

◇ Chapter 21
On Your Own

Relationship Skills

PLANNING YOUR FUTURE

The future can seem rather frightening to young people just striking out on their own. Employment, housing, transportation, and finances are among the many things young people worry about when moving away from home. Having well-defined goals and a plan of action can help relieve some of the stress of starting an independent life.

Directions: The chart below contains several categories that young people living independently need to consider. Each category lists several options. Check the appropriate lines, keeping in mind your goals and dreams for the future.

WHEN I GRADUATE FROM HIGH SCHOOL, I WANT TO . . .		
Goals	Housing	Transportation
<input type="checkbox"/> Go to college. <input type="checkbox"/> Learn a skilled trade. <input type="checkbox"/> Get a job. <input type="checkbox"/> Enter the military. <input type="checkbox"/> Other _____	<input type="checkbox"/> Get apartment alone. <input type="checkbox"/> Get apartment with friend. <input type="checkbox"/> Live with parents. <input type="checkbox"/> Live in dormitory. <input type="checkbox"/> Other _____	<input type="checkbox"/> Buy a new car. <input type="checkbox"/> Buy a used car. <input type="checkbox"/> Use public transportation. <input type="checkbox"/> Ride a bicycle. <input type="checkbox"/> Other _____
Finances	Health	Relationships
<input type="checkbox"/> Buy lots of nice things. <input type="checkbox"/> Start a savings account. <input type="checkbox"/> Invest for the future. <input type="checkbox"/> Worry about it later. <input type="checkbox"/> Other _____	<input type="checkbox"/> Get medical insurance. <input type="checkbox"/> Buy junk food. <input type="checkbox"/> Buy healthy food. <input type="checkbox"/> Exercise regularly. <input type="checkbox"/> Exercise occasionally. <input type="checkbox"/> Other _____	<input type="checkbox"/> Socialize with people at work or school. <input type="checkbox"/> Meet people by volunteering. <input type="checkbox"/> Spend time alone. <input type="checkbox"/> Engage in outside activities. <input type="checkbox"/> Other _____

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Thinking More Deeply

1. Identify your career goals, and outline projected dates by which each accomplishment will lead you toward those goals.

2. List some ways that you plan to control your spending.

3. What are the most important considerations in deciding what your living arrangements will be?

4. List some specific steps you will take to keep yourself healthy.

5. List three relationships, other than those with family members, that you will nurture for the rest of your life. Explain why each is important to you.
