

## Independent Living Skills Module IV



### ACTIVITY

A friend of yours who is unfamiliar with the Boston subway system must travel from Quincy to Commonwealth Avenue in Brookline for an interview at a work training program. Can you give him directions using the following map.

Directions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Independent Living Skills Module IV



### ACTIVITY

You and a group of friends are traveling from Quinsigamond Community College to Chandler Hill Park for a concert next week. Using the map below, write the directions for everyone to follow just in case someone gets lost.

Directions:

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## Independent Living Skills Module IV


### Driver's License

The idea of obtaining a driver's license may be exciting for many of you. However, before making arrangements to get your permit, you need to take a close look at yourself. As a driver, you have to be mature and make good decisions at all times. When you drive you are not only responsible for yourself but also for all other people in the community.

**C**onsider the following:

It is a cold November night and **Mike** is driving on the highway. Ten miles from the next exit he discovers that his brakes are not working correctly.

What would you do in Mike's situation? Why?

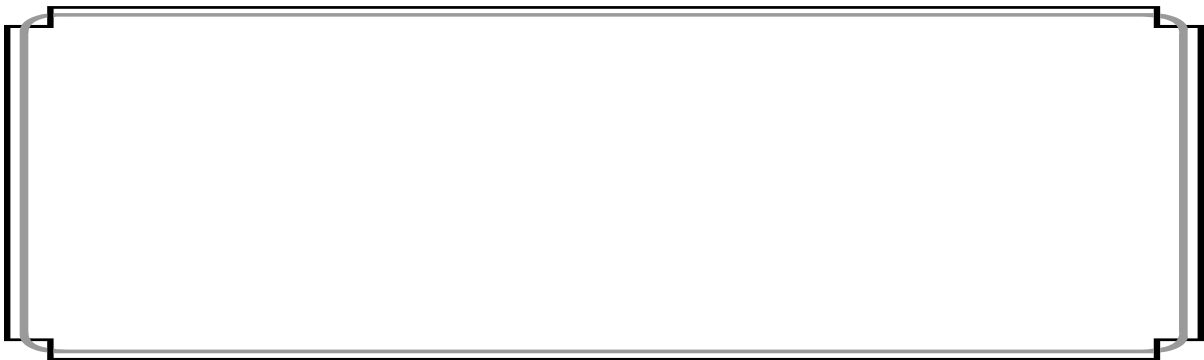


**Bill** met two of his friends at the mall's parking lot on a Saturday. When he arrived, a couple of guys came over and challenged Bill and his friends to a drag race on a nearby country road.

What would you do in that situation?



What should a good driver do/not do?



**NEVER DRIVE UNDER THE INFLUENCE OF ANY SUBSTANCES!!!**

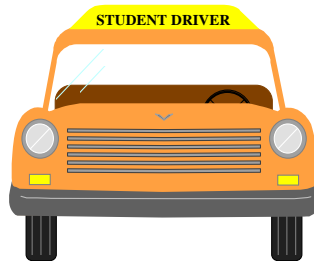
## Independent Living Skills Module IV

Only if you are sure that you will be responsible and follow the rules and regulations should you plan to get your license.

### Learner's Permit

To be eligible for a learner's permit, you must be at least 16 years of age. You can obtain a booklet through the Registry of Motor Vehicles which will assist you in studying for your written exam. Once you feel confident about your knowledge of rules and regulations, you can take the written exam at your local Registry. You have to present three forms of identification (birth certificate, photo ID, passport, Resident Alien Card, etc.) If you are under the age of 18, your permit application has to be signed by a parent or legal guardian. The cost of the permit is \$15.00. If you fail, you can take the test again at another time. If you pass, you can practice driving with a responsible driver over the age of 21.

**Note:** *Most Registries offer the test in several other languages in addition to English.*



### Driver's Education

Many youth decide to enroll in driver's education classes. For a fee ranging between \$170 and \$350, driving school offers comprehensive preparation services. Enrolled students participate in theoretical classes to prepare for permits and to discuss safety issues. Additionally, an average of six to eight driving lessons are included in the fee. Students who earn a driver's education certificate will get a discount on their future car insurance and will be able to get their licenses at the minimum age of 16.5 years instead of 17, the minimum age to obtain a driver's license *without* driver's education classes.

