

Many people of all ages and socio-economic status lack knowledge and training necessary for acquiring basic life skills.

A life situation change such as:

- living on one's own for the first time,
- divorce, or
- death of a spouse,

can create circumstances for specific skills not previously needed.

Basic Living Skills is based on the premise that knowledge, skills, and motivation are needed to meet everyday physical, social, emotional and cognitive needs of individuals and families.

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For more information on Extension Family and Consumer

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<http://www.oznet.ksu.edu/facs/>

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BASIC Living Skills

Parenting
Foods and Nutrition
Job-Ready Skills
Home Maintenance
Apparel
Management
Time Management
Money Management
Family
Communications
Health and Wellness

Kansas State University
Agricultural Experiment Station and
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K-State Research and Extension presents the Basic Living Skills.
These materials will help individuals answer the following questions:

- What basic skills do I need for daily life?
- Which skills do I need to improve?
- What are my goals?
- How can I have healthier relationships?
- How can I better manage my time, money and skills?
- Plus many more



- Care for Self
- Understand
- Guide
- Nurture
- Motivate
- Advocate



- Handwashing
- Eating Healthy and Well
- Breakfast Is for Everybody
- Kitchen Basics: Measuring
- Kitchen Basics: Cooking
- Food Safety
- Make the Most of Your Food



- Job Interests and Skills
- Finding a Job
- Keeping a Job
- Problem Solving at Work



- Cleaning the Kitchen & Bathroom
- Reducing Clutter
- Basic Housekeeping



- Wardrobe Action
- Spot Attack
- Wash Wonders 101
- Drying Details
- Storage Solutions
- Make A Mends – Minor Repair



- Time: A Special Resource
- Time: Where it Goes
- Time: Do First Things First
- Time: Make Your Own Plan
- Time: The Stress Connection
- Time: Work Smarter, Not Harder



- Why Family Communication is Important
- Take Time to Listen
- How We Say It Makes a Difference
- The Impact of Unspoken Rules
- Handling Tough Times
- Having Fun Together



- Record keeping: The Facts of Your Life
- Banking Basics
- Credit: How to Get It, Use It, and Keep It
- Budgeting Basics



- Grooming and Personal Hygiene
- Home and Child Safety

Contact your county office: