



Step Up to Your Future

**TRANSITION READINESS  
PREPARATION  
Independent Study**

**Workbook Links**

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# Lesson 1:

## Transition Readiness Introduction

### Workbook Links

- Familiarize yourself with the *STEP™ Resource Guide* under Free Online Resources located on this website.

# Lesson 2:

## Academic Readiness Self-Assessment

### Workbook Links

#### Multiple Intelligences Links

##### MI Identified —

<http://lth3.k12.il.us/rhampton/mi/MIIDENTIFIED.htm>

This website gives an excellent overview of each type of intelligence and possible careers that each intelligence supports.

##### Multiple Intelligences —

[www.bgfl.org/bgfl/custom/resources\\_ftp/client\\_ftp/ks3/ict/multiple\\_int/index.html](http://www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks3/ict/multiple_int/index.html)

This site is dedicated to testing and exploring multiple intelligence theory.

##### Multiple Intelligence Assessment—

[www.berghuis.co.nz/abiator/lsi/lsiframe.html](http://www.berghuis.co.nz/abiator/lsi/lsiframe.html)

This site offers a simple assessment of multiple intelligences.

##### Multiple Intelligence Inventory —

[www.ldrc.ca/projects/miinventory/miinventory.php](http://www.ldrc.ca/projects/miinventory/miinventory.php)

This is a slightly more detailed inventory of your multiple intelligences.

#### Learning Styles Links

##### Learning Centre —

[www.ncistudent.net/StudySkills/LearningSkills/LearningStyle1.htm](http://www.ncistudent.net/StudySkills/LearningSkills/LearningStyle1.htm)

This site offers information on learning styles and a learning style questionnaire.

##### University of South Dakota—

[www.usd.edu/trio/tut/ts/stylest.html](http://www.usd.edu/trio/tut/ts/stylest.html)

This is a short learning styles test.

##### Online Learning Styles Inventory —

[www.berghuis.co.nz/abiator/lsi/lsiframe.html](http://www.berghuis.co.nz/abiator/lsi/lsiframe.html)

This site offers two versions of a learning styles test.

**Ageless Learner —**

<http://agelesslearner.com/assess/learningstyle.html>

Try this chart to help you assess your learning style.

**Personal Penn State —**

[www.personal.psu.edu/bxb11/LSI/LSI.htm](http://www.personal.psu.edu/bxb11/LSI/LSI.htm)

This learning style inventory is easy to take.

**Education Planner —**

[www.educationplanner.com/education\\_planner/discovering\\_article.asp?sponsor=2859&articleName=Learning\\_Styles\\_Quiz](http://www.educationplanner.com/education_planner/discovering_article.asp?sponsor=2859&articleName=Learning_Styles_Quiz)

Education Planner offers a learning styles quiz.

**Meta Math —**

[www.metamath.com/multiple/multiple\\_choice\\_questions.html](http://www.metamath.com/multiple/multiple_choice_questions.html)

This is a simple multiple choice learning style survey.

# Lesson 3:

## Cognitive and Study Skills

### Workbook Links

#### Reasoning Links

**Inductive and Deductive Reasoning** —

[www.sjsu.edu/depts/itl/graphics/induc/ind-ded.html](http://www.sjsu.edu/depts/itl/graphics/induc/ind-ded.html)

This website provides an overview of inductive and deductive reasoning.

**Brain Boosters** —

<http://school.discoveryeducation.com/brainboosters>

This site offers a number of brain teasers that target your reasoning.

**Superkids** —

[www.superkids.com/aweb/tools/logic](http://www.superkids.com/aweb/tools/logic)

This site offers fun online games involving logic and reasoning.

**LSAT Logic Game** —

[www.west.net/~stewart/lwsample.htm](http://www.west.net/~stewart/lwsample.htm)

This page offers an excellent exercise in reasoning and links to additional exercises.

**Logic Games** —

[www.alpha-score.com/Free LSAT Course/Logic Games/Free LSAT Course Game Intro.html](http://www.alpha-score.com/Free_LSAT_Course/Logic_Games/Free_LSAT_Course_Game_Intro.html)

This site offers additional logic game exercises.

**TSA Oxford** —

[www.admissionstests.cambridgeassessment.org.uk/adt/tsaoxford/Test+Preparation](http://www.admissionstests.cambridgeassessment.org.uk/adt/tsaoxford/Test+Preparation)

This practice test focuses on reasoning and problem-solving.

**Inductive Reasoning Activities** —

[http://www.csun.edu/science/ref/reasoning/inductive\\_reasoning/inductive\\_reasoning.html](http://www.csun.edu/science/ref/reasoning/inductive_reasoning/inductive_reasoning.html)

This website offers an explanation of inductive reasoning and links to practice activities.

#### Attention Links

**Concentration** —

[www.academictips.org/acad/concentration.html](http://www.academictips.org/acad/concentration.html)

This site has tips for improving your concentration.

**Kansas State University —**

[www.k-state.edu/counseling/topics/career/concentr.html](http://www.k-state.edu/counseling/topics/career/concentr.html)

This Kansas State University website offers techniques for improving concentration.

**Improving Concentration —**

[www.ucc.vt.edu/lynch/ImprovConcentration.htm](http://www.ucc.vt.edu/lynch/ImprovConcentration.htm)

The Virginia Tech website offers a tutorial on improving concentration.

