

Life Skills Remote Teaching Cheat Sheet

PART 1 OF 2

50 skills across 5 domains -- fastest remote teaching method, practice task, and YouTube search string for each

HOW TO USE THIS CHEAT SHEET

Pick 5-7 skills your student hasn't mastered before move-in. Use the "Remote Method" column to teach over FaceTime or a shared screen. Assign the "Practice Task" for them to complete solo and report back. YouTube search strings find the best instructional video for hands-on skills. For full mastery tracking, use the Google Sheet version with ratings (N / P / I) and a "By when" column.

DOMAIN 1: HEALTH AND BODY (SKILLS 1-10)				
#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK (SOLO, REPORT BACK)	YOUTUBE SEARCH STRING
1	Schedule a doctor or urgent care appointment	FaceTime while they make an actual call to a clinic or urgent care near campus	Book one real appointment (even a routine checkup) and share the confirmation	"how to make a doctor appointment phone call"
2	Fill a prescription and understand dosage	Walk through an actual prescription label together over video; cover: Rx number, dosage, refills, interactions	Pick up one prescription on their own and text you a photo of the label	"how to read a prescription label"
3	Recognize urgent care vs. ER symptoms	Review a symptom chart together; quiz them on 5 real scenarios (fever + rash, broken bone, chest pain, etc.)	Write down 3 scenarios and which facility they'd choose, and explain why	"urgent care vs emergency room when to go"
4	Understand their health insurance card	Pull up the physical card or app together; explain: group number, member ID, co-pay, deductible, network	Call the member services number on the card and ask one coverage question	"how to read your health insurance card"
5	Know what a co-pay is and how to pay at a clinic	Explain the billing flow: insurance + co-pay + EOB; role-play a clinic check-in conversation	Find the co-pay amount for their plan and write down what to say at the front desk	"what is a copay health insurance explained"
6	Manage a basic first aid situation	Send a first aid kit before college; FaceTime through treating a cut, burn, or sprain with what's in the kit	Stock a basic first aid kit and photograph the contents; identify what each item is for	"first aid basics cuts burns sprains"
7	Get adequate sleep despite social environment	Share sleep research; build a pre-sleep routine together on a shared doc or phone note	Track their sleep for one week using a phone app; share the data	"college sleep tips improve sleep quality dorm"
8	Recognize mental health distress in self and others	Share the campus counseling center number; talk through what burnout, anxiety, and depression look like in everyday behavior	Find and save campus counseling center number and the 988 Lifeline in their contacts	"college student mental health warning signs"

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK (SOLO, REPORT BACK)	YOUTUBE SEARCH STRING
9	Cook 5 nutritious meals independently	Cook the same meal over FaceTime on the same night; start with one-pot meals that work on a hot plate or microwave	Cook one meal completely alone and text you a photo of the finished dish	"easy college dorm meals no kitchen"
10	Buy groceries for a week on a budget	Set a \$60 challenge; review the receipt together after; identify where they overspent or under-planned	Complete one full week's grocery run on a \$60 budget and send you the receipt	"grocery shopping on a budget college student"



DOMAIN 2: MONEY (SKILLS 11-20)

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
11	Build and follow a monthly budget	Create a shared Google Sheet budget for their first semester together on a video call	Track every expense for 2 weeks and compare to the budget you built together	"how to budget college student beginner"
12	Read a bank statement and identify errors	Pull up their last bank statement on a shared screen; go line by line; find one charge they don't recognize	Review their most recent statement and flag any charges they can't explain	"how to read a bank statement"
13	Understand credit cards and how interest works	Show the math: \$1,000 at 24% APR, minimum payments only; use a compound interest calculator together	Calculate what a \$500 balance costs if paid over 12 months at their card's APR	"how credit card interest works explained simply"
14	Avoid overdraft fees, manage linked accounts	Walk through their banking app settings together; turn on low-balance alerts; disable overdraft if possible	Set a low-balance alert at \$50 and screenshot the confirmation	"how to avoid overdraft fees bank account"
15	File basic taxes or know when to ask for help	Use their last W-2 to walk through a free filing tool (VITA or FreeTaxUSA) together on screen share	Locate their W-2 or 1099 from any job; identify which tax form they'd need to file	"how to file taxes first time college student"
16	Understand a financial aid award letter	Pull up their award letter; explain subsidized vs. unsubsidized loans, grants vs. loans, disbursement timeline	List every item on their award letter and categorize each as grant, loan, or work-study	"how to read a financial aid award letter"
17	Know when and how to ask for a payment extension	Role-play a call to a billing department; practice the exact script: "I'd like to request a short extension on my balance, I can pay [X] by [date]"	Write out the script they'd use to request a 2-week extension on a bill	"how to negotiate a payment plan bill"
18	Split shared expenses with roommates fairly	Introduce Splitwise; walk through adding a shared expense and settling up; agree on rules together	Set up a Splitwise group with their roommate(s) before move-in and add the first shared expense	"how to use Splitwise roommates"
19	Protect against financial scams targeting students	Show 3 real scam examples (financial aid refund, fake scholarship, IRS impersonation); discuss the red flags	Find one example of a scam targeting college students and explain the red flags in their own words	"financial scams targeting college students 2025"

