



# Essential Living Skills

## PUBLICATIONS

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Kansas State University Agricultural Experiment Station and  
Cooperative Extension Service

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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(s), resume writing and application protocols, and 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 with 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 healthful living and essential grooming practices for optimal health and well-being.

#### FAMILY COMMUNICATIONS

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

#### TIME MANAGEMENT

Assists those who are feeling overwhelmed, facing changes, or who lack management experience, to use 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 behavioral practices that encourage optimal aging throughout the life span.

#### UNDERSTANDING YOUR CHILD'S DEVELOPMENT

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

#### SAFE PRACTICES FOR YOUR INFANT

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

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