

# 12

## Success Tip: Healthcare Transition Readiness

At age 18, students gain legal adulthood, which includes new rights related to privacy, medical information, and decision-making. Many families and young adults are unaware that access to health and educational information changes automatically at this age. Students can use this healthcare transition assessment to identify areas they already know well and areas to continue developing their skills.

1 = I don't know how to do this

4 = I know how to do this

### Activity:

### Your Rating:

I know my family medical history	→	1	2	3	4
I have a health insurance card	→	1	2	3	4
I know how to schedule doctor appts.	→	1	2	3	4
I know my allergies to medicine (if any)	→	1	2	3	4
I know how to cancel doctor appts.	→	1	2	3	4
I know my privacy rights change at age 18	→	1	2	3	4
I know the medication(s) I take	→	1	2	3	4
I know how to get emergency care	→	1	2	3	4
I can explain my health needs to others	→	1	2	3	4
I know how to fill out medical forms	→	1	2	3	4



Which part of the checklist above is easiest for you? Which skill is the hardest? Why?

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## Success Tip: Real-Life Budget Scenario -2

*(Budget = a way to keep track of how much money you earn & spend)*

### Introduction

Learning how to manage your money and stay on top of bills is an essential part of becoming financially independent. Creating a budget allows you to allocate your income wisely, cover essential expenses, and set aside funds for unexpected costs. Consistently paying bills on time demonstrates responsibility and helps build strong credit, which can influence future opportunities such as financing a car. This activity gives you the opportunity to practice tracking expenses, prioritizing spending, and building practical habits for everyday financial success.

Use the scenario below to answer the questions at the bottom of the worksheet.

**You receive \$100 for helping a family member.**



You want:

- New shoes: \$85
- New videogame: \$70

You also need:

- Gas money for the week: \$40
- Phone bill: \$30



What can you afford?  
What would you choose?

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What other options do you have?

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How do Wants impact your ability to meet Needs?

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# 66

## Success Tip: Body Language Practice

### Introduction

Body language is a powerful way to communicate without words, and it can greatly impact how others perceive you in a workplace or interview. Positive body language can show confidence, attentiveness, and professionalism, while negative body language may give the wrong impression. In this activity, you will learn to identify professional versus unprofessional body language. By reflecting on your habits, you can focus on improving the body language that makes the best impression



Identify the words below as professional or unprofessional. Then put each word into a box in the correct column below.

- Keeps headphones in while on shift
- Makes consistent eye contact while speaking
- Leans back in chair with feet on the desk
- Use a firm handshake when meeting for the first time
- Maintains an upright, relaxed posture
- Crosses arms and avoids eye contact
- Smiles and greets coworkers or customers
- Rolls eyes when someone is talking

Professional

Unprofessional

Professional	Unprofessional



How can your body language affect a customer's first impression of you, even before you answer a question? Which body language behaviors do you already do well and which ones do you need to practice more?