

SEPTEMBER

MONDAY

Iron a shirt.

TUESDAY

Call to schedule a haircut.

WEDNESDAY

Cook dinner for your family.

THURSDAY

Confirm you have accommodations set up for taking the SAT.

FRIDAY

Use and empty the vacuum cleaner.

Independently fold, hang up, and put away laundry.

Find out about financial aid forms for college or postsecondary training.

Call to schedule a doctor appointment.

Check/record messages on an answering machine or voicemail system.

Use a coin-operated machine (i.e., vending, gumball, laundry).

Balance a bank statement.

Join an after-school club, sport, or volunteer opportunity.

Describe personal reading media/aid preferences for specific subjects.

Schedule a ride via Uber or Lyft.

Treat a stain and launder clothing appropriately.

Independently use a hair dryer, curling iron, or flat iron.

Order a meal online or on the phone for delivery.

Create a menu for the week.

Clean the oven and stovetop.

Seniors: Create a list of tests, fees, and deadlines for college applications.

INSTRUCTIONS

Choose at least three activities each week for your child to do as homework.

Check the square when an activity has been completed.

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High School | Amanda English | 2020

PARENT SIGNATURE: _____

OCTOBER

MONDAY

Iron a pair of pants or a skirt, or use a wrinkle-release spray.

TUESDAY

Gather materials to obtain a state ID.

WEDNESDAY

Cook breakfast for your family.

THURSDAY

Rake leaves and find out how to dispose of them.

FRIDAY

Clean the shower in your bathroom.

Wash the sheets and blankets on your bed.

Set up a meeting with a disability resource center at a university or college.

Find out how to pay a phone bill.

Create a system for organizing important papers.

Secure a ride home from a friend.

Use PayPal, Venmo, or other online payment system.

Start creating a resume.

Talk to a teacher about an assignment and get assistance without help.

Seniors: Time to apply for early consideration for college.

Make a recipe from a pre-made mix (i.e., muffins, cookies). Get directions digitally.

Clip and file your fingernails.

Use a phone app (e.g., Aira, Be My Eyes) to get assistance in public.

Using an oven, make a dessert or seasoned pumpkin seeds for the family.

Plan a community service outing. Take the city bus to get there.

Change the batteries in your smoke detector.

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NOVEMBER

MONDAY

Dress for success: Pick out a professional outfit.

TUESDAY

Write an essay for a college application.

WEDNESDAY

Pack your lunch for tomorrow.

THURSDAY

Put away deck furniture and potted plants.

FRIDAY

Clean the toilet in your bathroom.

Sweep and wash the floors in the bathroom.

Gather resources for postsecondary/college training.

Help plan a Thanksgiving meal with your parent.

Enable VoiceOver or text-to-speech on your phone.

Determine accommodations for college entrance exams.

Order groceries online with a parent.

Meet with your counselor to discuss your transition needs.

Make a pumpkin pie.

Plan a college visit.

Shop for a gift for a friend.

Shave your face, legs, or underarms.

Find out how to use an online platform (e.g., Zoom, Google Hangouts).

Bake and decorate cookies.

Plan a grocery trip and how to get your groceries home.

Wash out the refrigerator shelves and drawers.

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DECEMBER

MONDAY

Organize your closet by types of clothing or outfits.

TUESDAY

Complete essays for college applications. Have a teacher proofread.

WEDNESDAY

Make and pack your lunch for school.

THURSDAY

Disinfect your technology devices.

FRIDAY

Use social media to stay connected with a school group.

Dust your bedroom.

Have school send transcripts to colleges of your choosing.

Shop for a gift or purchase something online.

Find out where your birth certificate and social security card are stored.

Shovel snow for a relative or neighbor.

Learn how to lace a pair of boots.

Bake a dessert.

Wrap a gift.

Seniors: Time to apply for early consideration for college.

Sort your laundry, wash, and dry.

Clip your toenails.

Load an audio book on your smart device.

Make an appetizer and bake it in the oven.

Go for a walk in the snow.

Make French toast on a skillet or on the stove.

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JANUARY

MONDAY

Empty the dishwasher or put away clean dishes.

TUESDAY

Mail a package at the post office.

WEDNESDAY

Make a pot of soup.

THURSDAY

Organize your folders and dispose of unnecessary files.

FRIDAY

Independently visit a friend or relative.

Load staples in a stapler.

Wipe the salt off your snow boots.

Shop for groceries, bring them home, carry them inside, and put them away.

Organize a pantry or cupboard so you can find food items.

Create a contact list in your phone or smart device.

Learn how to plunge a clogged toilet.

Seniors: Time to fill out a FAFSA application for financial aid.

Make a casserole.

Organize cords and chargers for technology devices.

Determine how to identify the contents of various cans in your cupboard.

Learn how to salt the driveway.

Make a playlist on your smart device.

Learn how to clean a cut and put on a bandage.

Go sledding with friends.

