

READING SKILLS LIST

CAN YOU:

1. Name letters?
2. Say the consonant sounds?
3. Say the vowel sounds (short and long)?
4. Use the meaning of the rest of the sentence to figure out an unknown word?
5. Use a dictionary to find the meaning of words?
6. Break words into syllables?
7. Find prefixes and suffixes in words?
8. Use prefixes and suffixes to figure out the meaning of a word?
9. Survey a chapter to determine main topics to be covered in the chapter?
10. Find and remember the main ideas in a paragraph?
11. Find and remember the details in a paragraph?
12. Form a "picture" of a story in your mind as you read?
13. Remember the sequence of a story or an event?
14. Organize concepts, ideas and facts as you read?
15. Ask yourself questions about what you've read?
16. Scan a reading passage to find the answers to questions?
17. Use what you already know about a topic to understand what you have read?
18. Learn the meaning of new vocabulary words?
19. Review the main points and important details of a chapter after you read it?
20. Use the table of contents and index of a book?
21. Use the glossary and appendices of a book?
22. Use charts and graphs to get key points from a chapter?
23. Locate specific books, journals, and articles in a library?
24. Name different types of literature?
25. Read for different purposes?

INDEPENDENT LIVING SKILLS LISTS

CAN YOU:

1. Organize and maintain possessions?
2. Bathe and groom self regularly?
3. Select clothes (choosing colors, styles, bargains)?
4. Interpret weather information and dress accordingly?
5. Wash, dry, and iron clothes?
6. Plan and cook balanced meals?
7. Store food; package and use leftovers?
8. Read and follow label directions?
9. Use cleaning materials safely?
10. Store hazardous materials and medicines?
11. Shop for food and living items?
12. Operate other household appliances (oven, microwave, dishwasher, vacuum, TV, Computer, DVD player, Smartphone.)?
13. Clean apartment/house?
14. Decorate and maintain an apartment/house?
15. Make basic home repairs?
16. Arrange for garbage/trash collection and utility services (i.e., water, gas, electricity, telephone)?
17. Keep and use a calendar and address book?
18. Use a telephone and telephone directory including the yellow pages?
19. Ask for and Give directions?
20. Use public transportation and read schedules?
21. Drive a car?
22. Maintain a car and fix a flat tire?
23. Read a map and interpret road signs?
24. Plan and take a trip?
25. Develop and maintain an exercise schedule?