I know how to do my own laundry. |  |  |  |  |  |
| I keep my living space clean. |  |  |  |  |  |
| I know the products to use when cleaning the bathroom and kitchen. |  |  |  |  |  |
| I can take care of my own minor injuries and illnesses. |  |  |  |  |  |
| I know how to make my own medical and dental appointments. |  |  |  |  |  |
| I know when I should go to the emergency room instead of the doctor’s office. |  |  |  |  |  |
| I know my family medical history. |  |  |  |  |  |
| I know how to get health insurance when I am older than 18. |  |  |  |  |  |
| There is at least one adult I trust who would be legally allowed to make medical decisions for me and advocate for me if I was unable to speak for myself. |  |  |  |  |  |
| I know how to get the benefits I am eligible for, such as Social Security, Medicaid, Temporary Assistance for Needy Families (TANF), and Education and Training Vouchers (ETV). |  |  |  |  |  |
| I bathe (wash up) daily. |  |  |  |  |  |
| I brush my teeth daily. |  |  |  |  |  |
| I can turn down a sexual advance. |  |  |  |  |  |

**Spirituality and Character Development**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are the following statements like me** | **No** | **Mostly No** | **Somewhat** | **Mostly Yes** | **Yes** |
| I know how to show respect to people with different beliefs, opinions, and cultures. |  |  |  |  |  |
| I believe in God and acknowledge him as my higher power. |  |  |  |  |  |
| I pray daily. |  |  |  |  |  |
| I would like to use my experience to help others. |  |  |  |  |  |
| I believe my relationships with others will help me succeed. |  |  |  |  |  |
| I read and study scripture. |  |  |  |  |  |
| I think about how my choices impact others. |  |  |  |  |  |
| I attend church. |  |  |  |  |  |
|  I show others that I care about them. |  |  |  |  |  |
| I talk openly about my beliefs with others. |  |  |  |  |  |

**Social and Emotional Well-Being**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are the following statements like me** | **No** | **Mostly No** | **Somewhat** | **Mostly Yes** | **Yes** |
| I know how to get myself away from harmful situations. |  |  |  |  |  |
| I know how to act in social or professional situations. |  |  |  |  |  |
| I have friends I like to be with who help me feel valued and worthwhile. |  |  |  |  |  |
| I know at least one adult I can depend on when I exit care. |  |  |  |  |  |
| I can deal with anger without hurting others or damaging things. |  |  |  |  |  |
| I believe I can influence how my life will turn out. |  |  |  |  |  |
| I can see myself as a successful adult.  |  |  |  |  |  |
| I have a good relationship with a trusted adult I like and respect. |  |  |  |  |  |

**Financial Literacy and Self-Advocacy**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are the following statements like me** | **No** | **Mostly No** | **Somewhat** | **Mostly Yes** | **Yes** |
| I know the importance of a good credit score. |  |  |  |  |  |
| I know how to save money. |  |  |  |  |  |
| I know how to write a check. |  |  |  |  |  |
| I know how to make a weekly/monthly budget. |  |  |  |  |  |
| I know how to cash checks. |  |  |  |  |  |
| I know how to find safe and affordable housing. |  |  |  |  |  |
| I can figure out the costs to move to a new place, such as deposits, rents, utilities, and furniture. |  |  |  |  |  |
| I know an adult I can go to for financial advice. |  |  |  |  |  |
| I plan for the expenses that I must pay each month. |  |  |  |  |  |
| I know what happens in my state if I am caught driving without car insurance or a driver’s license. |  |  |  |  |  |
| I can explain how to get and renew a driver’s license or state ID card. |  |  |  |  |  |
| I can figure out all the costs of car ownership, such as registration, repairs, insurance, and gas. |  |  |  |  |  |
| I can speak up for myself. |  |  |  |  |  |

**Academic and Career Readiness**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Are the following statements like me** | **No** | **Mostly No** | **Somewhat** | **Mostly Yes** | **Yes** |
| I know how to develop a resume. |  |  |  |  |  |
| I know how to fill out a job application. |  |  |  |  |  |
| I know how to prepare for a job interview. |  |  |  |  |  |
| I know how to get the documents I need for work, such as my Social Security card and birth certificate. |  |  |  |  |  |
| I can take criticism and direction at school or work without losing my temper. |  |  |  |  |  |
| I know how to prepare for exams and/or presentations. |  |  |  |  |  |
| I look over my work for mistakes. |  |  |  |  |  |
| I get to school or work on time. |  |  |  |  |  |
| I get my work done and turned in on time. |  |  |  |  |  |
| I can explain the benefits of doing volunteer work. |  |  |  |  |  |
| I know what type (college, trade school) education I need for the work I want to do. |  |  |  |  |  |
| I know how to get into the school, training, or job I want after high school. |  |  |  |  |  |
| I know how to find financial aid to help pay for my education or training. |  |  |  |  |  |

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