SCSD Office of Career and Technical Education

Career Ready Practice #3: Attend to personal health and financial well‐being

Fall 2017

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Career Ready Practice #3:

Attend to personal health and financial well‐being

As we focus on the Career Readiness Practice, it’s important to fully understand their meaning and find examples of the practices being used and why it’s important to use them. In this exercise you will explore the skills necessary to be successful in college and career.

 Use and classroom technology you need to complete this project. If there is something you need that we do not have, please ask and we’ll do our best to get it for you.

**Directions:** Work alone in a group and calculate the monthly living expenses for each item listed below. Calculate them for what you think they will be for living in Syracuse.

* Rent -
* Utilities -
* Transportation -
* Groceries -
* Debt repayment (e.g. student loans, car loans) -
* Phone, cable, internet -
* Entertainment (including eating out) -
* Saving for medical expenses -
* Saving for retirement -
* Savings for emergencies and miscellaneous costs –
* Total Monthly Expenses -