

# Is Your Teen Ready for Life After High School?

The areas below represent skills that support independence, confidence, and healthy decision-making. Most teens are strong in some areas and still developing in others, that's normal. Use the boxes to reflect on your teen's readiness.

Confident  
Could Use  
More Practice  
Unsure

## SELF AWARENESS & EMOTIONAL RESILIENCE

- Recognize emotional signals and what they might be pointing to
- Recover from stress and refocus when things feel overwhelming
- Talk to themselves in ways that support growth and confidence
- Identify values and beliefs behind their decision making

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## COMMUNICATION & RELATIONSHIPS

- Express needs and feelings clearly
- Set boundaries with peers and adults
- Advocate for themselves respectfully
- Stay engaged in difficult conversations without escalation

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## DECISION-MAKING & INDEPENDENCE

- Making everyday decisions without constant external input
- Learning from mistakes rather than avoiding them
- Exploring options based on curiosity, not just expectations
- Tolerating uncertainty while decisions are still forming

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## ADULTING & FINANCIAL LITERACY

- Awareness of real-world costs and budgeting skills
- Self-directed habits for physical and mental wellbeing
- Managing basic logistics (appointments, schedules, deadlines)
- Taking responsibility for personal tasks and follow-through

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## CAREERS & OPPORTUNITIES

- Fundamentals of AI and impacts on the career landscape
- Think in skills and problems, not job titles
- Understand how opportunity is created and take action
- Make early choices that keep doors open rather than closed

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