**Alt Medicine —**

<http://altmedicine.about.com/od/optimumhealthessentials/a/Concentration.htm>

Five practical tips are given on this page about improving your concentration.

**eHow Articles —**

[www.ehow.com/how\\_3823\\_improve-concentration.html](http://www.ehow.com/how_3823_improve-concentration.html)

This page offers a practical strategy for improving your concentration to get work done.

**Active Listening —**

[www.mindtools.com/CommSkill/ActiveListening.htm](http://www.mindtools.com/CommSkill/ActiveListening.htm)

This site provides tips for improving your attention while listening.

**Games for the Brain —**

[www.gamesforthebrain.com/game](http://www.gamesforthebrain.com/game)

This fun site offers games involving multiple cognitive skills including attention to detail.

**Lost in Migration —**

[www.lumosity.com/brain-games/attention-games/lost-in-migration](http://www.lumosity.com/brain-games/attention-games/lost-in-migration)

You can sign up for a free account at Luminosity and play this game which is excellent for improving concentration and attention to detail.

**Simon Game —**

[www.thepcmanwebsite.com/media/simon](http://www.thepcmanwebsite.com/media/simon)

Simon is a classic game that improves attention and memory.

## **Memory Links**

**Self-Assessment —**

[www.oakton.edu/learn/memsvy.htm](http://www.oakton.edu/learn/memsvy.htm)

This is a memory self-assessment tool with links to information on memory.

**Memory Skills —**

[www.ctl.ua.edu/CTLStudyAids/StudySkillsFlyers/MemorySkills/memoryskills.htm](http://www.ctl.ua.edu/CTLStudyAids/StudySkillsFlyers/MemorySkills/memoryskills.htm)

This page is from the University of Alabama and focuses on memory skills improvement.

**Remembering —**

[www.ucc.vt.edu/stdysk/remember.html](http://www.ucc.vt.edu/stdysk/remember.html)

This Virginia Tech page discusses the two types of memory skills you need to succeed.

**Memory Principles —**

<http://frank.mtsu.edu/~studskl/mem.html>

This web page lists memory principles and tips for improving your memory.

**Mind Tools —**

[www.mindtools.com/memory.html](http://www.mindtools.com/memory.html)

This website has memory improvement tools and techniques.

**Intelegen, Inc. —**

[www.web-us.com/memory](http://www.web-us.com/memory)

This page has links to information and strategies related to improving memory.

**The Memory Page —**

[www.thememorypage.net](http://www.thememorypage.net)

This website is dedicated to helping you improve your memory and includes games and tutorials.

**The Memory Gym —**

[www.memorise.org](http://www.memorise.org)

Exercise your brain and improve your memory with the lessons and exercises on this website.

**Braingle —**

[www.braingle.com/mind/memory.php](http://www.braingle.com/mind/memory.php)

This site offers memory-building games, strategies and tests.

**Memory Matrix —**

[www.lumosity.com/brain-games/memory-games/memory-matrix](http://www.lumosity.com/brain-games/memory-games/memory-matrix)

You can sign up for a free account at Luminosity and play this game which is excellent for improving spatial and visual recall.

**BBC Human Body and Mind —**

[www.bbc.co.uk/science/humanbody/mind/surveys/memory](http://www.bbc.co.uk/science/humanbody/mind/surveys/memory)

This site provides a memory test and ways to improve your memory.

**Sequence —**

[www.kongregate.com/games/mindlesslabs/sequence#game\\_instructions](http://www.kongregate.com/games/mindlesslabs/sequence#game_instructions)

This is an online memory and sequence game.

**Which Came First? —**

<http://web.mit.edu/invent/www/ima/which1.html>

This MIT page offers a game that combines memory and sequencing.



### **Memory Match —**

<http://dsc.discovery.com/fansites/dirtyjobs/games/match/match.html?emc=el&m=447380&l=3&v=670068bf42>

The Discovery Channel offers a fun version of the classic concentration game.

### **Biography Channel Games —**

[www.biography.com/games](http://www.biography.com/games)

Trivia games are a good way to exercise long-term memory.

### **History Channel Games —**

[www.history.com/games.do](http://www.history.com/games.do)

This site offers history trivia games to exercise long-term memory.

### **Types of Processing —**

[www.ldinfo.com/process\\_areas.htm](http://www.ldinfo.com/process_areas.htm)

This website has links to simple explanations of specific types of processing, all of which are intricately related to memory.

### **Eye Can Learn —**

[www.eyecanlearn.com](http://www.eyecanlearn.com)

This site provides simple exercises to improve visual processing and memory.

## **Problem-Solving Links**

### **Study Guides and Strategies —**

[www.studygs.net/problem](http://www.studygs.net/problem)

This site provides an overview and strategies for problem-solving and decision-making.

### **Mind Tools —**

[www.mindtools.com/pages/article/newTMC\\_00.htm](http://www.mindtools.com/pages/article/newTMC_00.htm)

This site offers some useful tools and strategies for problem-solving.

### **Braingle —**

[www.braingle.com/mind/categories.php?cat=:s=Problem+Solving](http://www.braingle.com/mind/categories.php?cat=:s=Problem+Solving)

This site provides problem-solving exercises.

