

Scouts BSA Test Lab: Life Skills



Name of Scout: _____

Scout Unit Number: _____

Name of Adult Leader Supervising Test Lab: _____

Requirements

1. Health. Do the following:

- A. Describe the steps to make a doctor's appointment.
- B. Locate the hospital or urgent care center closest to your home.
- C. Explain what health insurance is and why it is important to have.
- D. Identify 5 ways to practice medication safety at home.
- E. Describe what information should be included in your personal health record and create one for yourself.
- F. Identify 5 everyday situations where first aid would be required and what to do when first aid is needed.

Date all completed: _____

2. Household. Do the following:

- A. Explain the steps required to do laundry. With your parent or guardian's permission, wash and dry one load of laundry.
- B. Explain the steps required to iron clothes. With your parent or guardian's permission, demonstrate how to iron two different articles of clothing.
- C. Demonstrate your knowledge of sewing by sewing a patch or button on a shirt or pair of pants.
- D. Explain the importance of maintaining a clean household. Describe why it is important to control clutter. Demonstrate your knowledge by cleaning your bedroom, bathroom, or kitchen.
- E. Demonstrate how to set a casual dining table and a formal dining table.

Date all completed: _____

3. Money. Do the following:

- A. Explain what is required to open a bank account and compare the differences between a traditional bank, an online bank, and a credit union.
- B. Explain the importance of saving money.
- C. Explain what online bill pay is and compare the pros and cons of paying your bills online.
- D. Describe how a credit card works, the reasons to get a credit card, the costs you may incur by using a credit card, and how to use a credit card effectively.

Date all completed: _____

4. Social. Do the following:

- A. Demonstrate how to properly introduce yourself in a social situation.
- B. Explain what social etiquette means and how to practice it.
- C. Explain what it means to set personal boundaries and what to do when those boundaries are crossed.
- D. Create a list of similarities and differences of the members of a group you are involved with (troop, school club, sports team, etc.). Share this list with your counselor and describe how these similarities and differences affect the group.
- E. Explain how equity is different from equality. Describe a situation that might exist in school, sports, an extra-curricular activity or Scouting that could result in inequity.
- F. Give six examples of appropriate table manners

Date all completed: _____

5. Self-Care. Do the following:

- A. Explain what self-respect means and how you can demonstrate it.
- B. Explain to your counselor what might cause stress and how to manage it.
- C. Explain the importance of good personal hygiene and give examples of how to practice it.
- D. Explain the benefits of exercise and demonstrate three types of exercise found in the fitness section of your Scouts BSA handbook.

Date all completed: _____

6. Employment. Do THREE of the following:

- A. Create a resume and review it with your counselor.
- B. Write a cover letter for a job posting and review it with your counselor.
- C. Describe how to make a great impression during a job interview and give 5 examples of questions that you would ask during an interview.
- D. Explain why it is essential to write professional emails. Write a professional email thanking someone for interviewing you for a job. Share your email with your counselor.
- E. Demonstrate how to leave a professional voicemail message.
- F. Explain how posts to social media can affect you when applying for a job.

Date all completed: _____ {Circle requirements completed}

7. Transportation. Do TWO of the following:

- A. Explain what to do if you are involved in a car accident.
- B. Describe the steps on jumpstarting a car battery.
- C. Explain the benefits of regular car maintenance.
- D. Compare the differences between leasing versus buying a new car.
- E. On a map of your community or using an electronic device, locate and point out the public transportation infrastructure. Plan how to get to a friend's home or shopping center from your house. Explain the route and cost of the roundtrip to your counselor.

Date all completed: _____ {Circle requirements completed}

8. Complete the survey to complete the test lab requirements. Date completed: _____

Completion statement:

I _____ (print: supervising registered adult volunteer name) certify that
_____ (print: Scout name) has completed all requirements of the Life Skills test
lab on _____.