### Driver's License / Road Test

Once you feel confident in your driving abilities, you can set up an appointment with your local registry for a road test. You need to come to your appointment with a registered and properly insured car that meets all safety regulations. In addition, you need to be accompanied by someone over the age of 21 who has a valid driver's license. The fee for the road test is \$20. If you fail the road test you can take it again at a later date. If you pass the road test, you will have to pay \$33.75 to cover the cost of your license.



## Independent Living Skills Module IV



### ACTIVITY

Research the address and telephone number of the Registry of Motor Vehicles and write it in the box below.

**Note:** *For information on how to budget for and purchase a car, please refer to Module I.*

*For information on automobile registration and insurance, also refer to Module I.*

## Independent Living Skills Module IV

### COMMUNITY RESOURCES SKILL ASSESSMENT

The following questions will help you identify those skills related to community resources in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
1. Know where to go shopping for food, clothing, household items, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Know/Have important hotline numbers for health and safety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know where the nearest hospital or health clinic is located.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know what agencies can help people who are homeless or have no food or money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know how to use the yellow pages and the operator to get information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know what services the library offers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know where I can obtain medical services that are free of charge or charged on a sliding scale..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Know whom to call when I'm sick, feeling lonely, low on cash, having job problems, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Know where to get a copy of my birth certificate and social security card.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Understand which community agencies offer mental health counseling; drug and alcohol treatment; medical services and counseling for birth control and pregnancy; career counseling and training, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Independent Living Skills Module IV

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
<b>11.</b> Know where I can get free or low-cost legal help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>12.</b> Know what services are offered by the state employment office and the Department of Transitional Assistance, and know where they're located.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>13.</b> Know where and how to register to vote.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>14.</b> Am aware of the recreational services offered free of charge or at minimal cost by my town or city and know where they are located.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>15.</b> Know what agency to call if the landlord refuses to correct a problem with roaches, mice, or rats where I live because of the unsanitary condition of the building and yard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

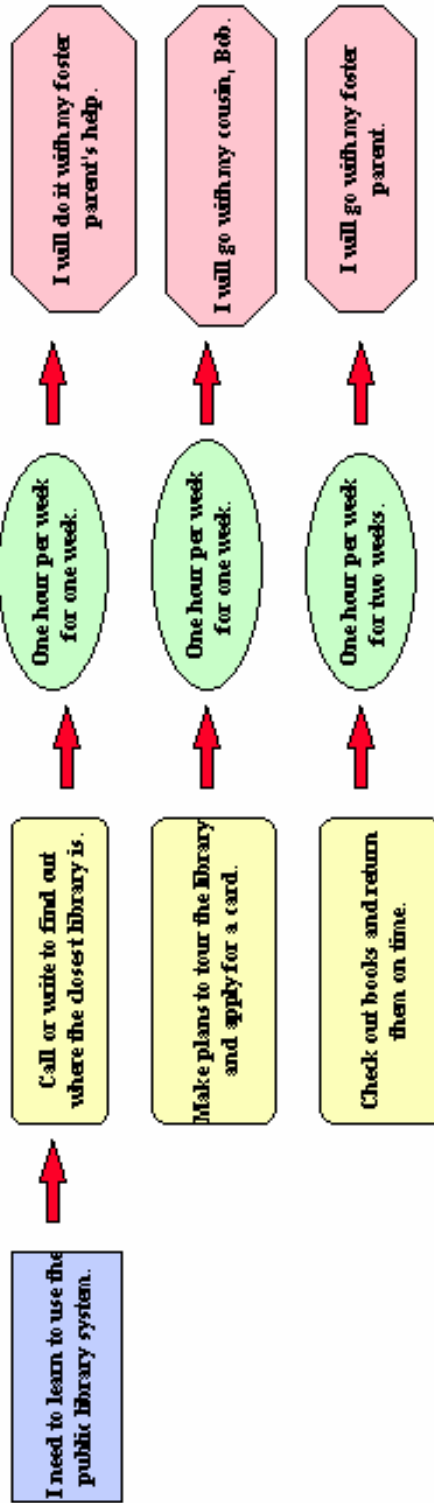
# Independent Living Skills Module IV

## Independent Living Skills Module IV

You have now completed the assessment section and identified those skills that you would like to strengthen in order to be better able to do things on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop, and with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to your assessment tool and select new goals to build on your new skills.

