




# ILS INDEPENDENT LIVING SKILLS PLANNING PACKET

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# ILS CHECKLIST

Tasks	Page Number	Completed 	Mailed to CLE*
Complete Roommate Questionnaire and Return to CLE	3-4	<input type="checkbox"/>	<input type="checkbox"/>
Complete apartment rental documents	5	<input type="checkbox"/>	<input type="checkbox"/>
Pack everything on Packing List	6-7	<input type="checkbox"/>	N/A

\*Please mail Roommate Questionnaire and rental documents to CLE-Denver:





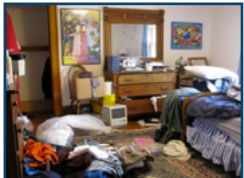
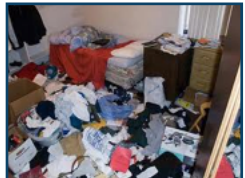
**College Living Experience**

1391 Speer Blvd., Suite 400

Denver, CO 80204



# STUDENT ROOMMATE QUESTIONNAIRE

Name:		Age:	
Describe the ideal roommate you'd like to have:			
I like to be around people who are:			
Criteria:	Selection:	Comments:	
I'm basically a:	<input type="checkbox"/> Private Person <input type="checkbox"/> Social Person		
My sleeping habits are best described as	<input type="checkbox"/> Light Sleeper <input type="checkbox"/> Moderate / Heavy Sleeper		
I tend to be	<input type="checkbox"/> Early Bird <input type="checkbox"/> Night Owl		
I work best with a set schedule of housekeeping chores.	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Do you prefer to study in your apartment?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Do you enjoy cooking?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Do you smoke?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
On average, how often do you play video games?	<input type="checkbox"/> I do not play <input type="checkbox"/> 1-3 times a week <input type="checkbox"/> Every day <input type="checkbox"/> Prefer every day all day		
On average, how often do you watch TV?	<input type="checkbox"/> I do not watch tv <input type="checkbox"/> 1-3 times a week <input type="checkbox"/> Every day <input type="checkbox"/> Prefer every day all day		
I am willing to share items with my roommate.	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Which best describes your bedroom?	 <input type="checkbox"/> Clean	 <input type="checkbox"/> Cluttered	 <input type="checkbox"/> Messy
I expect my roommate to be:	 <input type="checkbox"/> Clean	 <input type="checkbox"/> Cluttered	 <input type="checkbox"/> Messy

Parent signature: \_\_\_\_\_ Student signature: \_\_\_\_\_

In signing this form, I give CLE permission to share this information with other prospective and current students and families.

# STEPS TO A SUCCESSFUL START

## ARRANGE FOR APARTMENT RENTAL

- Please print out and review the above documents: “Rental Criteria for CWS Apartment Homes” and the “Rental Application for Residents and Occupants”.

A check of \$25 must be enclosed with the signed documents to have a background check performed on your student. Please make this check payable to Marquis at the Parkway; it's mandatory of all residents residing in their apartments. There are no additional fees required at this time as your student will be residing in a corporate apartment. Please send the signed documents to Deborah Feketa here at CLE to that all documents are complete prior to submitting them to the Parkway. Of course, the sooner the better! Completed documents must be turned in to the Parkway at least three business days prior to the desired move-in date to clear the student for the move-in.

Send original copies of paperwork and check to:

Att: Deborah Feketa  
CLE-Denver  
1391 Speer Blvd Suite 400  
Denver, CO 80204

# THINGS TO PACK

\*\* Items in ORANGE should be coordinated with roommate.

## KITCHEN

- 4 place settings of dishware
- 4 drinking glasses
- 2 coffee mugs
- 4 place settings of silverware
- 2 Dish Towels Hot pad holders
- 1 Set of Storage Containers (Microwave Safe)
- 2 Cutting Boards
- Water Bottle
- Colander
- Mixing Bowls
- 1 Medium skillet with lid
- 1 Medium sauce pan with lid
- 1 Large pasta pot with lid
- Kitchen Utensils (only what you'll use)
- Can opener
- Kitchen Garbage Can
- Set of sharp kitchen knives
- Measuring Cups & Spoons
- Kitchen Table & Chairs
- Meal-Size Tupperware

## BEDROOM

- Bed & Bed Frame
- 2 set of Linens: Sheets, Pillow Cases, etc
- Desk Lamp
- Blanket or Comforter
- 2 Pillows
- Desk/chair
- Night stand/small book shelf
- Alarm clock
- Closet Organizers
- Hangers
- Over the door hooks
- Trash can

## APPLIANCES

- TV & DVD player
- Microwave
- Toaster
- Surge Protector
- Vacuum Cleaner (Bagless)

