

# Is Your Teen Ready for Life After High School?

The areas below represent skills that support independence, confidence, and healthy decision-making. Most teens are strong in some areas and still developing in others, that's normal. Use the boxes to reflect on your teen's readiness.

	Confident	Could Use More Practice	Unsure
<b>SELF AWARENESS &amp; EMOTIONAL RESILIENCE</b>			
• Recognize emotional signals and what they might be pointing to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Recover from stress and refocus when things feel overwhelming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Talk to themselves in ways that support growth and confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Identify values and beliefs behind their decision making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>COMMUNICATION &amp; RELATIONSHIPS</b>			
• Express needs and feelings clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Set boundaries with peers and adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Advocate for themselves respectfully	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Stay engaged in difficult conversations without escalation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DECISION-MAKING &amp; INDEPENDENCE</b>			
• Making everyday decisions without constant external input	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Learning from mistakes rather than avoiding them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Exploring options based on curiosity, not just expectations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tolerating uncertainty while decisions are still forming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>ADULTING &amp; FINANCIAL LITERACY</b>			
• Awareness of real-world costs and budgeting skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Self-directed habits for physical and mental wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Managing basic logistics (appointments, schedules, deadlines)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Taking responsibility for personal tasks and follow-through	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>CAREERS &amp; OPPORTUNITIES</b>			
• Think in skills and problems, not job titles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Understand how opportunity is created and take action	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make early choices that keep doors open rather than closed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>