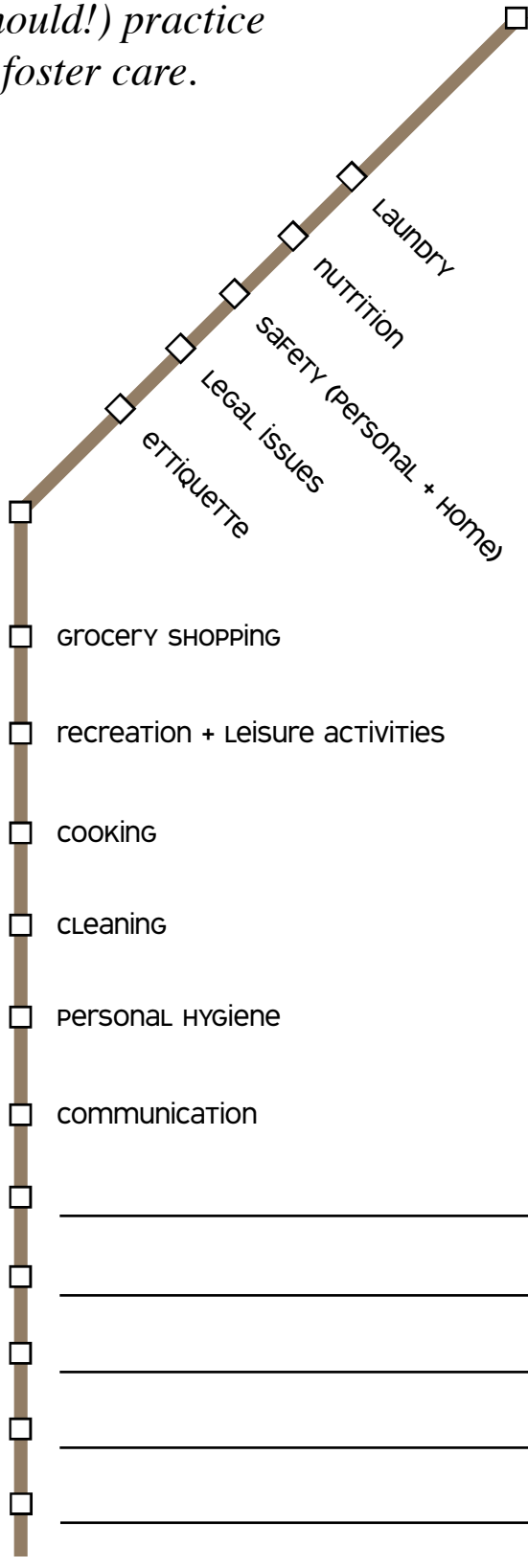
Got skills? There are a lot of life skills that you can (and should!) practice BEFORE you leave foster care.



One of the most important things you can do for yourself in developing your lifeskills is to identify one or more mentaors who you can rely on to help you learn how to do some of the things listed here.

There are lots of life skills you can learn and practice. We've listed some here, but we've left space for you to list others, too. We suggest you really check your knowledge by ataking the Ansell Casey Life Skills Assessment at www.caseylifeskills.com