### EXAMPLE GOAL: TO IMPROVE COMMUNITY RESOURCES SKILLS

State Skill 1:



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## Independent Living Skills Module IV

### GOAL: TO IMPROVE COMMUNITY RESOURCES SKILLS

**State Skill 1:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?



**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?



**Who:**  
will assist you?

**State Skill 2:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?



**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?



**Who:**  
will assist you?

# Independent Living Skills Module IV

## Community Resources

Everyone at one time or another will need to turn to a community agency or organization for information or assistance. When the need arises for you, knowing where to turn for help can make the process of finding the answer to your question or solution to your problem so much easier.

*How familiar are you with the community resources available in your area? To find out, try answering the following questions.*

**1. Jim**, a friend of yours who dropped out of school two years ago, has recently lost his job as a gas station attendant. The owners sold the station to another oil company that plans to convert it into a self service station. Jim has been job hunting but hasn't found a position he's qualified for or interested in. He knows that he wants a better job than the one he had at the gas station but isn't sure what type of jobs are available. He might even be interested in a training program that would help him get his GED and possibly learn some new job skills. He has asked you for some advice. *What agencies would you suggest he contact for some help?*

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**2. Diane** is afraid that she might be pregnant and doesn't know what to do. She doesn't want anyone to know, not her friends or parents, not even her boyfriend, no one except you. You're the only one she has confided in and now she's asking for your advice. *Where should she go to find out if she is pregnant? Is there a clinic that offers free or low cost pregnancy testing? Who can she talk to confidentially about some of the decisions she has to make if she is pregnant? Do you know?*

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**3.** You and your friends are a little worried about **Luis**. He just doesn't seem like the same guy these days. He has been missing a lot of school lately and rarely shoots baskets after school with you and his other friends like before. Luis even looks different; his clothes look rumpled, and he has gained quite a bit of weight. His usual sense of humor is gone, too. He seems pretty down. Yesterday Luis surprised you by asking if you knew of a place where he could talk confidentially to somebody about how he's feeling. *Do you know what agency(s) to recommend?*

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## Independent Living Skills Module IV

4. **Juan** and **Chris** thought they had found the apartment they had been looking for when they read the ad in the newspaper. The rent was reasonable; it had two large bedrooms and a great location on the bus line, as well as a washer and dryer in the basement. They called the landlord, and scheduled an appointment to see the apartment that afternoon. When they met the landlord, he asked them how old they were and then told them that the apartment was already rented. A few days later Juan and Chris were in the same neighborhood looking at another apartment. They walked past that first apartment and saw a “For Rent” sign in the window. They’re wondering now if they were the victims of housing discrimination. *Do you know of any agencies that might be able to help them?*

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5. Your friend, **Tyrone**, is gay. Last night he was attacked by a neighborhood group who called him names, beat him with clubs, and left him bleeding in a nearby alleyway. He has called you this morning, and although he may be able to recognize his attackers, he’s afraid to call the police. *Do you know of any agencies or organizations to help him?*

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6. You and several friends at school talked the other day about religion, God, and spirituality. Each of you had varying ideas about these topics. You’ve been thinking that you’d like to begin attending a religious organization but are unsure of which organizations you’d be interested in. *Do you know how to find out about groups, churches, etc.?*

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## Independent Living Skills Module IV



### ACTIVITY

Research the following resources within your community and write the addresses and telephone numbers in the chart below.

