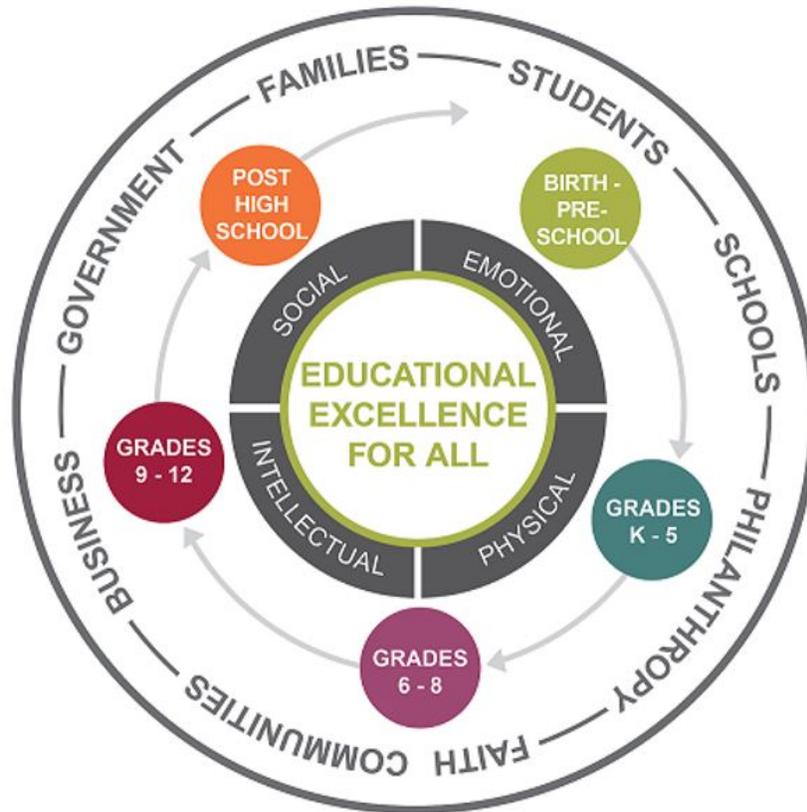


Adulthood: The Manual

Adulthood (v): to do grown up things and hold responsibilities such as, a 9-5 job, a mortgage/rent, a car payment, or anything else that makes one think of grown-ups.

Urban Dictionary



The information presented here is intended to inform students and families of possible challenges that may be encountered as young people move toward independent living.

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Finances



Making and following a budget
Writing a check
Purchasing and using money orders
Using credit and debit cards
Paying bills online and mail
Paying your taxes
Investing
Taking out loans for school
Taking out loans for auto
Tipping

<http://bit.ly/1FdG07S>
<http://bit.ly/2rDDuQh>
<http://bit.ly/1Rq1mQF>
<https://nerd.me/1VVqG47>
<http://bit.ly/2sRVwRY>
<http://bit.ly/1VFITRS>
<http://bit.ly/2rSsy5w>
<http://bit.ly/1r2yqOf>
<http://bit.ly/2srPRBB>
<http://bit.ly/2rSP9yQ>
<http://bit.ly/2ss6UDJ>
<http://bit.ly/2b9e47m>
<http://bit.ly/2wEbXzB>

Home



Maintaining
Changing a furnace filter
Maintaining a water softener
Purchasing renter's insurance
Renting a home or apartment
Lawn Maintenance

<http://bit.ly/TXPquv>
<http://bit.ly/2tPRwyJ>
<https://bit.ly/2GxNm5B>
<http://bit.ly/2tPMuSY>
<https://nerd.me/2uKRBjw>
<http://bit.ly/1wEulm2>
<https://bit.ly/2q6ewJQ>

Auto

Maintaining
Purchasing insurance
Purchasing a car
Obtaining a license
Learning accident protocol
Reading a map
Changing a tire
Changing the oil
Pre-paying for gas
Fixing a bike

<http://bit.ly/1c6UMfj>
<http://bit.ly/1xCNObn>
<http://bit.ly/2rDSkpU>
<http://bit.ly/2sS4bUx>
<http://bit.ly/2sX4pKH>
<http://bit.ly/2o2fM11>
<http://bit.ly/1fBcEhX>
<http://bit.ly/1j2ry2L>
<http://edmu.in/2sWShsW>
<http://bit.ly/2GzCh88>
<http://bit.ly/1Pxhe2C>
<http://bit.ly/1kvYEum>