## CLEANING SUPPLIES & PAPER PRODUCTS

- Broom & Dust Pan
- Toilet Plunger
- Swiffer system with refills
- Laundry Detergent
- Toilet Bowl Brush
- Toilet Cleaner
- All Purpose Cleaner (Pine Sol, Mr. Clean, Spic N Span, etc.)
- Scrubbing Powder (Comet or Ajax)
- Cleaning Sponges (soft with scrubby side)
- Kitchen/bathroom cleaner
- Window Cleaner
- Rubber Gloves
- Dish Cleaning Brush / Sponges / Cloths
- Dishwashing Soap
- Dishwasher Detergent
- Kitchen Trash Sponges
- Napkins
- Paper Towels
- Toilet Paper
- Kleenex / Tissues
- Tin Foil
- Plastic Wrap
- Sandwich Bags

# THINGS TO PACK

\*\* Items in ORANGE should be coordinated with roommate.

## BATHROOM

- 2 each Towels: Bath/Hand/Wash cloths (Different color than roommate)
- Machine Washable Bath Mat
- Shower Curtain, Liner, & Hooks
- Trash can

## PERSONAL ITEMS

- Appropriate Daily Pillbox
- 1 wallet / 1 purse
- Shampoo & Conditioner
- Deodorant / Antiperspirant
- Bath Soap
- Dental Floss
- Mouthwash
- Cotton Swabs or Cotton Balls
- Sunscreen 30 SPF or higher
- Liquid Hand Soap
- Toothbrush/Toothpaste/Holder
- Hair Brush/Comb
- Razor & Shaving Cream
- One laundry basket and 1 or 2 hampers (for lights and darks)
- First Aid Kit
- Thermometer

## HOUSEHOLD ITEMS

- Fire Extinguisher
- Wall Clock
- Batteries
- Flashlight
- Small Tool Kit (screw driver, hammer, etc.)
- Key Rack and Ring

## CLOTHING

- 2 weeks worth of clothes
- Exercise clothing
- Rain Gear, including umbrella
- Winter Gear

## STUDY SUPPLIES

- 1 desktop or laptop computer (bring original operating software for reinstall if necessary)
- Basic Inkjet Printer
- Backpack (waterproof)
- Copy Paper
- Envelopes
- Stamps (give to financial instructor)
- Academic Planner
- Tape Recorder & Tape (for class)
- Fridge Magnets for documents
- Jump/Flash Drive

## LIVING ROOM

- Couch & Chair
- Television Stand
- 2 floor lamps
- Coffee Table
- Bookshelf

## OTHER

- Personal documents: health insurance card, copy of social security card, medical documents, eyeglass prescription, important contact information
- Lockup box for personal documents
- Valid driver's license or state photo ID / passport

# PANTRY ITEMS

You're tired. You're cranky. Most importantly, you're hungry. You come home, look through the fridge, nothing. You look in the cupboard, nothing. Freezer, nothing. Why is there never anything to eat around here?

The fact of the matter is, there probably is something to eat, just nothing that appeals to you at that moment. And, if there's nothing good to eat, then it means that you don't know how to stock your kitchen pantry so that there is always something fast, easy, and tasty ready to be made. Let's look at what is in a well-stocked pantry:

## ESSENTIALS

These are items you should always have on hand

- Cooking and salad oils
- Butter or margarine
- Vinegar (red wine and apple cider)
- Spices and herbs, flavorings (vanilla), salt and pepper
- All-purpose flour
- Sugar, granulated and brown
- Baking powder and baking soda
- Dry pancake mix
- Condiments (ketchup, mustard, pickles and/or pickle relish)
- Salad dressing (2 kinds, preferably low fat)
- Coffee and/or tea
- Peanut butter and jam/jelly/honey (preferably low or no sugar)
- Dry pasta (preferably whole wheat)
- Rice (preferably brown or brown basmati)
- Canned beans (refried and/or kidney)
- Canned tomatoes, tomato sauce, and tomato paste
- Parmesan cheese
- Bouillon cubes
- Potatoes
- Onions

## HEALTHY SNACKS

Quick things to sate your appetite

- Crackers (preferably whole grain)
- Cold and hot cereals
- Cheese (harder cheeses generally have less fat)
- Sliced/deli meats (preferably low sodium/fat)
- Yogurt (preferably low fat/low sugar)
- Power bars
- Dried fruits
- Nuts
- Pita and sliced bread (preferably whole grain)
- Popcorn
- Frozen fruit bars (preferably low or no sugar)

## FAST MEALS

When you're too busy to cook (no more than 2X a week)

- Boxed or frozen macaroni and cheese
- Hot dogs/sausages (can be frozen)
- Canned soups (preferably low sodium/low fat; plus cream of mushroom)
- Individually-wrapped frozen chicken breasts
- Individually-wrapped hamburgers
- Fish sticks or fish filets
- Flash frozen meatballs
- Frozen stir-fry dinners (low fat/low sodium)
- Frozen dinners (low fat/low sodium)
- Frozen vegetables