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
20	Understand renter's insurance and why it matters	Get a quote together online (Lemonade or similar, under \$15/month); walk through what it covers vs. doesn't	Get one online quote for renter's insurance for their campus address	"renters insurance explained college student"

Life Skills Remote Teaching Cheat Sheet (continued)

PART 2 OF 2

Domains 3-5: Home and Safety, Social and Legal, Career and Future

 DOMAIN 3: HOME AND SAFETY (SKILLS 21-30)				
#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
21	Do laundry correctly (sorting, settings, drying)	Have them do a load at home while you watch on FaceTime; cover sorting, settings, drying temperatures, lint trap	Do one full load (wash + dry + fold) without any help; report back	"how to do laundry for beginners step by step"
22	Keep a living space clean on a consistent schedule	Build a 20-minute weekly cleaning routine together on a shared note; start with the 3 non-negotiables	Clean their room on a schedule for 2 weeks and check in about how it went	"college dorm cleaning routine quick"
23	Respond to a fire alarm appropriately	Walk through the dorm's evacuation plan together on FaceTime; identify exits, meeting point, what to grab	On the first day on campus, walk the evacuation route and text you a photo of the exit map	"dorm fire safety what to do fire alarm"
24	Know where the breaker box is and how to reset it	Walk through their dorm or apartment over video; locate the breaker box; practice the verbal reset steps	Find the breaker box in their building and text you its location	"how to reset a tripped circuit breaker"
25	Report a maintenance issue (written, with photos)	Draft the first maintenance request together; teach: describe the issue specifically, include location, attach photos	Write a practice maintenance request for a hypothetical issue in their room	"how to write a maintenance request apartment"
26	Read and understand a lease or housing contract	Go through every clause of their first lease together before they sign; flag: subletting, early termination, guest policy	Find 3 clauses in their lease they didn't understand and look them up; explain each in plain English	"how to read an apartment lease first time renter"
27	Understand what a security deposit covers	Walk through a move-in inspection checklist together; explain: normal wear and tear vs. damage; how to document	Photograph every wall, floor, and fixture on move-in day and email them to themselves with a time stamp	"security deposit how to get it back move-in inspection"
28	Respond correctly to a car problem	Walk through AAA membership setup or a roadside assistance app; cover: flat tire, dead battery, out of gas, lockout	Set up roadside assistance (AAA or through insurance) and save the number in their phone	"what to do if your car breaks down roadside"
29	Cook safely (fire, cross-contamination, food storage)	FaceTime during a cooking session; address cross-contamination, proper cooling, storage times in real time	Practice proper chicken handling and storage; text you the internal temp it should reach	"food safety basics kitchen college student"

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
30	Know basic medication and cleaning product safety	Review the labels on common products in their dorm room together; cover: mixing bleach and ammonia, medication storage, expiration dates	Check the expiration dates on 3 medications and the labels on 2 cleaning products they'll bring to school	"household chemical safety what not to mix"



DOMAIN 4: SOCIAL AND LEGAL (SKILLS 31-40)

