



Residence Bootcamp

One month of preparation for life in Residence

Master these 10 skills and you'll be living like a pro!

- 1. Master some simple, healthy meals.**
Get creative with salads, casseroles, stir fries and soups.
- 2. If you don't already, take care of your own laundry for one month.**
Sort. Wash. Dry. Fold. Put away. Repeat.
- 3. Master the dishes.** Learn how to hand wash and/or how to load a dishwasher after every meal. Putting away the dishes saves you time.
- 4. Make a grocery list and weekly budget.** Purchase only what you can afford and experience what that is like for one week or more.
- 5. Discuss unhealthy behaviour in a respectful way with a friend.**
Practice communicating your needs in a healthy fashion with the people you live with.
- 6. If you go to parties, experience one totally sober.** Observe others behaviour and be aware of how people act under the influence.
- 7. Take out the garbage and recycling for a month.** Sort the recycling, take garbage from the kitchen and bathrooms, and put it in the proper garbage can for pick up.
- 8. Clean your home.** Vacuum, mop, and spray/wipe your kitchen and bathrooms. Respect your space and take responsibility. Others may be sharing your living space.
- 9. Practice expressing appreciation.**
When someone does something nice for you, for example, makes a meal or does your laundry, thank them sincerely.
- 10. Become organized.** Obtain a calendar, day planner or an app to practice planning your week and month. Organize the dates when things are due, set yourself a schedule. Practice now and it will be easier to balance your responsibilities later. You could use the above nine points in your new calendar and check them off as you complete them.

Bonus Points

- **You are an adult. Take responsibility for yourself, your behavior and your belongings without complaints or excuses.**
- **Attempt to do all the dishes for a week. Gift the people you live with some time to relax.**
- **Practice saying "no" in a kind way.**
- **Stay home rather than going out on a night out with friends. Get involved with new responsibilities.**
- **Research the following terms: *harm reduction, restorative justice, I statements, healthy boundaries.***
- **Call your loved ones on the weekend. Update them on your college experiences.**
- **Challenge yourself! Unplug your video games for two weeks (e.g. Xbox, phone and other gaming platforms.)**
- **Read all of the rules for residence, and follow them in your own life before college starts.**
- **Investigate jobs in your field of study. Compare wages to that of jobs where education is not required (i.e. food service, etc)**
- **Have a conversation with someone who does not speak your language fluently. Learn to listen carefully and take your time.**