### **PedagoNet Problem Solving —**

[www.pedagonet.com/brain/brainers.html](http://www.pedagonet.com/brain/brainers.html)

This site provides a variety of problem-solving brain teasers.

### **Brain Bashers —**

[www.brainbashers.com/logic.asp](http://www.brainbashers.com/logic.asp)

This site provides problem-solving logic puzzles.

### **Icebreaker Collection —**

[www.mwls.co.uk/icebreakers/puzzles.pl](http://www.mwls.co.uk/icebreakers/puzzles.pl)

This page has links to some problem-solving puzzles.

### **The Problem Site —**

[www.theproblemsite.com/games.asp](http://www.theproblemsite.com/games.asp)

This is a site with a wide variety of problem-solving games.

### **Play Kids Games —**

[www.playkidsgames.com/problem\\_solveGames.htm](http://www.playkidsgames.com/problem_solveGames.htm)

This site is recommended for adults as well as kids and offers problem-solving games that focus on music, science, geography and more.

### **Math Playground —**

[www.mathplayground.com/logicgames.html](http://www.mathplayground.com/logicgames.html)

This site offers fun math problem-solving games.

### **Gamequarium —**

[www.gamequarium.com/problemsolving.html](http://www.gamequarium.com/problemsolving.html)

This is another site with math problem-solving games.

### **Absurd Math —**

[www.learningwave.com/abmath](http://www.learningwave.com/abmath)

This is a fun site that combines an interactive computer game with math problem-solving.

## **Study Skills Links**

### **University of Minnesota —**

[www.d.umn.edu/kmc/student/loon/acad/strat](http://www.d.umn.edu/kmc/student/loon/acad/strat)

This University of Minnesota site has self-assessments, tips and record-keeping tools.

### **Virginia Tech —**

[www.ucc.vt.edu/stdyhlp.html](http://www.ucc.vt.edu/stdyhlp.html)

Virginia Tech offers online study skills workshops at this site. Begin with the study skills inventory.

### **How to Study —**

[www.how-to-study.com/](http://www.how-to-study.com/)

This comprehensive site covers many study related topics and strategies. The explanations are incredibly simple and straightforward, but the tips are helpful for high school and college students, as well as adults.

### **Academic Tips —**

[www.academicsite.org/acad/index.html](http://www.academicsite.org/acad/index.html)

This site has excellent and concise study tips.

### **Cal Poly University —**

<http://sas.calpoly.edu/asc/ssl.html>

This Cal Poly University website has practical plans for improving a number of study skills.

**Sites to Promote Academic Success —**

[www.uni.edu/walsh/linda7.html](http://www.uni.edu/walsh/linda7.html)

This educational website has links to a number of sites that provide support for academic success.

**Study Guides and Strategies —**

[www.studygs.net](http://www.studygs.net)

This comprehensive study strategy site offers information on a number of study-related topics.

**Student-Created Study Skills Site—**

[www.columbia.edu/cu/augustine/study](http://www.columbia.edu/cu/augustine/study)

This is a helpful study skills site created by students.

**George Washington University —**

<http://gwired.gwu.edu/counsel/asc>

The George Washington University website offers both long-term tools and last minute advice for studying and academic success.

**Study Skills Guide —**

[www.csbsju.edu/academicadvising/helplist.htm](http://www.csbsju.edu/academicadvising/helplist.htm)

This is yet another college website with study skills improvement strategies.

**Study Stack —**

[www.studystack.com](http://www.studystack.com)

This interactive website enables you to study multiple topics using other students' notes and games or to create your own.

# Lesson 4:

## Testing and Personal Learning Strategies

### Workbook Links

#### Learning Strategies Links

**Study Guide Zone —**

[www.studyguidezone.com/resource\\_tips.htm](http://www.studyguidezone.com/resource_tips.htm)

This website offers specific study strategies based on learning style, as well as general study skills and advice on testing.

**Learning Style Study Tips —**

[www.metamath.com/lswb/fourls.htm](http://www.metamath.com/lswb/fourls.htm)

This is another site that offers study tips based on learning styles.

**Education Atlas —**

[www.educationatlas.com/study-skills.html](http://www.educationatlas.com/study-skills.html)

This excellent site is frequently updated and offers one page explanations of study techniques and strategies.

# Lesson 5:

## Understanding Emotion

### Workbook Links

#### Emotional Intelligence Links

**Emotional Intelligence —**

[www.businessballs.com/eq.htm](http://www.businessballs.com/eq.htm)

This site offers a brief overview of emotional intelligence theory.

**Institute for Health and Human Potential —**

[www.ihhp.com/testsite.htm](http://www.ihhp.com/testsite.htm)

This site offers a free emotional intelligence quiz.

**Psychology Test —**

[www.psychtests.com/cgi-bin/tests/transfer.cgi](http://www.psychtests.com/cgi-bin/tests/transfer.cgi)

This is another emotional intelligence test.

**Discovery Health —**

[http://discoveryhealth.queendom.com/eiq\\_abridged\\_access.html](http://discoveryhealth.queendom.com/eiq_abridged_access.html)

This site has an emotional IQ test.

**Emotional Quotient Quiz —**

[www.allthetests.com/eq-tests-emotional-quotient-quizzes.php](http://www.allthetests.com/eq-tests-emotional-quotient-quizzes.php)

This is another free online quiz of emotional intelligence.