<b>Resource</b>	<b>Address</b>	<b>Telephone Number</b>
Unemployment Office		
Social Security Office		
City/Town Hall		
Library		
Post Office		
Nearest Hospital/Clinic		
Free/Sliding Fee Medical Services		
Counseling/Mental Health Services		
Food Bank / Free Clothing		
Free/Sliding Fee Legal Help		
YMCA		
Community Action		

## Independent Living Skills Module IV

In addition to the resources in your community, state-wide and national hotlines offer assistance and can refer you to local organizations for help. The following listing is a sample of hotlines which might be helpful to you now or in the future.

Adult Literacy Hotline .....	800-447-8844
AIDS Hotline (English) .....	800-342-2437
AIDS Hotline (Spanish).....	800-344-7432
AIDS Teen Line.....	800-234-8336
Alateen/Alanon .....	617-843-5300
Alcoholics Anonymous.....	617-426-9444
Alcohol Hotline.....	800-ALCOHOL
Ask-A-Nurse .....	800-544-2424
Battered Women’s Hotline .....	800-899-4000
Career Learning Line .....	800-442-1171
	617-536-0200
Dating Violence Youth Hotline .....	617-773-HURT
Drug Abuser Anonymous .....	800-274-2042
Drug and Alcohol Hotline.....	800-327-5050
Gay and Lesbian Hotline .....	617-267-9001
Higher Education Center at Boston Public Library .....	617-536-0200
	800-442-1171
Hunger Hotline.....	617-523-7010
	800-645-8333
Massachusetts Department of Education .....	617-388-3300
Massachusetts Tenants Organization.....	617-367-6260
Narcotics House .....	800-234-0420
Planned Parenthood .....	800-682-9218
Rape Crisis Hotline (English).....	617-492-RAPE
Rape Crisis Hotline (Spanish).....	617-492-2803
Samaritans.....	617-247-0220
Samarateens .....	800-252-8336
Smokers.....	800-828-4357
Teen Alcoholism Hotline.....	800-252-6465

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Youth Hotline (Violence Issues)..... 617-773-HURT  
Youth Crisis Helpline ..... 800-448-4663  
Youth Only AIDS Line (“YO Line”)..... 800-788-1234

## Independent Living Skills Module IV

### **UNDERSTANDING THE LAW** SKILL ASSESSMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
<b>1.</b> Know what to do and whom to call if I am a victim of a crime.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.</b> Know what the term “under age” means.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3.</b> Know what behaviors are criminal and can be punished under the law.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4.</b> Know which traffic violations can result in a traffic ticket or arrest for a minor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5.</b> Know how to get a lawyer if I should ever need one whether I have money for legal services or not.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.</b> Understand what my legal rights are and what to do if I am ever questioned by the police or arrested.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7.</b> Know at what age it is legal to get married and what tests and forms have to be completed first.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8.</b> Am aware of how and at what age males must register for selective services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9.</b> Know that shoplifting or stealing is considered larceny regardless of how small the theft.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>10.</b> Understand how the court system works.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Independent Living Skills Module IV

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
<b>11.</b> Understand the alcohol and drug laws and am aware of the punishments for convictions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>12.</b> Know the importance of thoroughly reading and understanding any legal document I sign, i.e. apartment lease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>13.</b> Know how and at what age I can register to vote as well as when and where I should vote.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

