

Adaptive & Life Skills IEP Goals — High School

16 measurable goals written to IDEA standards. Replace [student] and [date]; adjust criteria to the student's baseline.

Transition-age life skills goals should be tied to a real postsecondary destination — laundry, cooking, and budgeting look different for a student headed to a dorm than for one headed to a supported living program.

INDEPENDENT LIVING & HOUSEHOLD MANAGEMENT

1. [student] will complete a full laundry cycle (sorting, washing, drying, folding) independently, with 90% accuracy across 4 of 5 trials.
2. [student] will prepare a complete simple meal using a recipe and appropriate kitchen safety, with 90% accuracy across 4 of 5 trials.
3. [student] will maintain a living space (cleaning, organizing, basic upkeep) using a checklist, with adult support fading, across 4 of 5 checks.

MONEY MANAGEMENT & FINANCIAL INDEPENDENCE

4. [student] will create and follow a monthly budget for a given scenario, tracking income and expenses, with 80% accuracy across 4 of 5 trials.
5. [student] will demonstrate basic banking skills (using an ATM, reading a bank statement, depositing a check), with 80% accuracy across 4 of 5 trials or simulations.
6. [student] will compare the cost of a good or service across options and identify the best value, with 80% accuracy across 4 of 5 trials.

COMMUNITY NAVIGATION & TRANSPORTATION

7. [student] will independently plan and execute a trip using public transportation to a familiar destination, with 90% accuracy across 4 of 5 trials.
8. [student] will identify and use a community resource (a pharmacy, a post office, a grocery store) to complete a real task, in 4 of 5 observed or simulated opportunities.

HEALTH & SELF-MANAGEMENT

9. [student] will manage their own medication or health routine, with appropriate support, following a written schedule, with 90% accuracy across 4 of 5 checks.
10. [student] will schedule and prepare for a healthcare appointment (calling, listing questions, bringing needed information), with adult support fading, across 4 of 5 trials.
11. [student] will identify signs that indicate a need for medical attention and the appropriate response, with 80% accuracy across 4 of 5 trials.

JOB & TIME READINESS

12. [student] will arrive on time and prepared for a job, class, or appointment, with no more than 1 tardy per month, tracked across a full semester.
13. [student] will use a planner, calendar, or app to independently manage competing personal, academic, and work commitments, across 4 of 5 weeks.

TRANSITION-READY INDEPENDENCE

14. [student] will demonstrate the specific independent living skills required for their postsecondary plan (dorm living, supported living, family home), with 80% consistency across 4 of 5 observed opportunities.
15. [student] will identify and contact an appropriate support person or agency when facing an independent living challenge, in 4 of 5 documented opportunities.
16. [student] will complete a self-assessment of their own independent living skills and identify at least 2 areas for continued growth, once per semester.

Using These Life Skills Goals at 9th – 12th Grade

Practice banking and health tasks in the real system when possible

A simulated ATM worksheet is a start, but the actual task, with support, builds far more transferable skill.

Tie every goal to the actual postsecondary destination

Dorm living, a group home, and a family home all need different independent living skills — write the goal for the real plan.

Self-assessment is itself an independence skill

A student who can name their own remaining growth areas is further along than one who can complete tasks but can't evaluate their own performance.

Job readiness includes punctuality and time management, not just task skill

A student who can do the job but can't arrive on time or manage competing commitments isn't yet ready for it.

Whenever a goal involves banking, healthcare, or transportation, confirm the actual systems this student will use after graduation match what's being practiced.

Tired of rebuilding these forms every year?

IEP Goal Writer also drafts your PLAAFP and progress notes from the same student profile — free to try at iepgoalwriter.pro