

Life Skills for Young Adults

By Halima Miah, Janyza Everett, Nuna Mako, Branel Savaya

Managing Money

1. Make a budget.
2. Save some money from your paycheck to your savings. (however much you feel is comfortable for you)
3. Focus on what you **NEED** rather than what you **WANT**.

Managing Time

1. Make a to-do list
2. Encourage yourself.
3. Have a positive attitude. (a negative makes you lose focus)
4. Don't schedule/do everything all in one day.

Problem solving

1. Don't turn a small problem to a bigger
2. Sorry goes a long way for people
3. Don't hold grudges against people

Ingredients:

-3 tablespoons granulated Sugar
-3 tablespoons all purpose Flour
-1 ½ tablespoons unsweetened cocoa powder
-Pinch salt
-2 tablespoons chocolate chips
-1 ½ tablespoons vegetable oil, melted coconut oil or melted butter
-3 tablespoons milk
-¼ teaspoon vanilla extract

Brownie in a Mug

Directions:

1. Place sugar, flour, cocoa powder and salt in a mug. Use a small whisk or fork, and stir until combined, and free of lumps. Stir in chocolate chips. Add oil, milk, and vanilla, stir with a spoon or small rubber spatula until just combined.
2. Microwave for about 90 seconds (microwave times may vary).

Ingredients:

-12 oz pasta
-1 lb frozen broccoli florets
-3 Tbsp butter
-3 Tbsp grated Parmesan
-Salt to taste
-Freshly cracked pepper to taste
-Pinch crushed red pepper (optional)

Bowties and Broccoli Pasta

Directions:

1. Bring a pot of water to a boil, then add the pasta. Boil until the pasta is al dente (7-10 mins). Add the frozen broccoli florets to the boiling pasta water, turn off heat, and let sit for 1-2 mins, or until the broccoli is tender. Drain pasta and broccoli in a colander.
2. Transfer the pasta and broccoli back to the pot (with the heat off) or to a bowl and add the butter. Toss until the butter has melted and coated everything. Add the Parmesan, salt, freshly cracked pepper, and red pepper flakes, then toss to coat again. Serve immediately.

~Good Website to find easy and affordable recipes: <https://www.budgetbytes.com>