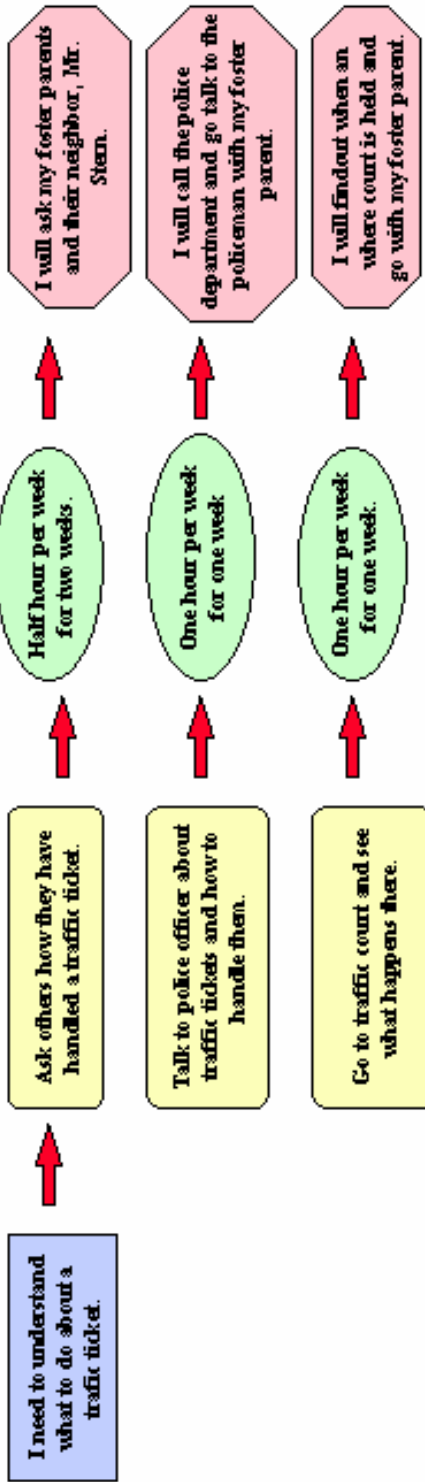
# Independent Living Skills Module IV

## Independent Living Skills Module IV

You have now completed the assessment section and identified those skills that you would like to strengthen in order to be better able to do things on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop, and with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to your assessment tool and select new goals to build on your new skills.

### EXAMPLE GOAL: TO IMPROVE LAW SKILLS

State Skill 1:



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## Independent Living Skills Module IV

### GOAL: TO IMPROVE LAW SKILLS

**State Skill 1:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?







**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?







**Who:**  
will assist you?




**State Skill 2:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?







**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?







**Who:**  
will assist you?

## Independent Living Skills Module IV

### THE LAW

How much do you know about the law? Take this quiz to find out. Please circle *True* or *False*.

- True or False* 1. A person stealing hubcaps from a car can be charged with larceny.
- True or False* 2. A 17-year-old who commits a crime will be charged as an adult.
- True or False* 3. Juveniles under the age of 17 can be tried as adults for certain crimes.
- True or False* 4. A friend is arrested for unauthorized use of a motor vehicle. He took the neighbor's car without his permission. Although you were only a passenger in the car, you can be arrested too.
- True or False* 5. Possession of marijuana is a misdemeanor for the first offense and a felony for the second offense.
- True or False* 6. It's against the law to carry on your person or use as a weapon a knife with a blade that's longer than three inches.
- True or False* 7. Rape is a felony.
- True or False* 8. You can get medical help for a drug problem without legal penalties, according to federal law.
- True or False* 9. A person who is arrested for trespassing will be charged with a misdemeanor.
- True or False* 10. The police can search you if they believe that you have broken or are about to break the law.
- True or False* 11. Legal immigrants (resident aliens) will be deported if they commit a felony.

*(All the answers are True.)*

## Independent Living Skills Module IV

Many people are confused about the meaning of the terms misdemeanor, felony, and violation. If you're one of them, here's some help.

### **Violation**

*Failing to stop (car) at a stop sign, person who is not handicapped parking in a handicapped space, littering where "no littering" signs are posted*

Punishable by a fine or imprisonment in the county jail.

### **Misdemeanor**

*Trespassing, shoplifting(Under \$200), vandalism*

Punishable by a fine or imprisonment in a house of correction for two and one-half years or less.

### **Felony**

*Shoplifting (more than \$200), assault and battery with a dangerous weapon, discharging a firearm within the city limits, robbery, rape, child abuse, murder*

Punishable by imprisonment in state prison for two and one-half years or **more**.



## Independent Living Skills Module IV



### ACTIVITY

With the help of your social worker, foster parent, or program staff, answer the following questions:

A) What happens if someone gets arrested?