**Attachment Style —**

[www.web-research-design.net/cgi-bin/crq/crq.pl](http://www.web-research-design.net/cgi-bin/crq/crq.pl)

This site offers a free attachment style test.

**Spot the Fake Smile —**

[www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml](http://www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml)

This is an interesting test of your ability to recognize true emotion in others.

# Lesson 6:

## Expressing Emotion

### Workbook Links

- Refer back to the links in the previous lesson.

# Lesson 7:

## Taking Control of Your Emotions

### Workbook Links

#### Emotional Health Links

Everyone experiences feelings of stress, anxiety and depression at some time in his/her life. It is normal to struggle with emotional issues occasionally, but if you have upsetting symptoms that occur regularly or interfere with daily life, it can indicate serious problems. Symptoms of emotional and psychological disorders can vary greatly, so it is essential to consult with a professional if you think that you or someone you know may need help. These resources can assist you in maintaining and assessing your emotional health.

#### Family Doctor —

<http://familydoctor.org/online/famdocen/home/articles/589.html>

Family Doctor offers an excellent and brief discussion of emotional health on this page.

#### Teen Health —

[www.teenhealthfx.com/answers/Emotional/index.php](http://www.teenhealthfx.com/answers/Emotional/index.php)

This is a great place to find answers to questions about your emotions and moods. If you are wrestling with a problem, look here for help.

#### The Human Mind —

[www.bbc.co.uk/science/humanbody](http://www.bbc.co.uk/science/humanbody)

This amazing website has many interactive games and activities for learning about your mind and emotions.

#### APA Health Center —

<http://apahelpcenter.org>

This website from the American Psychological Association is an excellent resource offering brochures, tips and articles.

#### Web MD —

[www.webmd.com/balance](http://www.webmd.com/balance)

WebMD is an excellent resource for health and balance information. Find out more about stress, anxiety and other emotional, physical and psychological health issues.

#### Princeton University —

[www.princeton.edu/uhs/ih\\_Q\\_A\\_emotional\\_health.html](http://www.princeton.edu/uhs/ih_Q_A_emotional_health.html)

This site from Princeton University focuses on adjusting to college life and overall emotional health.

**Psychological Stress —**

[www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html)

This site from the US National Library of Medicine provides links to a number of stress-related articles and resources.

**Everyday Health —**

[www.everydayhealth.com/emotional-health/index.aspx](http://www.everydayhealth.com/emotional-health/index.aspx)

Everyday Health offers an emotional health center online.

**Anxiety Assessment —**

[www.psych.uncc.edu/pagoolka/StateAnxiety-intro.html](http://www.psych.uncc.edu/pagoolka/StateAnxiety-intro.html)

This anxiety assessment may be a helpful tool to assess your state of anxiety.

**Depression Self-Screening —**

<http://psych.med.nyu.edu/patient-care/depression-screening-test>

This is a self-screening test for symptoms of depression. Keep in mind that only a doctor can truly diagnose depression.

**Depression Screening —**

[www.depression-screening.org/screeningtest/screeningtest.htm](http://www.depression-screening.org/screeningtest/screeningtest.htm)

Another confidential depression-screening test is provided on this site.

**Psych Central —**

<http://psychcentral.com/quizzes>

This site offers a number of psychological self-tests. Just remember that if you suspect you have a psychological disorder, you should see a doctor as soon as possible.

**Personal Counseling Issues —**

[www.wisemantech.com/guidance/personal.htm](http://www.wisemantech.com/guidance/personal.htm)

This site provides links to a number of issue-specific resources.



# Lesson 8:

## Emotional and Social Intelligence

### Workbook Links

#### Social Intelligence Links

[http://en.wikipedia.org/wiki/Social\\_intelligence](http://en.wikipedia.org/wiki/Social_intelligence)

[http://socrates.berkeley.edu/~kihlstrm/social\\_intelligence.htm](http://socrates.berkeley.edu/~kihlstrm/social_intelligence.htm)

[http://www.google.com/search?q=social+intelligence&num=10&hl=en&prmd=ivnbl&source=univ&tbs=vid:1&tbo=u&ei=PJi8TIPuKsT58Aa51zKDw&sa=X&oi=video\\_result\\_group&ct=title&resnum=8&ved=0CGEQqwQwBw](http://www.google.com/search?q=social+intelligence&num=10&hl=en&prmd=ivnbl&source=univ&tbs=vid:1&tbo=u&ei=PJi8TIPuKsT58Aa51zKDw&sa=X&oi=video_result_group&ct=title&resnum=8&ved=0CGEQqwQwBw)

#### Emotional Intelligence Links

**Emotional Intelligence —**

[www.businessballs.com/eq.htm](http://www.businessballs.com/eq.htm)

This site offers a brief overview of emotional intelligence theory.

**Institute for Health and Human Potential —**

[www.ihhp.com/testsite.htm](http://www.ihhp.com/testsite.htm)

This site offers a free emotional intelligence quiz.

**Psychology Test —**

[www.psychtests.com/cgi-bin/tests/transfer.cgi](http://www.psychtests.com/cgi-bin/tests/transfer.cgi)

This is another emotional intelligence test.

**Discovery Health —**

[http://discoveryhealth.queendom.com/eiq\\_abridged\\_access.html](http://discoveryhealth.queendom.com/eiq_abridged_access.html)

This site has an emotional IQ test.

