

## LIFE SKILLS

Often life gives us opportunities to learn skills to improve our circumstances. There are always new things to learn to help make our lives easier. This unit is designed to help you improve your life or to teach you a practical life skill.

### Life skills areas

- Financial Planning - budgeting
- Diet/ Nutrition/ Health/ Exercise/ Hygiene
- Employment and Education - Resume writing, cover letters, applying for secondary or tertiary education
- Housing - finding appropriate places to live with children
- Centrelink - forms and entitlements
- Directory of welfare agencies and other services

You may not feel all of these areas are relevant. However, the ideas contained here may provide some interesting and different ways for you to make your life a little bit easier.