

# Adulting 101

The Art of Being a Grown-up

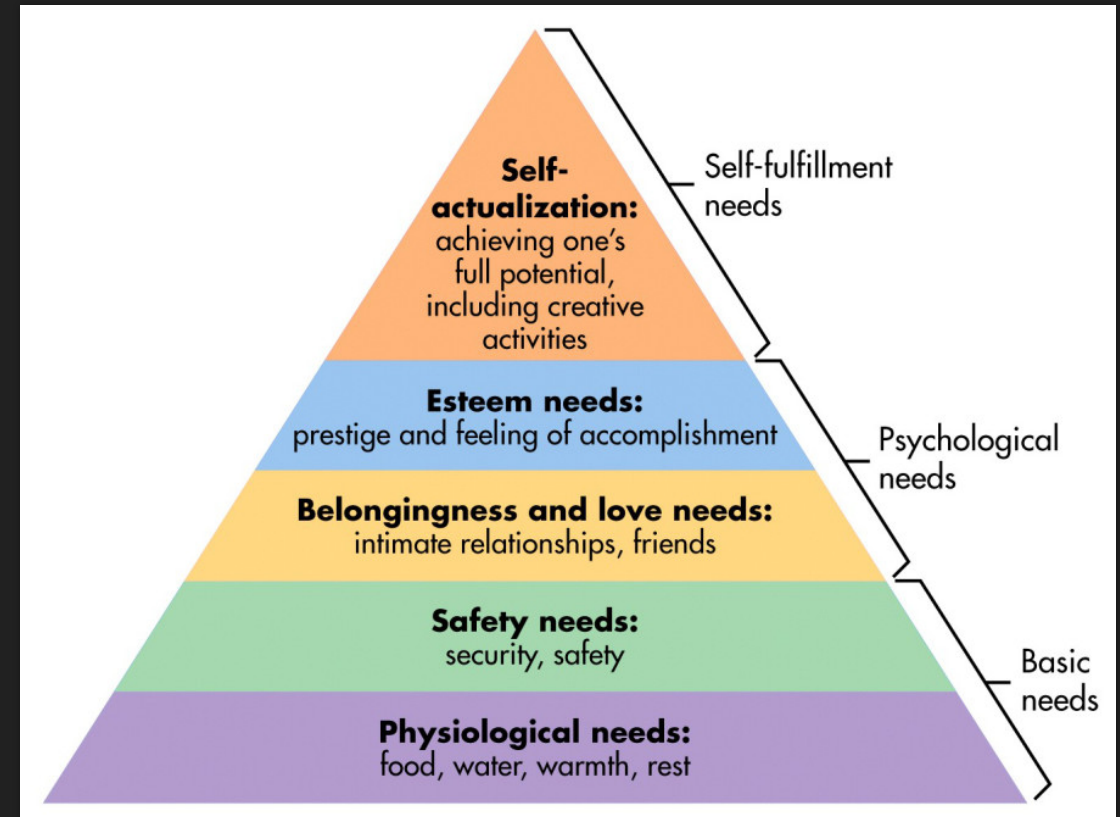
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# Session 3

Household Management

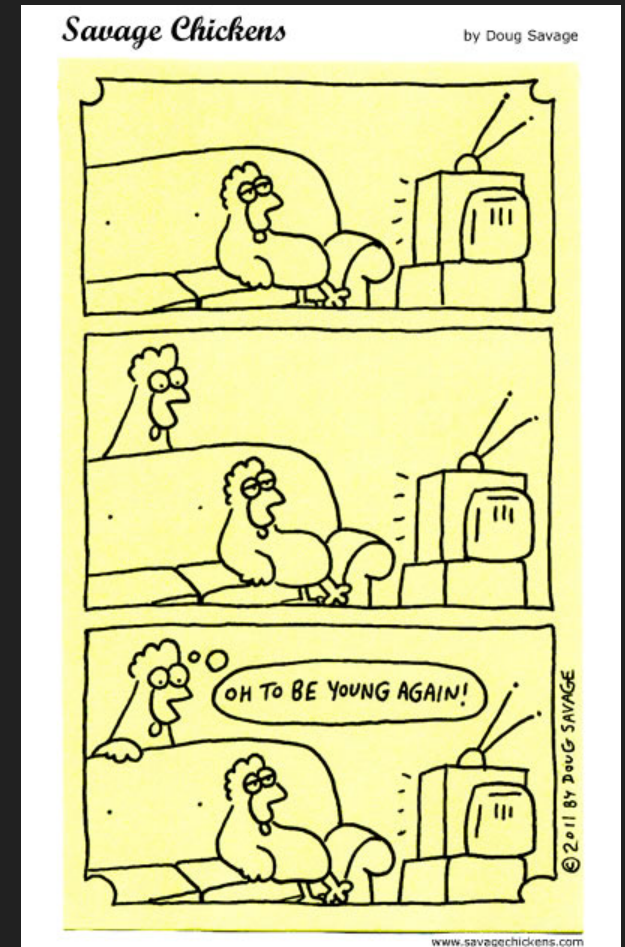
## Prioritizing Needs

- According to Maslow (1943), human beings are motivated by a hierarchy of needs.
- Basic needs at the bottom of the pyramid must be met before higher needs. For example, it is hard to achieve your full potential academically if you are hungry in class.
- The order of needs is not rigid but instead may be flexible based on external circumstances or individual differences.