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B) What tasks do district attorneys have?

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C) If someone has been arrested but does not have money to pay for a lawyer, does she/he still have the right to legal counsel?

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D) What is “bail”?

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E) What is “probation”?

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F) What is a jury?

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G) Who can be called for jury duty?

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H) What is the difference between civil and criminal law?

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I) At what age is it legal to drink alcohol?

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J) What is a plaintiff?

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## Independent Living Skills Module IV



### ACTIVITY

Research the possible legal consequences for the following offenses and record the answers in the chart below.

<b>Offense</b>	<b>Penalty</b>
<i>Shoplifting</i>	
<i>Driving Without a License</i>	
<i>Robbery</i>	
<i>Possession of Stolen Property</i>	
<i>Assault</i>	
<i>Possession of Drugs</i>	
<i>Possession of a Dangerous Weapon</i>	



## Independent Living Skills Module IV

**C**onsider the following:

A friend of yours is supposed to attend a court date for trespassing tomorrow. He tells you that he is not planning to go because he did not do anything wrong. *What advice would you give him?*

Missing a court date can have serious consequences! If someone misses a scheduled court date, the judge can order a warrant to be issued, and he/she will be arrested. Once arrested, he/she might remain in jail until the next court date, or the judge might order bail to be posted.

**C**onsider the following:

Another friend of yours has some legal questions in regard to the lease she is about to sign., but she does not have the money to consult with an attorney. *What advice would you give her?*

Signing any contract is serious business. Once you have signed, you are legally bound to the stipulations of the contract. If you have questions about any contract, it is always a good idea to consult with someone. If you do not have enough money to pay for legal services, you can contact any of the agencies listed below for free legal help.

Harvard Legal Aid Bureau  
1511 Massachusetts Avenue  
Cambridge, MA  
617-495-4408

Legal Assistance Corporation of Central  
Massachusetts  
332 Main Street, Suite 320  
Worcester, MA  
508-752-3718

Massachusetts Bar Association  
Lawyer Referral Service  
20 West Street  
Boston, MA  
617-542-9069

Massachusetts Commission Against  
Discrimination  
1 Ashburton Place, Room 601  
Boston, MA  
617-727-3990

South Middlesex Legal Services

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354 Waverly Street  
Framingham, MA  
508-620-1830

Public Counselor's Service  
44 Church Street  
Lowell, MA  
508-458-7161

Volunteer Lawyer's Project  
8 Winter Street, Suite 400  
Boston, MA  
617-423-0648  
617-338-6790 TTY

Western Massachusetts Pro Bono Referral  
System  
145 State Street  
Springfield, MA  
413-781-7815

## Independent Living Skills Module IV

### THE RIGHT TO VOTE

The government of the United States of America is a democracy which, as you know, means that its citizens (age 18 and older) have the right to vote.

Officials at all levels of government -- from the President of the United States to the mayor of a city -- are elected by the citizens.

Before you can vote in an election, however, you must:

- be 18 years of age or older; and
- register to vote.



#### ACTIVITY

1. *Find out where and when you can register to vote in your town/city.*
2. *Find out where you would go to vote if you were eligible to vote in the next election.*