**Emotional Quotient Quiz —**

[www.allthetests.com/eq-tests-emotional-quotient-quizzes.php](http://www.allthetests.com/eq-tests-emotional-quotient-quizzes.php)

This is another free online quiz of emotional intelligence.

**Attachment Style —**

[www.web-research-design.net/cgi-bin/crq/crq.pl](http://www.web-research-design.net/cgi-bin/crq/crq.pl)

This site offers a free attachment style test.

**Spot the Fake Smile —**

[www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml](http://www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml)

This is an interesting test of your ability to recognize true emotion in others.

# Lesson 9: Basic Needs

## Workbook Links

[http://psychology.about.com/od/theoriesofpersonality/a/hierarchyneeds.  
htm](http://psychology.about.com/od/theoriesofpersonality/a/hierarchyneeds.htm)

# Lesson 10:

## Internet Safety

### Workbook Links

#### Internet Safety Links

##### Stay Safe Online —

[www.staysafeonline.org/content/self-assessment-quiz](http://www.staysafeonline.org/content/self-assessment-quiz)

[www.staysafeonline.org/sites/default/files/resource\\_documents/What%20Home%20Users%20Can%20Do%202010%20NCSAM%20Letterhead.pdf](http://www.staysafeonline.org/sites/default/files/resource_documents/What%20Home%20Users%20Can%20Do%202010%20NCSAM%20Letterhead.pdf)

This National Cyber Security Alliance site offers a self-assessment and excellent tips.

##### FTC Identity Theft Site —

[www.ftc.gov/bcp/edu/microsites/idtheft](http://www.ftc.gov/bcp/edu/microsites/idtheft)

This is the Federal Trade Commission's Identity Theft Site.

##### Identity Theft Resource Center —

[www.idtheftcenter.org/scams/s\\_intro.shtml](http://www.idtheftcenter.org/scams/s_intro.shtml)

The Identity Theft Resource Center is an excellent site for information on prevention.

##### On Guard Online —

[www.onguardonline.gov](http://www.onguardonline.gov)

This government site provides tips for protecting your computer and personal information.

##### FaceBook Safety —

[www.allfacebook.com/facebook-places-privacy-2010-08](http://www.allfacebook.com/facebook-places-privacy-2010-08)

This page offers information on customizing Facebook privacy setting to protect yourself.

##### Get Net Wise —

[www.getnetwise.org](http://www.getnetwise.org)

This website offers information and how-to videos for online safety.

##### Online Safety —

[www.microsoft.com/protect](http://www.microsoft.com/protect)

This website offers tips for staying safe in the online world.

##### Wired Safety —

[www.wiredsafety.org](http://www.wiredsafety.org)

This is the world's largest online safety and help group.

##### USA Today —

[http://usatodayeducate.com/wordpress/wp-content/files/20081011\\_GA-FRI\\_Fall\\_08\\_12.pdf](http://usatodayeducate.com/wordpress/wp-content/files/20081011_GA-FRI_Fall_08_12.pdf)

<http://usatodayeducate.com/wordpress/index.php/technology-cyber-security>

These pages offer helpful articles and lessons related to Internet safety.

# Lesson 11: Banking Basics and Identity Theft Prevention

## Workbook Links

### Financial Literacy Links

[www.handsonbanking.org](http://www.handsonbanking.org)

This is a great website for learning more about banking and budgeting.

### Identity Theft Links and Fraud Protection Links

[www.ftc.gov/bcp/edu/microsites/idtheft/video/avoid-identity-theft-video.html](http://www.ftc.gov/bcp/edu/microsites/idtheft/video/avoid-identity-theft-video.html)

**Snopes —**

[www.snopes.com](http://www.snopes.com)

This site offers a database you can search to verify and identify myths, email hoaxes, computer virus warnings, and more.

**National Fraud Information Center —**

[www.fraud.org](http://www.fraud.org)

This site sponsored by the National Consumers League provides information on preventing and fighting fraud.

**Federal Bureau of Investigation —**

[www.fbi.gov/majcases/fraud/fraudschemes.htm](http://www.fbi.gov/majcases/fraud/fraudschemes.htm)

This site from the FBI deals with fraud issues.

**Consumer Protection —**

<http://consumer.gov/ncpw/category/scam-watch>

This government site archives scam watch articles.

# Lesson 12:

## Financial Literacy

### Workbook Links

#### Financial Literacy Links

[www.handsonbanking.org](http://www.handsonbanking.org)

This is a great website for learning more about banking and budgeting.

[www.visualeconomics.com](http://www.visualeconomics.com)

This is an excellent site offering articles and informative infographics.

[www.fdic.gov/consumers](http://www.fdic.gov/consumers)

The FDIC site offers helpful financial information for consumers.

[www.investopedia.com/dictionary](http://www.investopedia.com/dictionary)

This site provides definitions and explanations of investment terms and plans.

[www.investopedia.com/university](http://www.investopedia.com/university)

Investopedia offers a number of helpful free tutorials on investing.

[www.youngmoney.com/calculators](http://www.youngmoney.com/calculators)

This website has a calculator for savings and retirement planning, as well as for automobiles and housing.