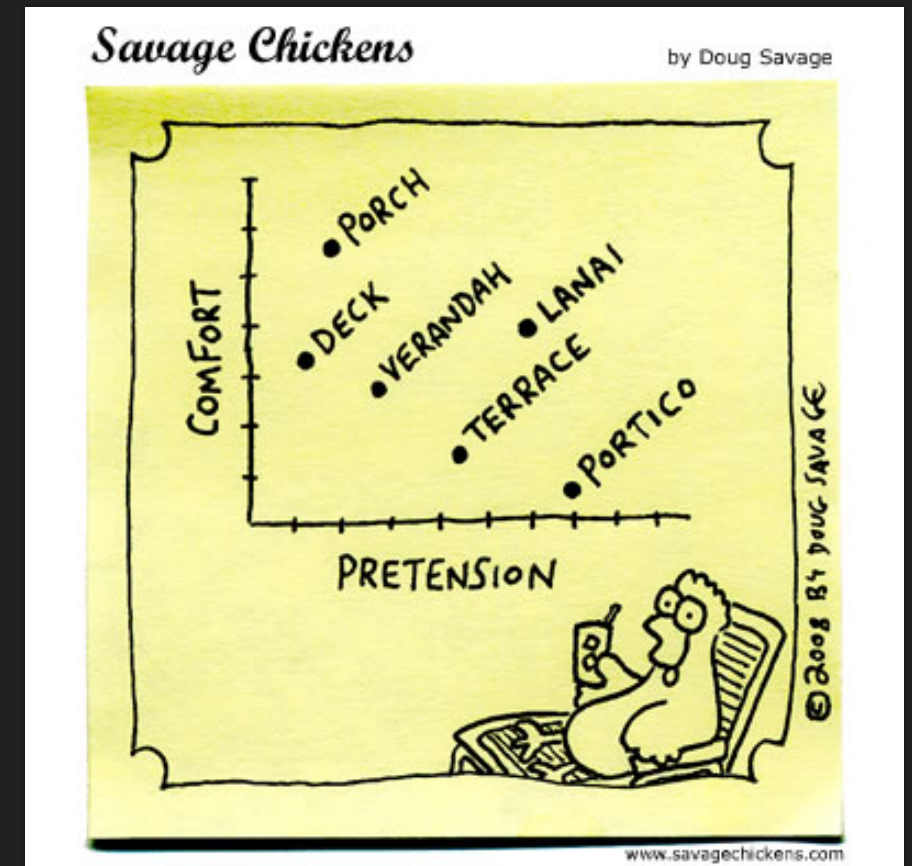
## The Basics

- An adult is responsible for meeting their own basic needs.
- A job is an opportunity to earn the money necessary to support your life.
- If you have kids, you are responsible for meeting their basic needs too.



## Housing

- Buying a house requires a large amount of savings.  
<https://www.moneyunder30.com/how-much-cash-do-you-really-need-to-buy-a-home>
- How to Rent an Apartment.  
<https://www.youtube.com/watch?v=Ug9gb37PCRM>
- Tenants' Rights, Laws and Protections in Rhode Island.  
[https://www.hud.gov/states/rhode\\_island/renting/tenantrights](https://www.hud.gov/states/rhode_island/renting/tenantrights)



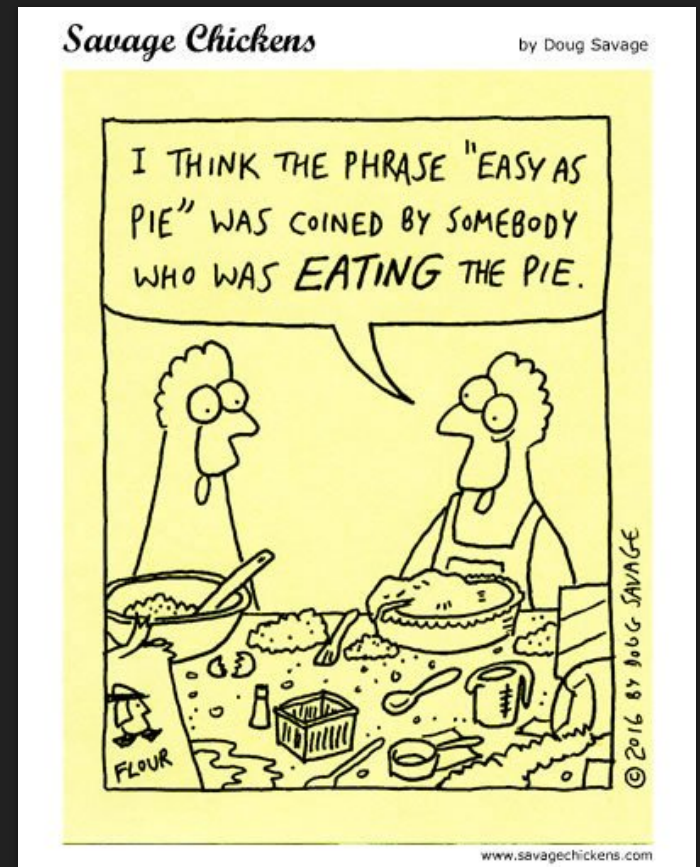
## The Bare Necessities

- Acquiring all the things you need for your first apartment can be expensive, so plan first.
- Prioritize what you need now versus what can wait.
- Consider thrift stores when buying kitchen items and non-fabric furniture.
- Essentials You Need for Your First Apartment.  
<https://www.moving.com/tips/essentials-you-need-to-buy-for-first-apartment/>



## Cooking

- Cooking Skills to Learn in Your Twenties. <https://www.myrecipes.com/how-to/cooking-skills-to-learn-in-your-twenties>
- Top 30 Recipes for Starving Students. <https://www.business-management-degree.net/top-30-recipes-for-starving-students/>



## Cleaning

- The Ultimate Cleaning Checklist.  
<https://www.realsimple.com/home-organizing/cleaning/house-cleaning-schedule>

### *Savage Chickens*

by Doug Savage



www.savagechickens.com