**Chapter 6 NAME:**

**Exercise 6.3 DATE:**

**Integrating Strategies, Supports, and Services**

**Which objective is a strategy or service (please circle your answer)?**

1. Increase my confidence during job hunting

A. Strategy

B. Service

2. Seek couples counseling by getting a referral from my doctor

A. Strategy

B. Service

3. Learn new skills to cope with stress

A. Strategy

B. Service

4. Get financial planning services

A. Strategy

B. Service

5. Improve my communication skills

A. Strategy

B. Service

**Please circle the task from the statements below:**

6. Attend Adult Education classes to improve my skills

A. Attend resume writing class twice a week at Kapolei Adult Education

B. Increase my confidence during job hunting

C. Find stable employment

7. Explore Housing Options

A. Find long term housing

B. Make a list of the different types of housing resources

C. Learn to live independently

8. Participate in Pro-social Functions

A. Surround myself with pro-social friends

B. Identify the types of people I like to hang out with

C. Make a list of qualities I like in others

9. Develop skills and strategies to keep me active

A. Meet with a personal trainer 2x a week

B. Maintain a healthy lifestyle

C. Increase my strength and fitness

10. Understand my financial status

A. Get financial planning services

B. Become financially independent

C. Complete a budget of assets and debts