

What You Need to Know Before You Leave Home

Be Informed! Times Have Changed!

The following is a compilation of topics gathered in response to a survey of teenagers, young adults and parents when asked “what do you need to know before you leave home for college or the workforce.” All subjects have been researched and links have been reviewed for appropriateness and accurateness. This newsletter was assembled by Abbey Mundt as part of her Girl Scout Gold Award Project.

Banking and Finance

The following includes the necessities on how to manage money.

- [How to do a tax return](#)
- [How to apply for a credit card](#)
- [How to fill out a W-4 Form](#)
- [Understanding your credit score](#)
- [How to open a savings account](#)
- [How to form a financial plan](#)
- [Budgeting basics](#)
- [How to write a check](#)
- [How to balance a checkbook](#)

Tips:

- Start saving and investing as soon as you have a job.

Health

The following are skills to prepare you for a medical emergency.

- [First Aid Basics](#)
- [How to perform CPR](#)
- [How to use your health insurance](#)
- [Taking care of your physical and mental health](#)

Tips:

- Find in network doctors,

pharmacies, and hospitals before you need them.

- Have access to emergency cash or a debit/credit card in case you need to make a payment for health services.
- Know your family health history (yours, parents, siblings, grandparents).
- Know if you have any allergies.
- Be able to list any medications you take daily.

Safety

The following includes methods on how to keep yourself and your possessions protected.

- [How to protect your identity](#)
- [How to protect your property](#)
- [Basic Self Defense Maneuvers](#)
- [Drug awareness](#)
- [Alcohol awareness](#)

Tips:

- Know your campus security number.
- Know the location of your local hospital, police department, and fire department.

- Know your social security number.

If you go out to parties:

- Go in a group and stick together. Leave no one behind.
- Guard your beverage. If you lose sight of it even briefly, get another.
- Have a plan and a backup plan. Where are you going? How are you getting home? Who is your designated driver? Have everyone's contact information.

Travel

Tips on making the traveling process easier.

- [10 essentials](#)
- [Packing tips](#)
- [How to plan a trip](#)

Tips:

- Make sure your car is serviced before a road trip.
- Review airline regulations before your flight.

Education

Everyone's college and career experience will be different. The following are general tips

that can be used no matter what path you are on.

- [How to advocate for yourself](#)
- [How to improve study skills](#)
- [Time management at college](#)
- [18 public speaking tips](#)

Career

Picking a career can be intimidating with many different options. The department of labor website offers a look into careers and the education needed.

- [Explore careers](#)

Domestic Skills

The following links offer tips on the basics of laundry, etiquette, and cooking. These are skills most young adults do not fully develop until they leave home.

- [Laundry](#)
- [Dining etiquette](#)
- [Roommate etiquette](#)
- [Social etiquette](#)
- [How to grocery shop](#)
- [7 easy chicken recipes](#)
- [8 one pot pasta recipes](#)
- [How to change a tire](#)