Laundry



Doing laundry
Using a laundromat
Ironing clothes

<https://bit.ly/2q1julf>
<http://bit.ly/2srzEwe>
<http://bit.ly/1JX6Nzn>

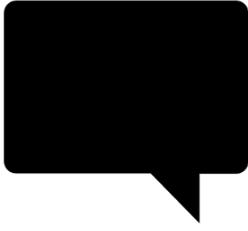
Cooking

Canning and freezing
Selecting produce
Learning basic nutrition
Planning meals
Making tea and coffee

<http://bit.ly/2tuTi9i>
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<http://bit.ly/2tPy98U>
<http://bit.ly/1zK06Kz>
<http://undrarmr.co/1TvP2eo>
<http://bit.ly/2sVpp4l>



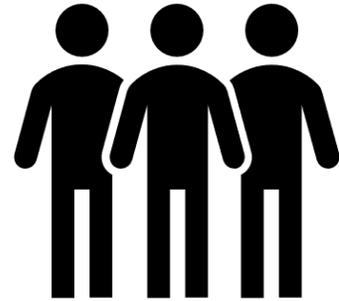
Communication



Writing Skills	http://bit.ly/2iAYouN
	http://bit.ly/2sVECD5
Interviewing skills	http://mnstr.me/2eKp6iy
	http://bit.ly/1eWYGld
Finding information	http://bit.ly/1kAGMuv
Writing a cover letter and resume	http://bit.ly/1FBbGiA
	http://bit.ly/2tPTaQW
Writing and sending a letter	http://bit.ly/2GxgObL
	http://bit.ly/2H8WX3l
Researching offline	http://bit.ly/2tPTi2S

Social

Maintaining healthy relationships	http://bit.ly/1pOFIPJ
Practicing conflict management	http://bit.ly/2itTguU
Table Manners	http://bit.ly/1bOFefZ
Exhibiting manners (guest and host)	http://bit.ly/2tuFLON
	http://bit.ly/2sS8a3J
Pursuing unplugged leisure	http://bit.ly/2GuZqbA
	http://bit.ly/2rXkl5G
Managing time	http://bit.ly/1M3OrvZ



Health Care



Making appointments	http://bit.ly/2rSYYwo
	http://bit.ly/1DcVaCT
Choosing providers	https://wb.md/2GBWENO
Providing self-care when ill	http://bit.ly/2sCo6VI
	http://wb.md/Oh5nJr
Scheduling regular sleep and exercise	http://bit.ly/1b3Yw1T
	http://bit.ly/2sSd5Sj
Purchasing health insurance	http://bit.ly/2sCGyx2

Civic

Registering to vote	http://bit.ly/2dhgSyr
Learning election protocols	http://bit.ly/1hQVkcZ
	http://bit.ly/2l3sfOn
Recycling	http://bit.ly/1nYllmv
	http://bit.ly/1x1q2Tf



Glossary

Appointment: An arrangement to meet someone at a time and place

Bill: An itemized account of the separate cost of goods sold, services performed, or work done

Budget: the amount of money that is available for, required for, or assigned to a particular purpose

Canning: To preserve food by putting it in a metal or glass container

Cover letter: A letter that is sent with something to explain the reason for it or to give more information about it

Interview: Meeting at which people talk to each other to ask questions and get information: such as a formal meeting with someone who is being considered for a job or other position

Insurance: An agreement in which a person makes regular payments to a company and the company promises to pay money if the person is injured or dies, or to pay money equal to the value of something (such as a house or car) if it is damaged, lost, or stolen

Invest: To put out money to gain profit

Iron: The iron is the small appliance used to remove wrinkles from fabric

Laundromat: A self-service laundry

License: An official document, card, etc., that gives you permission to do, use, or have something — often used to refer specifically to a driver's license

Loan: An amount of money that is given to someone for a period of time, with a promise that it will be paid back: an amount of money that is borrowed

Manners: Knowledge of how to behave politely while with other people

Maintain: To keep in an existing state (as of repair, efficiency, or validity)

Money order: An order issued by a post office, bank, or telegraph office for payment of a specified sum of money usually at any branch of the organization

Nutrition: The process of eating the right kind of food so you can grow properly and be healthy

Protocol: A system of rules that explain the correct conduct and procedures to be followed in formal situations.

Provider: A group or company that provides a specified service: Health-care providers

Rent: Money that you pay in return for being able to use property and most often to live in an apartment, house, etc., that belongs to someone else

Recycle: To make something new from (something that has been used before)

Resume: A short document describing your education, work history, etc., that you give an employer when you are applying for a job

Self-care: Care for one's self, self-treatment

Tax: A charge usually of money imposed by authority on persons or property for public purposes

Tip: Something (*usually money*) given voluntarily or beyond obligation usually for some service

