Campus Life Quiz
Read each question and select the answer that best fits your typical habits.

1. Do you shower, wash yourself, brush your teeth, and use deodorant on a daily basis?
   Yes                  Sometimes    No

2. Do you consistently clean up after yourself, with regard to your trash, your food waste and leftovers, and the dishes you use?
   Yes                  Sometimes    No

3. Do you consistently clean up after yourself on the same day?
   Yes                  Sometimes    No

4. Do you clean your room and keep your space tidy?
   Yes                  Sometimes    No

5. Do you help with household chores, such as cleaning the bathroom, doing the dishes, and taking out the trash?
   Yes                  Sometimes    No

6. Can you get out of bed in the morning without being prompted by a parent or guardian?
   Yes                  Sometimes    No

7. Do you handle your morning routine and get to school on your own, without help or reminders from a parent or guardian?
   Yes                  Sometimes    No

8. Do you manage your schedule with minimal help from others?
   Yes                  Sometimes    No

9. Do you complete or meet homework and assignment deadlines, and study for exams on time, without help or reminders from a parent or guardian?

- **Yes**
- **Sometimes**
- **No**

10. Can you shop for groceries on your own?

- **Yes**
- **Sometimes**
- **No**

11. Can you prepare your own food and meals, and maintain a comfortable eating schedule on your own?

- **Yes**
- **Sometimes**
- **No**

12. Do you manage your own medications, and remember to take them at the prescribed times?

- **Yes**
- **Sometimes**
- **No**

13. Do you manage your own bank account, or have access to your own money?

- **Yes**
- **Sometimes**
- **No**

**Scoring:** Please add up your answers using the scoring system below:

- **Yes** = 2
- **Sometimes** = 1
- **No** = 0

---