# Lesson 13:

## Credit Card Concerns

### Workbook Links

#### Credit Links

##### Credit Card Tools —

[www.cardweb.com](http://www.cardweb.com)

This site offers articles and information on credit cards including a glossary and card calculator.

##### Ready, Set, Credit —

[www.in.gov/dfi/2627.htm](http://www.in.gov/dfi/2627.htm)

This government website provides important information on getting a credit card.

##### Federal Trade Commission —

[www.ftc.gov/credit](http://www.ftc.gov/credit)

This site is an excellent resource for information on credit and loans.

##### Credit Card Comparison —

[www.cardratings.com](http://www.cardratings.com)

This award-winning website compares credit cards and providing information for consumers.

##### Credit Card Comparison —

[www.cardlocator.com](http://www.cardlocator.com)

This site listing credit cards and comparing terms and benefits is government-recommended.

##### Free Credit Report —

[www.annualcreditreport.com](http://www.annualcreditreport.com)

This site allows you to order your free annual credit report from each of the three main national credit bureaus.

##### Credit Bureaus —

[www.equifax.com](http://www.equifax.com)

[www.experien.com](http://www.experien.com)

[www.transunion.com](http://www.transunion.com)

These are the three major national credit bureaus that record and report your credit history.

##### Independent Living 101 —

<http://usatodayeducate.com/wordpress/index.php/independent-living-101>

This USA Today website offers articles and lessons related to credit and debit cards.

# Lesson 14:

## Health and Logistical Change

### Workbook Links

#### Health Links

<http://medlineplus.gov>

The US National Library of Medicine offers this site for searching hundreds of health topics.

[www.intelihealth.com](http://www.intelihealth.com)

This website has information on diseases, nutrition, fitness and other health topics.

[www.mlanet.org/resources/consumr\\_index.html](http://www.mlanet.org/resources/consumr_index.html)

This Medical Library Association has a number of resources for health consumers including a tool for deciphering medical terms.

[www.ipl.org/div/teen/browse/he0000](http://www.ipl.org/div/teen/browse/he0000)

TeenSpace offers links on many health topics aimed at teens.

[www.bbc.co.uk/science/humanbody](http://www.bbc.co.uk/science/humanbody)

This amazing website has many interactive games and activities for learning about your body and your mind.

[www.healthfinder.gov](http://www.healthfinder.gov)

This is a wonderful resource offering an encyclopedia of health topics and tips on choosing doctors and health centers.

<http://consumer.gov/ncpw/category/health>

This government site has information on many health-related topics.

[www.google.com/intl/en-US/health/about](http://www.google.com/intl/en-US/health/about)

Google Health offers a simple system for organizing and managing your health records.

<http://firstaid.webmd.com/tc/dealing-with-emergencies-overview>

This site offers practical information on first aid and dealing with emergencies.

<http://organizedwisdom.com/Home>

This site provides information and links to articles on a number of health topics.

[www.mayoclinic.com](http://www.mayoclinic.com)

The Mayo Clinic offers many helpful tools including a symptom checker and first aid guide.

[www.mentalhelp.net](http://www.mentalhelp.net)

This is an excellent government-recommended site for mental health information.

# Lesson 15:

## Managing Money

### Workbook Links

#### Budgeting Links

##### Show Me the Future —

<http://showmethefuture.org>

Show Me the Future is a fun computerized game that helps you learn how to budget.

##### Money Management —

[www.ipl.org/div/pf/entry/79903](http://www.ipl.org/div/pf/entry/79903)

This website for teenagers has links to teach you about money management.

##### You Can Deal With It —

<http://youcandealwithit.com>

This website offers tools for budgeting, saving and paying off student loans.

##### My Money —

[www.mymoney.gov](http://www.mymoney.gov)

This government site has information on financial planning topics as well as calculators.

##### Citi —

<http://financialeducation.citigroup.com/citi/financialeducation/curriculum/teens.htm>

Citigroup offers lessons on finance designed for teenagers.

##### Reality Check —

[www.californiarealitycheck.com/personal.asp](http://www.californiarealitycheck.com/personal.asp)

This interactive site helps you discover how much money you will actually need to make.

##### Visual Economics —

[www.visualeconomics.com/how-the-average-us-consumer-spends-their-paycheck](http://www.visualeconomics.com/how-the-average-us-consumer-spends-their-paycheck)

This site provides a visual chart of how the average consumer spends annual income.

##### Multnomah County Library —

[www.multcolib.org/homework/perfinhc.html](http://www.multcolib.org/homework/perfinhc.html)

This website provides many links organized by personal finance topics.

##### Money Matters 101 —

<http://usatodayeducate.com/wordpress/index.php/independent-living-101>

This USA Today website offers articles and lessons related to money management.



# Lesson 16: Job Readiness

## Workbook Links

### Job Readiness Skills Self-Assessment Links

#### Psychology Tests —

<http://testyourself.psychtests.com/testid/2150>

This communication self-assessment is a good place to start. You don't need to purchase the in-depth version to get an overall score.

[www.psychtests.com/cgi-bin/tests/transfer.cgi](http://www.psychtests.com/cgi-bin/tests/transfer.cgi)

This is an interesting listening skills self-assessment. You don't need to purchase the in-depth version to get an overall score.

#### 4 Tests —

[www.4tests.com/exams/examdetail.asp?eid=50](http://www.4tests.com/exams/examdetail.asp?eid=50)

This page offers a short mathematics and writing exam.

