

Planning for Independence

Objective

To identify and plan for the skills and resources you will need to maintain your personal health and well-being as you transition to independent living.

Instruction

<p>1. Self-Assessment:</p> <p><input type="checkbox"/> Personal Reflection: Write a brief reflection on your current understanding of your personal health and well-being needs. Consider the following questions:</p> <ul style="list-style-type: none"> • <i>What are your strengths and weaknesses when it comes to managing your health and well-being?</i> • <i>What are your priorities in terms of physical, mental, social, and emotional health?</i> 	<p>2. Skills and Resources Inventory:</p> <p><input type="checkbox"/> Skills Identification: List and describe 3-5 key skills that you believe are essential for maintaining your personal health and well-being as you become more independent. Examples might include budgeting, time management, cooking, or stress management.</p> <p><input type="checkbox"/> Resources Identification: Identify and describe 3-5 resources you will need or might need to support your independence. These could include access to health care, community services, or online resources.</p>
<p>3. Support Network Plan:</p> <p><input type="checkbox"/> Support Needs: Based on your self-assessment, outline what type of support you might need (e.g., emotional, practical, or professional).</p> <p><input type="checkbox"/> Support Network: Create a plan detailing how you will access this support. Consider both immediate and long-term strategies. For example, how will you stay connected with family or friends, or where will you seek help if you face challenges?</p>	<p>4. Action Plan:</p> <p><input type="checkbox"/> Develop an Action Plan: Create a detailed action plan on how you will develop the skills and access the resources you have identified. Include specific steps and timelines for acquiring these skills and accessing these resources. For example:</p> <ul style="list-style-type: none"> • <i>How will you learn to cook nutritious meals?</i> • <i>What steps will you take to improve your time management?</i> • <i>How will you budget for monthly expenses?</i>
<p>Scenario Analysis:</p> <p><input type="checkbox"/> Hypothetical Scenario: Imagine a challenging situation that might arise once you are living independently (e.g., increased stress due to academic or work pressures, feelings of loneliness, or a mental health crisis). Describe how you would use the skills and resources from your action plan to address this challenge.</p>	

Submission Requirements

Possible Formats:

- Multimedia presentation
- Infographic
- Written report
- Podcast
- Blog/webpage
- Personal development plan binder (physical or digital)
- Other

Evaluation Criteria

Your assignment will be evaluated based on the following detailed criteria. You can use this as a checklist before you submit your final product.

1. Clarity and Depth of Self-Assessment:

- Insightfulness: Does the reflection provide a clear understanding of your current personal health and well-being strengths and challenges?
- Relevance: Are the personal reflections directly related to managing health and well-being?
- Depth: Does the reflection go beyond surface-level observations and delve into specific health needs and strategies you currently use?

2. Comprehensiveness of Skills and Resources Inventory:

- Identification of Skills: Are 3-5 essential personal health and well-being skills identified, with clear descriptions of why each skill is important for maintaining personal health and well-being?
- Identification of Resources: Are 3-5 crucial resources identified, with detailed descriptions of how each resource supports your independence?
- Relevance: Are the skills and resources chosen relevant to your anticipated needs as you become more independent?

3. Practicality of Support Network Plan:

- Support Needs: Is there a clear outline of the types of support you might need, and is this based on your self-assessment?
- Support Network: Does the plan detail specific, realistic strategies for accessing support? Are both immediate and long-term strategies included?
- Implementation: Are the methods for staying connected with mental health resources or support networks feasible and well thought out?

4. Detail and Feasibility of Action Plan:

- Specific Steps: Are the steps outlined in your action plan detailed and specific? For example, how will you implement stress management techniques or seek professional help?
- Timeline: Is there a clear and realistic timeline for acquiring skills and accessing resources?
- Practicality: Are the steps and actions you plan to take practical and achievable given your current situation?

5. Effectiveness of Scenario Analysis:

- Scenario Relevance: Is the hypothetical scenario relevant to the challenges you might face when living independently?
- Application of Skills and Resources: Does the analysis effectively demonstrate how you would use the identified skills and resources to address the challenge?
- Problem-Solving: Is there a clear, thoughtful approach to solving the problem, showing how you would apply your action plan in a real-life situation?

Date : _____

Name: _____

	Met	Developing	Not Met
<p>Clarity and Depth of Self-Assessment:</p> <p>Insightfulness: Does the reflection provide a clear understanding of your current personal health and well-being strengths and challenges?</p> <p>Relevance: Are the personal reflections directly related to managing health and well-being?</p> <p>Depth: Does the reflection go beyond surface-level observations and delve into specific health needs and strategies you currently use?</p>			
<p>Comprehensiveness of Skills and Resources Inventory:</p> <p>Identification of Skills: Are five essential personal health and well-being skills identified, with clear descriptions of why each skill is important for maintaining personal health and well-being?</p> <p>Identification of Resources: Are five crucial resources identified, with detailed descriptions of how each resource supports your independence?</p> <p>Relevance: Are the skills and resources chosen relevant to your anticipated needs as you become more independent?</p>			
<p>Practicality of Support Network Plan:</p> <p>Support Needs: Is there a clear outline of the types of support you might need, and is this based on your self-assessment?</p> <p>Support Network: Does the plan detail specific, realistic strategies for accessing support? Are both immediate and long-term strategies included?</p> <p>Implementation: Are the methods for staying connected with mental health resources or support networks feasible and well thought out?</p>			
<p>Detail and Feasibility of Action Plan:</p> <p>Specific Steps: Are the steps outlined in your action plan detailed and specific?</p> <p>Timeline: Is there a clear and realistic timeline for acquiring skills and accessing resources?</p> <p>Practicality: Are the steps and actions you plan to take practical and achievable given your current situation?</p>			
<p>Effectiveness of Scenario Analysis:</p> <p>Scenario Relevance: Is the hypothetical scenario relevant to the challenges you might face when living independently?</p> <p>Application of Skills and Resources: Does the analysis effectively demonstrate how you would use the identified skills and resources to address the challenge?</p> <p>Problem-Solving: Is there a clear, thoughtful approach to solving the problem, showing how you would apply your action plan in a real-life situation?</p>			
<p>Comments</p>			