



# Essential Living Skills

PUBLICATIONS

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Kansas State University Agricultural Experiment Station and  
Cooperative Extension Service

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Family Consumer  
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## Guidance at your fingertips

Life is full of possibility and potential. K-State Research and Extension can help you reach your goals and achieve success through the Essential Living Skills educational series, offering resources and information on job skills, budgeting, food and nutrition, child development and more.

Each component offers tools, learning opportunities and encouragement to simplify daily life and ease stress. Learn more about these categories below, and contact your extension agent for more information or to access resources.

### TITLE

#### **JOB-READY SKILLS**

Learn job-skill development through goal-setting exercises, job-skill assessment, resume writing and application protocols, and to help develop tools for handling a variety of job situations.

#### **ESSENTIAL FOOD, NUTRITION, AND PHYSICAL ACTIVITY SKILLS**

Develop skills related to food, nutrition, and physical activity including instruction and hands-on learning experiences related to food preparation, food safety, grocery budgeting, and making healthful choices for nutrition and physical activity.

#### **HOME MAINTENANCE AND SAFETY**

Learn safe, affordable cleaning methods; develop strategies for controlling clutter; and understand important factors in home safety.

#### **HEALTH & WELLNESS**

Learn the importance of essential healthful and grooming practices for optimal health and well-being.

#### **FAMILY COMMUNICATIONS**

Improve everyday communication in families by emphasizing skill-building and mindful communication techniques for improving family communication and interaction.

#### **TIME MANAGEMENT**

Assists, particularly those who are feeling overwhelmed, facing changes, or who lack management experience, to use your time wisely.

### TITLE

#### **MONEY MANAGEMENT**

Understand the importance of budgeting, banking, and saving important records.

#### **APPAREL MANAGEMENT**

Evaluate your personal and family wardrobes to make economical clothing purchases, learn basic sewing techniques, and practice sound laundry choices.

#### **STEPS TO HEALTHFUL AGING**

Introduces 12 healthful behavior practices that encourage optimal aging throughout the life span.

#### **UNDERSTANDING YOUR CHILD'S DEVELOPMENT**

Focuses on child development milestones and suggestions for soothing a crying baby and identifying illness in your infant.

#### **SAFE PRACTICES FOR YOUR INFANT**

Focus on safety issues many parents encounter and outlines safe sleep practices, car seat safety, and the importance of immunizations.

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