Dice vegetables to use in stew or soup.

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FEBRUARY

MONDAY

Clean/organize your purse, wallet, backpack, or tote bag.

TUESDAY

Learn how to report a crime.

WEDNESDAY

Change a light bulb.

THURSDAY

Tie a necktie.

FRIDAY

Use dental floss daily.

Vacuum a carpeted stairway.

Follow the appropriate steps at a cafeteria/buffet, choose your food.

Appropriately store leftover food.

Seniors, keep track of colleges you've applied to and essays you've sent.

Bake muffins.

Learn how to remove pet hair from furniture.

Blow-dry and style your own hair.

Find out how to handle if a credit card number gets stolen.

Find a location other than the post office to purchase stamps.

Find out how to vote and get an absentee ballot.

Find out how to use a laundromat.

Schedule an appointment with the dentist.

Make a frozen pizza.

Learn a new winter activity (e.g., skiing, snowshoeing, ice fishing).

Use a food processor or blender.

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MARCH

MONDAY

Find a slow cooker recipe online for a roast; peel the potatoes and carrots.

TUESDAY

Describe how your eye condition impacts daily activities.

WEDNESDAY

Bring the garbage can out to the curb for garbage pickup.

THURSDAY

Return soda/pop cans to the store.

FRIDAY

Set a personal goal and make a timeline for how you'll achieve it.

Find a list of extracurricular events in your school or community.

Help your family plan a trip and get the driving directions.

Bake a breakfast casserole.

Make and frost a cake.

Return something to the store that you purchased but do not want.

Sort your laundry, and then wash and dry it.

Schedule a hair appointment and plan how you'll get there.

Plan a garden or what you can plant in pots. Order or purchase seeds.

Sweep and mop the bathroom floor.

Change the sheets on your bed.

Use a GPS and set points of interest.

Check your personal and school email daily.

Role play a job interview.

Contact American Red Cross for a safety training.

Discuss laws, rules, and social behavior for a variety of locations.

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APRIL

MONDAY

Contact the state agency that provides services for visually impaired.

TUESDAY

Complete essays for college scholarships and proofread.

WEDNESDAY

Schedule personal reader(s).

THURSDAY

Make a plan for reading your personal non-electronic mail.

FRIDAY

Use social media to stay connected with a school group or club.

Contact a company that sells adaptive technology.

Find the hours of operation for a business you go to.

Wipe a toilet seat or use a seat protector to ensure sanitary conditions.

Visit a cafeteria or food court. Order and manage carrying your food.

Express your gratitude for assistance.

Visit a guide dog school.

Independently follow a recipe.

Water the plants in your home and make sure there is a drip tray underneath.

Learn how to unclog a sink.

Use a nail and hammer to hang a picture or make a small repair.

Tighten a loose screw on a piece of furniture.

Do a full load of laundry; fold and put away clothes.

Make a grilled cheese sandwich.

Dust your bedroom.

Check if your school has a "get ready for college" social media page.

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MAY

MONDAY

Visit a dry-cleaner and find out the services they provide.

TUESDAY

Purchase a graduation card for a friend.

WEDNESDAY

Find out how to endorse a check. Use a signature guide if needed.

THURSDAY

Organize a bathroom cabinet.

FRIDAY

Replace toilet paper roll that has run out.

Check to see if your clothes fit for the summer.

Practice applying sunscreen (spray or lotion).

Learn how to use a fire extinguisher and find the expiration date.

Find out how to send in your technology devices for maintenance.

Learn how to refill medication prescriptions.

Review your emergency contact information.

Use a task list to prioritize your week.

Visit your bank and find out how to withdraw/deposit funds.

Complete a job application.

Demonstrate how to use items in a first-aid kit.

Understand dangers that can occur on a date.

Inform others about your own impairment and related needs.

Determine location of a service desk at an unfamiliar store.

Order and pick up takeout food at a local restaurant.

Pick up a prescription at a pharmacy (with assistance, if needed).

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SUMMER

MONDAY

Plan a college visit.

TUESDAY

Find a part-time summer job.

WEDNESDAY

Set up a subscription with National Library Service or free book service.

THURSDAY

Research accessible apps to use on your phone or tablet.

FRIDAY

Volunteer at a local food bank, shelter, or community event.

Gather supplies and wash the windows in the house.

Go fishing, kayaking, boating, or hiking.

Plan a trip to the beach. Use GPS to get there.

Call a friend and schedule a get together.

Practice phone keypad letter/number correspondence (2=ABC, 3=DEF, etc.)

Use an ATM with assistance.

Write a letter to new teachers about your accommodations.

Plan and go on a picnic. Make and pack the food.

Find an online fitness class or app.

Clean out your closet and organize your clothes.

Develop a budget for a future purchase.

Order a meal online or on the phone and schedule to be delivered.

Create a menu for the week.

Shop for clothing and have a clerk help you find an outfit.

Wash and cut up fruit for a fruit salad.

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