

Life Skills for a She-Ro: Mastering the Real World Basics... The Beginning of Second Chances!

WEEK 1

Getting Started

PROJECT: Residents will write a summary of their personal goals aspirations now that they are in a thriving environment (job, family, home, etc.), along with a short description of how they plan to pay for associated costs. This is a living document, and will be reviewed quarterly to check progress and make any required changes.

WEEK 2

Personal Hygiene

PROJECT: Residents will develop a daily grooming routine to address the aforementioned personal hygiene necessities.

WEEK 3

Planning and Budgeting for Food and Nutrition

PROJECT: Residents will create a well-rounded menu for themselves and their house mates for one week, with costs included.

WEEK 4

Breakfast, Lunch & Dinner

PROJECT: Ideally, as residents are learning they will be assisting with meal preparation. Each resident will create a well-balanced meal for the household and turn in a copy of the menu.

WEEK 5

Budgeting & Money

PROJECT: Residents will devise a basic personal budget.

WEEK 6

Credit & Savings

PROJECT: Residents will order a copy of their personal credit report. If required, they will begin the credit repair process. Residents will also open personal savings accounts with local financial institutions. Residents will create a savings plan for a large purchase.

WEEKS 7&8

Time to Go to Work She-Ro!

PROJECT: Residents will have a usable resume and cover letter by the end of the unit. They will also have conducted mock interviews with staff and other residents.

WEEK 9

Buying or Renting a Home

PROJECT: Residents will find their ideal house online and research a mortgage to go with it.

WEEK 10

Maintaining a Home

PROJECT: Residents will successfully identify 10 relevant tools and 10 cleaning products. They should already be cleaning their rooms and assigned common areas of the home. Now they will be required to sign off on the daily checklist certifying the cleaning has been done to standard.

WEEKS 11 & 12

PROJECT: Every resident attends at least one job interview before the end of week 12; will continue interviewing until employed. All residents are expected to gain employment by week 16 and become contributors to the sustainment of the household.