



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