

Capstone: My Independence Action Plan

Name: _____ **Date:** _____

LEARNING OBJECTIVE

Students will synthesize the quarter's life skills — goal-setting, time management, budgeting, meal planning, cooking, laundry, communication, and decision-making — into one integrated personal independence plan.

MATERIALS NEEDED

- poster board or several sheets of paper stapled/bound together
- markers
- ruler
- all previous weeks' worksheets as reference

HANDS-ON ACTIVITY

1. Create a cover page titled 'My Independence Action Plan' with your name and today's date.
2. Build a 'Skills I've Practiced' page listing all 8 skills from this quarter, rating your own current confidence in each on a 1-5 scale.
3. Choose the 2 skills you rated lowest, and for each, write one new SMART goal using Week 1's framework to continue improving that skill over the next month.
4. Create a one-week sample plan combining at least 3 skills together in practice, such as grocery shopping within budget, cooking one planned meal, and doing one load of laundry, showing how these skills work together in real life.
5. Present your full plan to a parent or guardian, asking them to sign or initial it as a witness to your commitment, and ask them for one piece of feedback to add to your plan.

QUESTIONS

1. Which 2 skills did you rate lowest, and what SMART goal did you write for each?
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2. Describe one part of your sample week that combines at least 2 different skills together.
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3. What feedback did your parent or guardian give you, and how might you use it?
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4. **Looking back across the whole quarter, which single skill do you think will matter most for your independence in the next year, and why?**
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