

# Children's Bureau

## Independent Living Experiential Learning Documentation Form

Foster parents please record the activities completed with the youth for the month by placing a check mark in the box next to the corresponding activities. Each youth age 16 and older is required to have 3 hours of instruction a week. Document the time completed on the bottom of this form (with questions please refer to the example sheet or ask your case manager)

<b><u>ACADEMIC SUPPORT</u></b>	<b><u>POST-SECONDARY EDUCATIONAL/SUPPORT/MENTORING</u></b>	<b><u>BUDGET &amp; FINANCIAL MANAGEMENT</u></b>	<b><u>EMPLOYMENT/VOCATIONAL TRAINING</u></b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Learning to use the library (how to find a book, get a library card, ect.)</li> <li><input type="checkbox"/> Completion of homework (learning to study and complete homework appropriately)</li> <li><input type="checkbox"/> College applications (appropriate completion and submitting of college applications)</li> <li><input type="checkbox"/> College tours (arranging and attending tours at potential colleges)</li> <li><input type="checkbox"/> Preparation for SAT/ACT</li> <li><input type="checkbox"/> Review of good study skills</li> <li><input type="checkbox"/> Assistance with deciding on a college</li> <li><input type="checkbox"/> Completion of Twenty-first Century Scholars application</li> <li><input type="checkbox"/> Other:</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Filling out scholarship applications</li> <li><input type="checkbox"/> Trade preparations (research a trade; apply for trade school, ect.)</li> <li><input type="checkbox"/> Assistance with ETV completion</li> <li><input type="checkbox"/> Maintaining tutoring services.</li> <li><input type="checkbox"/> Assistance with completion of FAFSA (financial aide form for college)</li> <li><input type="checkbox"/> Vocational/Career Assessment and exploration</li> <li><input type="checkbox"/> Matching youth with a mentor</li> <li><input type="checkbox"/> Helping youth identify role-models through school, work or family life</li> <li><input type="checkbox"/> Other:</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Help creating a budget</li> <li><input type="checkbox"/> Balancing a check book</li> <li><input type="checkbox"/> Visiting a bank</li> <li><input type="checkbox"/> Review how to read and pay bills</li> <li><input type="checkbox"/> How to make a deposit and withdraw from a bank</li> <li><input type="checkbox"/> Review how to use a debit card</li> <li><input type="checkbox"/> Review importance of savings/ savings plan</li> <li><input type="checkbox"/> Understand dangers of credit cards and use of credit cars</li> <li><input type="checkbox"/> Learn about investment</li> <li><input type="checkbox"/> How to file taxes</li> <li><input type="checkbox"/> Understanding pay role taxes</li> <li><input type="checkbox"/> Planning for large purchases (car, ect)</li> <li><input type="checkbox"/> Using money orders</li> <li><input type="checkbox"/> Understanding the difference between a want and a need</li> <li><input type="checkbox"/> Understanding cost comparison (unit pricing, how to get the best price, avoiding brand names, ect).</li> <li><input type="checkbox"/> How to avoid scams</li> <li><input type="checkbox"/> Other:</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Job hunting (keeping an employment log)</li> <li><input type="checkbox"/> Filling out applications</li> <li><input type="checkbox"/> Creating a resume</li> <li><input type="checkbox"/> Mock job interviews</li> <li><input type="checkbox"/> Learning about/researching different careers</li> <li><input type="checkbox"/> Job shadowing</li> <li><input type="checkbox"/> Attending Job fairs</li> <li><input checked="" type="checkbox"/> Volunteering/community service</li> <li><input type="checkbox"/> Career planning (i.e. what is needed to be hired for a particular job)</li> <li><input type="checkbox"/> Following up after an interview</li> <li><input type="checkbox"/> Understanding a paycheck</li> <li><input type="checkbox"/> Understanding job benefits</li> <li><input type="checkbox"/> Learning traits of a good employee</li> <li><input type="checkbox"/> How to handle conflict in the work place</li> <li><input type="checkbox"/> Understanding how to leave a job on good terms</li> <li><input type="checkbox"/> Assist in obtaining ID's, birth certificates, child care</li> <li><input type="checkbox"/> Understanding appropriate social skills</li> <li><input type="checkbox"/> Obtaining transportation (understanding buses, getting drivers license, car insurance, ect.)</li> <li>Other:</li> </ul>

Client Name: John Doe Youth	Foster Parent Name: Ms. Foster Mom
Week of: November 15-21	Total Number of Hours: 3:25