## Independent Living Skills Module IV

### RECREATION SKILL ASSESSMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

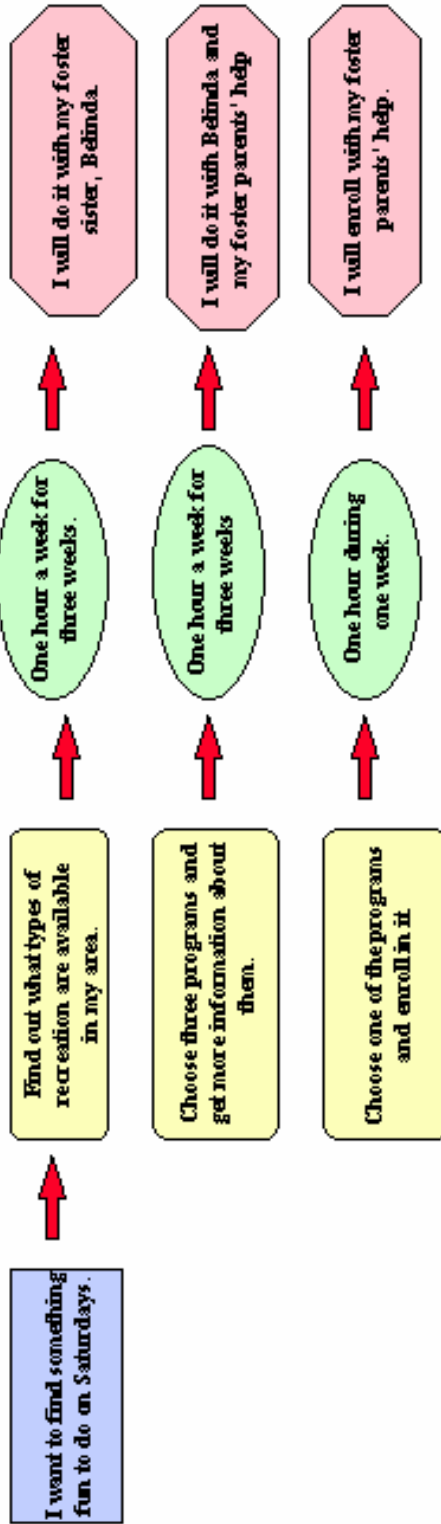
	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
1. Have a sport or activity that I participate in during my free time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Usually have no problem planning what I'll do during my free time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know which leisure activities cost money and which do not.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Am able to participate in my leisure activities while staying within my weekly budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Include regular physical exercise as a part of my free time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know of and use the community recreational resources such as parks, pools, tennis courts, gyms, etc., that are free or have a small user's fee.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know what some of the benefits of volunteering are.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Understand the difference between competitive/non-competitive leisure activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Know which agencies/organizations/schools accept youth volunteers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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You have now completed the assessment section and identified those skills that you would like to strengthen in order to be better able to do things on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop, and with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to your assessment tool and select new goals to build on your new skills.

**EXAMPLE**  
**GOAL: TO IMPROVE RECREATIONAL SKILLS**

State Skill 1:



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GOAL: TO IMPROVE RECREATIONAL SKILLS

**State Skill 1:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?





**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?





**Who:**  
will assist you?




**State Skill 2:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?





**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?





**Who:**  
will assist you?

## Independent Living Skills Module IV

### RECREATION

Recreational activities are an important part of our lives. They enable us to relax, socialize, and have fun!

What do you like to do during your free time?

As you know, some types of entertainment, like going to the movies, may not be a frequent option -- particularly when you're on a limited budget. But there are numerous recreational opportunities that are free or fairly inexpensive right in your own community.



#### ACTIVITY

Research low cost/free recreational opportunities within your community and list them in the chart below.

Free Activities	Activities With A Small Fee

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### ACTIVITY

Public libraries often offer free tickets for museums, exhibits, the aquarium, etc., to its members. Find out what tickets are available through your local library.



**C**onsider the following:

**Darrell:** Free time! There's never enough of it. Between work, school, and all other things I have to do, there doesn't seem to be time enough to do the fun things I really enjoy.

**Sue:** How boring! Another Sunday afternoon with nothing to do. The day just drags by. I'm really tired of this.

Sue and Darrell have different feelings about their free time. Does one of their statements sound like something you might say? It may seem strange, but both Sue and Darrell have a similar problem. They don't take their free time seriously enough to plan it. Therefore, it seems to be passing them by.

Complete the following charts to get a better idea of just how much free time you have and what you're doing now during that time. You can also start planning for those activities you might really have time for! The first schedule has Friday's activities filled in as an example.

