

STUDENT HOME READINESS & LIFE SKILLS GUIDE

Preparing Students for Independent Living Through Practical
Home Education

What This Guide Is

- Education-only
- Optional
- Independent of leases, policies, programs, or institutions

Who This Is For

- Students & Families

Section 1: 5 Quick Home Readiness Tips

1. *Plan the Space Before Move In*

Dorms and apartments require strategy, not guesswork.

2. *Buy Only What Fits*

Measure first and coordinate with roommates to avoid waste.

3. *Create Study-Friendly Zones*

Environment impacts focus, sleep quality, and mental health.

4. *Learn Basic Home Care Skills*

Cleaning, organizing, and upkeep are essential life skills.

5. *Build Independence Through Preparation*

A prepared student transitions more confidently.

Section 2: Move-In Prep What to Do Before Day 1

- Review lease responsibilities
- Confirm housing rules and expectations
- Coordinate shared items with roommates
- Measure room dimensions
- Plan storage solutions
- Establish routines early

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Section 3: How to Create a Low-Stress Home Setup

A well-organized space:

- Reduces anxiety
- Improves academic focus
- Builds responsibility
- Supports emotional well-being

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