

## Fostering Independence: Preparing Youth for Adulthood from Day One

### Quiz Questions

1. True or False: Preparing youth for adulthood should begin only when they turn 18.
2. Which of the following is a key strategy in fostering independence?
  - A. Doing everything for the youth
  - B. Encouraging decision-making
  - C. Avoiding discussions about adulthood
  - D. Discouraging responsibility
3. True or False: Teaching life skills early helps youth feel more confident and capable.
4. What is one way to help youth develop financial literacy?
  - A. Ignore money matters
  - B. Provide a monthly allowance with guidance
  - C. Avoid discussing budgets
  - D. Handle all their expenses
5. True or False: Youth in foster care often need extra support to learn independent living skills.
6. Which of the following is NOT a recommended approach to fostering independence?
  - A. Setting realistic expectations
  - B. Providing mentorship
  - C. Avoiding responsibilities
  - D. Encouraging self-advocacy
7. True or False: Building a support network is essential for youth transitioning to adulthood.
8. What role do foster parents play in preparing youth for adulthood?
  - A. Passive observers
  - B. Active mentors and guides
  - C. Sole decision-makers
  - D. Financial providers only
9. True or False: Youth should be excluded from decisions about their future to reduce stress.
10. Which of the following helps youth build independence?

- A. Practicing daily routines
- B. Avoiding chores
- C. Limiting social interactions
- D. Discouraging questions

### Answer Key

1. Preparing youth for adulthood should begin only when they turn 18.

T/F

2. . Which of the following is a key strategy in fostering independence?

- A. Doing everything for the youth
- B. Encouraging decision-making
- C. Avoiding discussions about adulthood
- D. Discouraging responsibility

3. Teaching life skills early helps youth feel more confident and capable.

T/F

4. What is one way to help youth develop financial literacy?

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- B. Provide a monthly allowance with guidance
- C. Avoid discussing budgets
- D. Handle all their expenses

5. Youth in foster care often need extra support to learn independent living skills.

T/F

6. Which of the following is NOT a recommended approach to fostering independence?

- A. Setting realistic expectations
- B. Providing mentorship
- C. Avoiding responsibilities
- D. Encouraging self-advocacy

7. Building a support network is essential for youth transitioning to adulthood.

T/F

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B

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T/F

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