#### Test Prep Review —

[www.testprepreview.com/teas\\_practice.htm](http://www.testprepreview.com/teas_practice.htm)

This site offers self-assessments in a number of essential academic skills.

[www.testprepreview.com/clast\\_practice.htm](http://www.testprepreview.com/clast_practice.htm)

There are more basic academic skill self-assessments on this page.

[www.testprepreview.com/act\\_practice.htm](http://www.testprepreview.com/act_practice.htm)

Scroll down this page to find links for self-tests in a number of math, reading and writing skills.

[www.testprepreview.com/sat\\_practice.htm](http://www.testprepreview.com/sat_practice.htm)

Scroll down this page to find more links for self-tests in a number of math, reading and writing skills.

#### Salisbury University—

[www.salisbury.edu/educationspecialties/practice\\_praxis.html](http://www.salisbury.edu/educationspecialties/practice_praxis.html)

These practice basic skills tests can help you to assess your own abilities.

#### College Level Academic Skills Test —

<http://bcs.bedfordstmartins.com/bedhandbook7enew/ch08/clast4.pdf>

This is a practice basic skills test that you can take to find out your strengths and weaknesses.

## Communications Skills Improvement Links

### Mind Tools —

[www.mindtools.com/CommSkll/ActiveListening.htm](http://www.mindtools.com/CommSkll/ActiveListening.htm)

A strategy for becoming an active listener is provided on this page.

[www.mindtools.com/page8.html](http://www.mindtools.com/page8.html)

This page has links to a number of articles and strategies for improving your communication skills.

### CollegeBoard —

[www.collegeboard.com/student/plan/boost-your-skills/9847.html](http://www.collegeboard.com/student/plan/boost-your-skills/9847.html)

The CollegeBoard offers tips on improving communication.

### Inc. Communication Articles —

[www.inc.com/articles/2000/08/20000.html](http://www.inc.com/articles/2000/08/20000.html)

This article offers excellent insights into improving your communication skills.

[www.inc.com/articles/2000/04/18619.html](http://www.inc.com/articles/2000/04/18619.html)

Learning to be assertive rather than aggressive can improve your communication and increase your success.

### Open Loops —

[http://hwebbjr.typepad.com/openloops/2005/05/ten\\_ways\\_to\\_imp.html](http://hwebbjr.typepad.com/openloops/2005/05/ten_ways_to_imp.html)

Try these ten strategies to improve your communication skills.

### eHow —

[www.ehow.com/how\\_2080970\\_improve-communication-skills.html](http://www.ehow.com/how_2080970_improve-communication-skills.html)

This article has six simple tips to improve your communication.

### About.com —

<http://stress.about.com/od/relationships/ht/healthycomm.htm>

This page has some great tips for avoiding conflict and communicating clearly.

## Math Skills Improvement Links

### Awesome Library —

[www.awesomelibrary.org/Classroom/Mathematics/Middle-High\\_School\\_Math/Middle-High\\_School\\_Math.html](http://www.awesomelibrary.org/Classroom/Mathematics/Middle-High_School_Math/Middle-High_School_Math.html)

This website includes links to specific math topics, lessons, games and discussions.

### Math Archives—

<http://archives.math.utk.edu/k12.html#topics>

This archive has multiple links to specific math topics and tutorials.

### Interactive Math —

[www.shodor.org/interactivate/activities](http://www.shodor.org/interactivate/activities)

These interactive games help you to strengthen your math skills.

**About Math —**

[http://math.about.com/od/mathtests/Math\\_Tests\\_and\\_Assessment\\_Samples.htm](http://math.about.com/od/mathtests/Math_Tests_and_Assessment_Samples.htm)

This page has math tests and assessment samples to help you review.

**Calculus on the Web —**

[www.math.temple.edu/~cow](http://www.math.temple.edu/~cow)

This is an excellent website with interactive books for precalculus, calculus, linear algebra, number theory and abstract algebra.

**Algebra Basics —**

[www.algebasics.com/3way6.html](http://www.algebasics.com/3way6.html)

Algebasics talks you through algebra examples.

**University of Saskatchewan —**

[http://math.usask.ca/mrc-cgi-bin/emr/first\\_page.cgi](http://math.usask.ca/mrc-cgi-bin/emr/first_page.cgi)

The University of Saskatchewan offers exercise in math readiness as well as a free math readiness online course and math foundations course.

**SOS Math —**

[www.sosmath.com/index.html](http://www.sosmath.com/index.html)

This free website offers math review material and cyberexams.

**Study Guides and Strategies —**

[www.studygs.net](http://www.studygs.net)

This comprehensive study strategy site offers strategies and information on a number of math topics.

**Info Please —**

[www.infoplease.com/homework/hwmath.html](http://www.infoplease.com/homework/hwmath.html)

This site offers math games and explanations of specific math concepts and topics.

**Greta's Game Station —**

<http://games.pppst.com/math.html>

Scroll to the bottom of the page to find links to higher-level math games in subjects including algebra, geometry and trigonometry.

**Fact Monster —**

[www.factmonster.com/games.html](http://www.factmonster.com/games.html)

This site also offers a number of math games; scroll to the bottom to find subjects including geometry.

