

10 Things

Every Student Should
Explore During Summer
Break



Presented By: Planning For Adult Life Team

I. The Walking Challenge

- Eating the right foods and exercise are an important part of healthy
- Challenge Steps:
 - Use the computer to plan a 1-3 mile route from your house.
 - Follow the path and keep a record of how long it takes you to finish.
 - Each time you walk the path, try to go faster.



Decide on the number of times you need to walk this path to equal 50 miles

2. Practice Filling Out Important Papers



- Write down/ Learn your personal information.
- You will need this information for resumes, a library card, and job applications
- Practice, practice, practice

3. Learn Something New

- Make a list of things that you would like to try:
 - Hiking
 - Swimming
 - Riding a horse
 - Cake decoration
- What are the resources offered in your area?
- Set a goal for something that you can learn over the summer.
- Get going.



4. Keep Track of Happy



- Each day pick out something good about your day and write it down
- Write down unhappy moments
- At the end of the month, ask yourself these questions:
 - How can I change the unhappy?
 - How can I make the happy moment happen more often?
 - What things can I not change and are out of my control?

5. Volunteer at a place of interest

- What are you interested in?
- Identify locations in your community to volunteer
- Contact them and ask for an appointment
- Take your resume to meet with them.



6. Identify people for your circle of friends



- Make a list of people in your life that could support you in making decisions and help you with things after you leave school
- Invite them to join your circle of friends
- Meet with or call them every 2 months to talk about your goals.

7. Job explore/tour a college

- Make a list of jobs that you want to explore.
- Visit a business and ask to talk to a manager about job shadowing someone who works there
- Contact a college for a tour to see the campus and what classes are offered



8. Learn to do chores at home



- Pick a chore each week
- Learn the steps to completing the task
- Make a list of things you want to finish
- Enjoy checking things off the list when you are finished

9. Make a hygiene chart/ Pick out professional adult clothing for an interview

- Cut out pictures of clothes that are appropriate to wear to an interview
- Cut out pictures of clothes that you can wear to different jobs
- Cut out pictures of clothes that you can wear to hang out with your friends



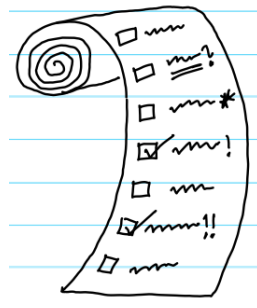
10. Practice Conversations



- Practice with family by saying, “Hi, how was your day?”
- Create a list of questions to ask in a conversation
- Practice eye contact, volume control, and respecting personal space
- Learn who it is appropriate to talk to:
 - Is the person on the phone?
 - Does the person have headphones on?
 - Is the person busy working on something?

11. Keep track of asking for help

- Keep track of things that you can do
- Keep track of things that you need help with
- Work with your circle of friends to get better in the different areas



Review:

1. Walking Challenge
2. Practice filling out important papers
3. Learning something new
4. Keep track of happy
5. Volunteer at a place of interest
6. Identify people for your circle of friends
7. Job explore/Tour colleges
8. Learn to do chores at home
9. Make a hygiene chart/ pick out professional adult clothing for an interview
10. Practice conversations
11. Keep track of asking for help

**Thank you for
listening and have
a GREAT SUMMER!**

To Contact Us:
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