## Independent Living Skills Module IV

Activity Schedule for the Week of \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 A.M.</b>					Get Ready/Eat		
<b>8:00 A.M.</b>					School		
<b>9:00 A.M.</b>					School		
<b>10:00 A.M.</b>					School		
<b>11:00 A.M.</b>					School		
<b>NOON</b>					Lunch		
<b>1:00 P.M.</b>					School		
<b>2:00 P.M.</b>					School		
<b>3:00 P.M.</b>					Watch TV		
<b>4:00 P.M.</b>					Watch TV		
<b>5:00 P.M.</b>					Watch TV		
<b>6:00 P.M.</b>					Eat Supper		
<b>7:00 P.M.</b>					Work		
<b>8:00 P.M.</b>					Work		
<b>9:00 P.M.</b>					Work		
<b>10:00 P.M.</b>					Hang out with friends		
<b>11:00 P.M.</b>					Go Home		
<b>MIDNIGHT</b>					Sleep		

# Independent Living Skills Module IV

Activity Schedule for the Week of \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 A.M.</b>							
<b>8:00 A.M.</b>							
<b>9:00 A.M.</b>							
<b>10:00 A.M.</b>							
<b>11:00 A.M.</b>							
<b>NOON</b>							
<b>1:00 P.M.</b>							
<b>2:00 P.M.</b>							
<b>3:00 P.M.</b>							
<b>4:00 P.M.</b>							
<b>5:00 P.M.</b>							
<b>6:00 P.M.</b>							
<b>7:00 P.M.</b>							
<b>8:00 P.M.</b>							
<b>9:00 P.M.</b>							
<b>10:00 P.M.</b>							
<b>11:00 P.M.</b>							
<b>MIDNIGHT</b>							

## Independent Living Skills Module IV

After you have charted your activities for one week, review each day and circle your free time hours.

1. How many hours of free time did you have during the week? \_\_\_\_\_

2. List below all of the leisure activities you participated in during the week and the time you spent with each.

_____	_____
_____	_____
_____	_____
_____	_____

3. Are there other activities that you would like to participate in that are not on your list above? What are they?

_____
_____
_____

4. From your answer to Question 3, choose one or two activities and try planning when, where, and with whom you might begin including them in your weekly schedule.

<b>Activity</b>	<b>When</b>	<b>Where</b>	<b>With Whom</b>
<i>Example:</i> Aerobics	(on what day, what time?) Mon. & Wed. at 3:30 P.M. and Sat. at 10:00 A.M.	YWCA	Jan

Try completing the Weekly Activity Chart for the next few weeks to see how successful you can be at including the new activities in your life.

## Independent Living Skills Module IV

### VOLUNTEERING

Many people of all ages like to spend part of their free time doing some kind of volunteer work at a hospital, day care center, homeless shelter, etc. The satisfaction of helping others along with the opportunities to learn new skills and gain work experience are just some of the benefits of volunteering. Young adults just like you are making valuable contributions to their communities. If you're interested, here are some volunteer opportunities to consider.

#### **If you would like to work with:**

Children

The handicapped

The elderly

People who are sick

People who are hungry/homeless

#### **You might volunteer some time at:**

Day care centers, Big Brother/Sister Organizations, Boy/Girl Scouts.

Mass. Commission for the Blind, community association for retarded citizens, state schools.

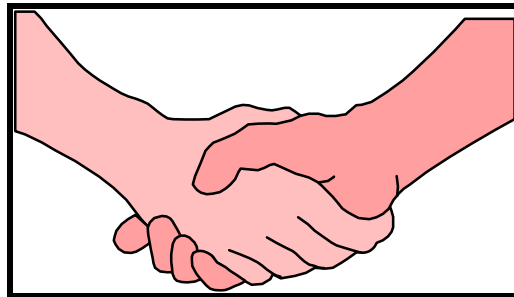
Commission for Elder Affairs, nursing homes, community elder service agencies.

Your local hospital, nursing homes, the American Cancer Society.

Local food pantries, homeless shelters.

Other ways to help your community might include the following:

- recycling
- educating through youth peer groups.
- attending public hearings, school board meetings, etc.
- organizing community efforts
- serving through churches and other charitable organizations



#### **ACTIVITY**

Check your daily newspaper to find additional volunteer opportunities in your community.