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<p><b><u>HEALTH EDUCATION &amp; RISK PREVENTION</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Completing forms at the doctors office</li> <li>X How to make doctors appointments</li> <li><input type="checkbox"/> Understanding importance of exercise</li> <li><input type="checkbox"/> Learning to exercise</li> <li><input type="checkbox"/> Understanding good nutrition</li> <li><input type="checkbox"/> Learning basic first aide</li> <li><input type="checkbox"/> Understanding medications (i.e. how to take them, reading the bottle, importance of taking meds)</li> <li><input type="checkbox"/> Importance of hand washing</li> <li><input type="checkbox"/> Keeping medical records</li> <li><input type="checkbox"/> Introduction to insurance (co-pays)</li> <li><input type="checkbox"/> Educate about consequences of missing appointments</li> <li><input type="checkbox"/> Finding a doctor</li> <li><input type="checkbox"/> Cost of medical care</li> <li><input type="checkbox"/> Dangers of alcohol, drugs and tobacco</li> <li><input type="checkbox"/> Learning about emotional problems</li> <li><input type="checkbox"/> Risks of drinking and driving</li> <li><input type="checkbox"/> Learning about STD's, birth control, healthy relationships</li> <li><input type="checkbox"/> Healthy pregnancy</li> <li><input type="checkbox"/> Understanding consequences of teen pregnancy</li> </ul>	<p style="text-align: center;">And pregnancy prevention</p> <p>X Cooking and Healthy eating</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Choosing good produce</li> <li><input type="checkbox"/> Evaluating fast food menu</li> <li><input type="checkbox"/> Healthy snacks</li> <li><input type="checkbox"/> Kitchen and food cleanup</li> <li><input type="checkbox"/> Other:</li> </ul>	<p><b><u>YOUTH ENGAGEMENT</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Teach child appropriate leadership skills</li> <li><input type="checkbox"/> Discussing and teaching appropriate self advocacy</li> <li><input type="checkbox"/> Assist to identifying appropriate role models</li> <li><input type="checkbox"/> Civic engagement (i.e. volunteering, being concerned about the community and others).</li> <li><input type="checkbox"/> Teach importance of being aware of surroundings</li> <li><input type="checkbox"/> Reviewing and teaching of online safety and social networking</li> <li><input type="checkbox"/> Other:</li> </ul>	<p><b><u>HOUSING EDUCATION AND HOME MANAGEMENT TRAINING</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Teaching to do laundry</li> <li><input type="checkbox"/> Maintenance of a home (i.e. changing a light bulb, filters, ect.).</li> <li><input type="checkbox"/> Understanding home ownership</li> <li><input type="checkbox"/> Understanding utilizes (i.e. deposits, bills, ect.)</li> <li><input type="checkbox"/> Learning to keep a home safe and clean.</li> <li><input type="checkbox"/> Understanding insurance</li> <li><input type="checkbox"/> How to use tools</li> <li><input type="checkbox"/> Finding appropriate housing</li> <li><input type="checkbox"/> Reading a lease and inspecting a house prior to moving in</li> <li><input type="checkbox"/> Understanding lease rules and responsibilities</li> <li><input type="checkbox"/> Learning to move</li> <li><input type="checkbox"/> Filling out housing applications</li> <li><input type="checkbox"/> Fire safety</li> <li><input type="checkbox"/> Understanding benefits of having a roommate</li> <li><input type="checkbox"/> Teaching homelessness prevention (paying bills on time, maintaining job, ect.)</li> <li><input type="checkbox"/> Appropriate contacts in an emergency</li> <li><input type="checkbox"/> Handling of a housing crisis (i.e. how to use fire extinguisher, stopping a grease fire, where to go during a tornado, when it's appropriate to call 911)</li> <li><input type="checkbox"/> Appropriate landlord communications</li> <li><input type="checkbox"/> Other:</li> </ul>
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Client Name: John Doe Youth	Foster Parent Name: Ms. Foster Mom
Week of: November 15-21	Total Number of Hours: 3:25

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Please complete section below for each experiential instruction/activity that is checked above.

<b><u>Date:</u></b> November 15
<b><u>Start Time:</u></b> 10:00 am
<b><u>End Time:</u></b> 12:00 pm
<b><u>Description of Experiential Learning:</u></b>  Youth and foster mother volunteered in the church nursery providing care for 4-5 year olds while their parents attended the service. Foster mother supervised youth interaction with the children and assisted youth in understanding the needs of the kids. Youth helped with a craft.

<b><u>Date:</u></b> November 16
<b><u>Start Time:</u></b> 3:15 pm
<b><u>End Time:</u></b> 3:30 pm
<b><u>Description of Experiential Learning:</u></b>  _Foster mother assisted youth in looking up doctor contact information on the Intranet. Youth called the doctor's office to schedule a physical exam. Foster mother assisted him in providing the information needed (name, DOB, Medicaid number) and in securing a date. Youth did all speaking with the doctors office receptionist.

<b><u>Date:</u></b> November 17
<b><u>Start Time:</u></b> 5:25 pm
<b><u>End Time:</u></b> 6:35 pm
<b><u>Description of Experiential Learning:</u></b>  Youth assisted foster mother in making dinner (chopping vegetables, browning beef, boiling pasta, measuring, and mixing ingredients). Youth transferred meal into serving dish and set table for the family. Foster mother provided instruction on how to safely chop the vegetables, how to brown meat, how to know when pasta is finished cooking and how to use measuring spoons.

<b><u>Date:</u></b>
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<b><u>Start Time:</u></b>
<b><u>End Time:</u></b>
<b><u>Description of Experiential Learning:</u></b> <hr/> <hr/> <hr/> <hr/>

<b><u>Date:</u></b>
<b><u>Start Time:</u></b>
<b><u>End Time:</u></b>
<b><u>Description of Experiential Learning:</u></b> <hr/> <hr/> <hr/> <hr/>

<b><u>Date:</u></b>
<b><u>Start Time:</u></b>
<b><u>End Time:</u></b>
<b><u>Description of Experiential Learning:</u></b> <hr/> <hr/> <hr/> <hr/>

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