



## ***Life Skills to Know (Before Leaving High School)***

The next chapter of your life brings newfound independence & responsibility. We've gathered some of the best skills you need to know from our "**I'm About to Graduate...Now What?!**" videos below, before heading off into the real world. And if you want to rewatch the videos, click on the **bold green headings** below!

### **Organization Strategies**

- [Email Organization](#)
- [Browser Tabs / Groups \(Chrome\)](#)
- [Create a Schedule / Calendar](#)
- [Track Internet Accounts / Passwords](#)
- [Time Management Strategies](#)
- [Benefits of Keeping a Clean Room](#)
- [Note Taking Strategies](#)
- [Good Study Habits](#)

### **Money Matters**

- [Create a Budget](#)
- [Types of Bank Accounts Explained](#)
- [Responsible Credit Card Usage](#)
- [Financial Tips for Young Adults](#)
- [50/30/20 Rule](#)
- [Build an Emergency Fund](#)
- [Start Retirement Saving When You're Young](#)
- [How Much Should I Save?](#)

### **Self-Care**

- [Don't be Afraid to Ask for Help](#)
- [Keep in Touch with Family & Friends](#)
- [Motivate Yourself](#)
- [Eat Healthy](#)
- [Cooking for Beginners](#)
- [Build an Exercise Plan](#)
- [Stress Management Techniques](#)

### **Showing Gratitude**

- [An Experiment in Gratitude](#)
- [Importance of Thank You Notes](#)
- [How to Write a Thank You Note](#)
- [Thank You Notes After an Interview](#)
- [How to Address a Letter / Package](#)
- [How to Express Gratitude to Others](#)
- [Random Acts of Kindness Ideas](#)

## **Life Skills**

### ***Personal Skills***

- [Schedule a Doctor's Appointment](#)
- [How to Live with a Roommate](#)
- [Register to Vote](#)
- [Know Your Social Security Number](#)
- [Do Your Own Laundry](#)
- [How to Iron Clothes](#)
- [How to Sew a Button](#)
- [Use Public Transportation](#)
- [Order an Uber / Lyft / Taxi](#)
- [Book Your Own Flight](#)
- [Change a Tire](#)
- [Check Your Car's Oil / Fluids](#)

### ***Professional Skills***

- [Creating a Personal Brand](#)
- [Goal-Setting Techniques](#)
- [Be Punctual](#)
- [Write a Professional Email](#)
- [Networking Tips](#)
- [Create a Resume](#)
- [Apply for Jobs / Internships](#)
- [Set-up a Job Interview](#)
- [Dress Professionally](#)
- [How to Tie a Tie](#)
- [Interviewing Skills](#)
- [Clean Up Your Social Media Accounts](#)

