

## **Skills for Life: Questions**

**Name:** \_\_\_\_\_

We are all living through a difficult, unusual, unpredictable global situation that is affecting every aspect of our lives.

One of the things you will be doing this semester is keeping a log of real-life skills you are using, learning, and wanting to learn. But more on that after some questions to get your ideas flowing!

1. What are some skills/chores you are already doing to take care of yourself and/or other people in your life?
  
  
  
  
  
  
  
  
  
  
2. How do you think these skills will carry through into your future and help you as an adult... yikes!?
  
  
  
  
  
  
  
  
  
  
3. What are some skills you don't have or things you don't know how to do?  
*(This could be cooking for yourself/others, doing laundry, developing your skills on the land, learning an instrument, gardening... really anything you want to - or think you should - learn!)*
  
  
  
  
  
  
  
  
  
  
4. Who could help you learn?  
*(People who live with you, online instructions/videos, trial and error...)*

## **Skills for Life: Log**

This semester you will develop some skills that are of interest to you. You might already have a few in mind or you might start with one or two and grow from there.

### ***Keep in Mind:***

- You can continue to learn forever! But a school semester is short, so don't expect to completely master your skills in this time frame.
- Keep your skills **realistic**. If you want to learn how to skydive, that's great, but not necessarily realistic right now.
- How will you **track** your progress? This will be different for different skills, but you can keep notes, take photos, make videos - or a combination!
- The amount of time you spend on this will depend on you and what you have chosen, but expect to spend at least **one hour per week** working on your skills and tracking your progress.

### ***Sample Log Entry:***

<b>Skill:</b> Improving my cooking abilities
<b>Date:</b> Week of April 9th
<b>What I did this week</b>
<ul style="list-style-type: none"><li>- Checked to see what ingredients we had in the fridge/freezer.</li><li>- Researched recipes online that used the ingredients we already had AND looked delicious (and easy enough for me to successfully make).</li><li>- I chose two new recipes to try.</li></ul>
<b>Challenges</b>
<ul style="list-style-type: none"><li>- Finding recipes for ingredients we already had.</li><li>- Reminding my dog that he has manners and shouldn't try to eat my dinner.</li></ul>
<b>Next Steps</b>
<ul style="list-style-type: none"><li>- Find some good recipes before our next grocery shop so I can add the extra couple of ingredients to the list</li></ul>

***Recording and Submitting Options:***

- You can use the blank log sheet or create your own tracking method.
- If you use this sheet, you can fill out this sheet by hand or on a computer.
- You can track your progress on paper then submit them to me in hard copy, upload your log entries to MyBlueprint, send me regular emails of your progress, create a slideshow with images/videos and notes... it's up to you!

<b>Skill:</b>
<b>Date:</b>
<b>What I did this week</b>
<b>Challenges</b>
<b>Next Steps</b>

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