Self Sufficiency Preparation Check List

Documents
1. ☐ Possesses a certified copy of birth certificate and social security card
2. ☐ Has a “Records Book” containing important documents (SS card, birth certificate, insurance card, health records, immunization records, etc.)

Educational Planning
3. ☐ Enrolled in a post high school academic program or vocational opportunity in which he/she can be successful
4. ☐ Completed the Cal Farley Scholarship application (if attending college)
5. ☐ Completed the FAFSA application (Pell Grant)

Health
6. ☐ Familiar with how to obtain medical insurance or is eligible/applied for a Medicaid Card
7. ☐ Obtained copies of medical records
8. ☐ Understands birth control (importance of, use, access to)
9. ☐ Identifies how to access medical/dental care and understands proper use of emergency room
10. ☐ Has knowledge of chemical dependency (where to seek treatment if necessary)

Financial Planning
11. ☐ Ability to use banking services (i.e. opening checking/savings accounts, account management, debit/credit card use, loans, etc.)
12. ☐ Budgeting (income vs expense; how to pay for everything needed after graduation)
13. ☐ Federal Income Tax (how to file, maintaining records, penalties for not filing)
14. ☐ Understands how to read pay statements (federal withholdings, taxes, benefit deductions, etc.)

Community Resources
15. ☐ Connection to various groups as appropriate (i.e. church, academic clubs, social organizations)
16. ☐ Understands community resources post-graduation and knows how to access them
17. ☐ Registered for the selective service at age 18 (males only)
18. ☐ Maintains a list of important telephone numbers (doctors, CFBR resources, pastors, etc.)

Food Management
19. ☐ Ability to prepare multiple healthy meals
20. ☐ Understands comparison shopping, value-based purchases, coupons, etc.
Transportation
21. ☐ Understands public transportation (bus/train/subway routes, fares, schedules)
22. ☐ Attained Texas Driver’s License (or driving permit)
23. ☐ Understanding of basic car repair (flat tire repair, oil change, wiper replacement, etc.)
24. ☐ Is able to maintain transportation to school, work, etc. (by means of public transportation, bicycle, or personal vehicle & the associated costs – insurance, maintenance, etc.)
25. ☐ Understands what to do if in an automobile accident (calling the police, making insurance claims, medical bills, etc.)

Legal
26. ☐ Understands legal penalties for various crimes (i.e. shop lifting, speeding ticket, underage drinking, inappropriate relationship with minor, etc.)
27. ☐ Familiar with legal services (how to hire an attorney, understanding situations requiring a lawyer)

Housing
28. ☐ Obtains a safe place to live after graduation
29. ☐ Comprehends rental/lease agreements (understands renter vs. tenant rights, pet deposits, renter’s insurance, etc.)
30. ☐ Understanding of utility services (how to set up water, cable, gas – when or who to call with utility problems)

Job Seeking
31. ☐ Possesses a resume, cover letter, and letter of recommendation
32. ☐ Filled out job applications, completed mock interviews, and practiced follow-up phone calls
33. ☐ Has an understanding of the skills necessary to maintain a job (i.e. punctuality, dependability, appropriateness, job specific knowledge, good attitude, etc.)

Interpersonal Skills
34. ☐ Maintains social awareness (being mindful of other’s emotions & needs)
35. ☐ Displays self-management (controls personal emotions in multiple situations)
36. ☐ Recognizes personal responsibility and accountability