**Multnomah County Library —**

[www.multcolib.org/homework/mathhc.html](http://www.multcolib.org/homework/mathhc.html)

This helpful site provides many math links organized by subject.

**Math Playground —**

[www.mathplayground.com/logicgames.html](http://www.mathplayground.com/logicgames.html)

This site offers fun math problem-solving games.

**Gamequarium —**

[www.gamequarium.com/problemsolving.html](http://www.gamequarium.com/problemsolving.html)

This is another site with math problem-solving games.

**Absurd Math —**

[www.learningwave.com/abmath](http://www.learningwave.com/abmath)

This is a fun site that combines an interactive computer game with math problem-solving.

**Mathway —**

[www.mathway.com](http://www.mathway.com)

This site offers step-by-step solutions to math problems you input and sample problems.

**Coordinate Plotting —**

[www.plottingcoordinates.com](http://www.plottingcoordinates.com)

This site offers easy to understand instructions for how to plot coordinates.

## **Reading Skills Improvement Links**

**Self Growth —**

[www.selfgrowth.com/articles/Allen9.html](http://www.selfgrowth.com/articles/Allen9.html)

This page has ten simple tips for improving your reading skills.

**Learning Centre —**

[www.ncistudent.net/StudySkills/LearningSkills/ReadingEffect1.htm](http://www.ncistudent.net/StudySkills/LearningSkills/ReadingEffect1.htm)

This site explains how to skim, scan, read for understanding and increase your reading speed.

**CollegeBoard —**

[www.collegeboard.com/student/plan/college-success/26666.html](http://www.collegeboard.com/student/plan/college-success/26666.html)

This is an excellent page from the College Board on the reading technique of SQ3R.

**Braindance—**

<http://braindance.com/bdiread1.htm>

This page provides links to explanations and exercises for improving reading skills.

**Mind Tools —**

[www.mindtools.com/pages/main/newMN\\_ISS.htm](http://www.mindtools.com/pages/main/newMN_ISS.htm)

This website provides links to a number of reading and study strategies and techniques.

**University of Victoria —**

[www.coun.uvic.ca/learning/reading-skills/comprehension.html](http://www.coun.uvic.ca/learning/reading-skills/comprehension.html)

The University of Victoria website has an excellent strategy for improving reading comprehension and learning.

**Dartmouth —**

[www.dartmouth.edu/~acskills/success/reading.html](http://www.dartmouth.edu/~acskills/success/reading.html)

This Dartmouth site addresses reading myths and strategies.

**Study Guides and Strategies —**

[www.studygs.net](http://www.studygs.net)

This comprehensive study strategy site offers strategies and information on a number of reading topics.

## **Writing Skills Improvement Links**

**Learning Centre —**

[www.ncistudent.net/StudySkills/WritingSkills/Introduction.htm](http://www.ncistudent.net/StudySkills/WritingSkills/Introduction.htm)

This website offers a thorough overview of how to write well.

**CollegeBoard —**

[www.collegeboard.com/student/plan/boost-your-skills/123.html](http://www.collegeboard.com/student/plan/boost-your-skills/123.html)

The College Board page for improving writing is excellent.

**Mind Tools —**

[www.mindtools.com/CommSkill/WritingSkills.htm](http://www.mindtools.com/CommSkill/WritingSkills.htm)

This page has helpful tips for good writing.

**Purdue University —**

<http://owl.english.purdue.edu/owl/resource/606/01>

This is an excellent writing resource website from Purdue University.

**Wonderful Writing Skills —**

[www.wonderfulwritingskillshandbook.com/Information](http://www.wonderfulwritingskillshandbook.com/Information)

This site uses a very informal style to teach strong writing skills.

**Info Please —**

[www.infoplease.com/homework/writingskills1.html](http://www.infoplease.com/homework/writingskills1.html)

This site covers a wide variety of writing skills and strategies, offering practice writing prompts.

**Study Guides and Strategies —**

[www.studygs.net](http://www.studygs.net)

This comprehensive study strategy site offers strategies and information on a number of writing topics.

**Cliff Notes —**

[www.cliffsnotes.com/writing-grammar-english-study-guides.html](http://www.cliffsnotes.com/writing-grammar-english-study-guides.html)

This article looks at simple strategies for improving English, grammar and writing skills.

**Guide to Grammar and Writing —**

<http://grammar.ccc.commnet.edu/grammar>

This page offers many links to improve writing from sentences to research papers.

**Research and Writing —**

[www.ipl.org/div/aplus](http://www.ipl.org/div/aplus)

Links on this page offer tips for writing research papers.

**The Writing Resource —**

<http://thewritingresource.net>

This site provides short, focused articles with tips for improving grammar and writing.

**Colorado State University —**

<http://writing.colostate.edu/guides>

This is an excellent site that offers step by step online textbooks on numerous writing elements along with practice.

**Personality Type and Writing —**

[www19.homepage.villanova.edu/karyn.hollis/prof\\_academic/Courses/common\\_files/personality\\_types/The%20Keirsey%20TempermentTest.html](http://www19.homepage.villanova.edu/karyn.hollis/prof_academic/Courses/common_files/personality_types/The%20Keirsey%20TempermentTest.html)

This is an interesting page that offers insight into how your personality may affect your writing.

# Lesson 17:

## Independence and Personal Success

### Workbook Links

- Refer back to the links in the previous lessons.