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
31	Communicate proactively when missing a deadline	Role-play the email to a professor; contrast apologizing vs. explaining; show what a proactive email looks like vs. an after-the-fact one	Write the email they'd send a professor if they missed a class they needed to be at	"how to email a professor about missing class"
32	Navigate a roommate conflict without escalating	Walk through a specific scenario; practice the opening sentence: "I want to talk about something that's been bothering me"	Write the opening lines they'd use to bring up a real (or hypothetical) roommate conflict	"how to talk to your roommate about a problem"
33	Advocate in an academic dispute (grade, policy)	Draft a professional dispute email together; cover: state the issue clearly, provide evidence, make a specific ask, keep tone neutral	Write a practice email disputing a hypothetical grade with specific reasoning	"how to email professor about grade dispute"
34	Understand consent, campus policies, and Title IX	Walk through their campus's published Title IX resources and reporting process together online	Find and save the Title IX coordinator's contact information for their campus	"what is Title IX college students rights"
35	Recognize and respond to a friend in mental health crisis	Share the 988 Suicide and Crisis Lifeline protocol; discuss what to say, what not to say, when to call for help	Save 988 in their contacts and write down 2 things they'd say and 2 things they'd avoid saying to a friend in crisis	"how to help a friend in mental health crisis"
36	Know what to do if contacted by law enforcement	Cover the basics: remain calm, do not argue, do not consent to a search without a warrant, call a parent or campus legal aid immediately	Find their campus's student legal services office and save the contact	"what to do if stopped by police student rights"
37	Write a professional email to professor, employer, or landlord	Review 3 of their recent emails together; workshop subject lines, salutations, sign-offs, and request clarity	Write a cold email to a professor asking about research opportunities; share for feedback	"how to write a professional email college student"
38	Navigate a difficult conversation without stonewalling	Practice one hard conversation at home before they leave -- a real one, not hypothetical; debrief what worked	Initiate one mildly uncomfortable conversation (with you, a sibling, or a friend) and report back how it went	"how to have a difficult conversation"
39	Understand campus alcohol and substance policies	Read the student handbook together; no-judgment conversation about what the actual policies are and what the consequences look like	Find and summarize the alcohol policy for their specific residence hall	"college alcohol policy residential life consequences"

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
40	Protect personal information; practice digital security	Set up two-factor authentication together on their school account, bank account, and email; cover: password managers, phishing, public WiFi risks	Enable two-factor authentication on 3 accounts and install a password manager	"two factor authentication how to set up phone"



DOMAIN 5: CAREER AND FUTURE (SKILLS 41-50)

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
41	Update a resume and tailor it to a specific posting	Build their resume together over a video call; do a mock tailoring exercise for one real job posting	Tailor their resume to one job or internship posting and share the result	"college student resume no experience template"
42	Write a professional cover letter	Review 2-3 examples together; draft one for a real or hypothetical posting on a shared doc	Write a cover letter for one posting and share for review before sending	"how to write a cover letter college student entry level"
43	Prepare for and conduct a job or internship interview	Run a practice interview over video; use real questions from Indeed or Glassdoor; debrief honestly	Record a 2-minute answer to "tell me about yourself" and share the video	"common job interview questions and answers entry level"
44	Follow up after an interview or networking meeting	Write the follow-up email together immediately after the mock interview; cover: timing (within 24 hrs), specific detail from the conversation, brief reiteration of interest	Write a sample follow-up email after a mock interview; send it as a practice draft	"how to write a thank you email after interview"
45	Understand workplace communication norms	Share specific examples from your own career: response time expectations, how to address a manager, how to handle a mistake you made at work	Write the email they'd send a manager to report a mistake they made at an internship	"professional communication norms workplace beginner"
46	Set up and maintain a LinkedIn profile	Review their existing profile (or build one from scratch) together; add or improve: headline, summary, experience, skills, photo	Connect with 5 people they actually know and add one skill or experience to their profile	"LinkedIn profile tips college student beginner"
47	Manage time across multiple competing commitments	Walk through a weekly planning system together; introduce time-blocking using a shared calendar; show what a realistic week looks like	Build a full week's schedule including classes, study blocks, meals, social time, and any work or activities	"time blocking college student weekly schedule"
48	Ask for help proactively before a crisis	Have the direct conversation: tell them what you wish you had done differently; explain what proactive help-seeking looks like at work and in school	Identify one class or situation where they'd typically wait too long to ask for help; write out when and how they'd ask earlier	"how to ask for help at work or school"
49	Accept and apply constructive feedback	Practice giving them genuine feedback about something real (their resume, a decision they made); debrief how it felt and how they'd respond in a work context	Ask a teacher, coach, or employer for one piece of real feedback and write a 3-sentence response to it	"how to take constructive criticism at work"

#	SKILL	FASTEST REMOTE METHOD	PRACTICE TASK	YOUTUBE SEARCH STRING
50	Build a reference relationship with a professor or supervisor	Walk through how to approach a professor for a letter: when to ask (end of a strong semester), how to ask, what to give them (resume, context), how to follow up gracefully	Write the email they'd send a professor asking if they'd be willing to serve as a reference	"how to ask a professor for a letter of recommendation"

For full mastery tracking with N/P/I ratings and a "By when" column, download the Life Skills Mastery Tracker (Google Sheet) at [universityparent.com](https://www.universityparent.com). Use the Mastery Tracker as a living document -- revisit at Thanksgiving and spring break to update ratings and add new skills. Sources: SHRM (2023), ResumeBuilder (2023), NACE (2024), CFPB (2024), TransUnion (2022).