



Test Lab - Life Skills Merit Badge Workbook

SCOUTMASTER BUCKY

Test Lab – Life Skills Patches are 1-1/2 inch in size and are available for \$3.25 each (plus shipping) through Scoutmaster Bucky. Email for information: ScoutmasterBucky@yahoo.com

Scouts participating in a Scoutmaster Bucky Scouts BSA Test Lab merit badge opportunity, whether online or in person, should consider using the Life Skills Test Lab class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/life-skills-tl/life-skills-tl-cpp.pdf>

THE TEST LAB FOR THE AUCTIONEERING MERIT BADGE IS EFFECTIVE UNTIL JUNE 30, 2026. AT THAT TIME, THESE REQUIREMENTS WILL DISAPPEAR AND THE SURVEYS WILL BE CLOSED. [CLICK HERE TO GO TO SURVEY](#)

REQUIREMENTS 2a and 2b REQUIRE PARENT / GUARDIAN PERMISSION.

REQUIREMENT 2d REQUIRES PARENT / GUARDIAN CONFIRMATION.

REQUIREMENT 1: HEALTH

REQUIREMENT 1a: Describe the steps to make a doctor's appointment.

AMERICAN WORKER CONCERN #2:

Notes:



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REQUIREMENT 1b: Locate the hospital or urgent care center closest to your home.

This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

Notes:

REQUIREMENT 1c: Explain what health insurance is.

Notes:

REQUIREMENT 1c: Explain why health insurance is important to have.

Notes:



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REQUIREMENT 1d: Identify 5 ways to practice medication safety at home.

WAY #1:

Notes:

WAY #1:

Notes:

WAY #1:

Notes:

WAY #1:

Notes:

WAY #1:

Notes:



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REQUIREMENT 1e: Describe what information should be included in your personal health record and create one for yourself.

This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

Notes:

REQUIREMENT 1f: Identify 5 everyday situations where first aid would be required and what to do when first aid is needed.

SITUATION #1:

Notes:

SITUATION #2:

Notes:



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SITUATION #3:

Notes:

SITUATION #4:

Notes:

SITUATION #5:

Notes:



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REQUIREMENT 2: HOUSEHOLD

REQUIREMENT 2a: Explain the steps required to do laundry. With your parent or guardian's permission, wash and dry one load of laundry.

Notes:

PARENT/GUARDIAN PERMISSION: IS REQUIRED.

Parent's / Guardian's Name

Phone or Email

Parent's / Guardian's Signature

Date

☐

*Permission and
confirmed one washed
and dried load*



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REQUIREMENT 2b: Explain the steps required to iron clothes. With your parent or guardian's permission, demonstrate how to iron two different articles of clothing.

Notes:

PARENT/GUARDIAN PERMISSION: IS REQUIRED.

Parent's / Guardian's Name

Phone or Email

Parent's / Guardian's Signature

Date

☐

*Permission and
confirmed two ironing
examples*



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REQUIREMENT 2c: Demonstrate your knowledge of sewing by sewing a patch or button on a shirt or pair of pants.

This requirement will be done as a part of the class so that YOU are able to demonstrate your ability to perform and complete this requirement – you will need to bring a basic sewing kit with needle and thread as well as a shirt or pair of pants to sew on.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 2d: Explain the importance of maintaining a clean household.

Notes:



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REQUIREMENT 2d: Describe why it is important to control clutter.

Notes:

REQUIREMENT 2d: Demonstrate your knowledge by cleaning your bedroom, bathroom, or kitchen.

Don't forget to bring proof of completion to share with your counselor.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

PARENT/GUARDIAN CONFIRMATION: IS REQUIRED.

Parent's / Guardian's Name

Phone or Email

Parent's / Guardian's Signature

Date ☐ Confirms this scout has demonstrated proper cleaning and maintenance of their bedroom for the agreed upon period of time

Notes:



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REQUIREMENT 2e: Demonstrate how to set a casual dining table and a formal dining table.

This requirement will be done as a part of the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 3: MONEY

REQUIREMENT 3a: Explain what is required to open a bank account.

Notes:

REQUIREMENT 3a: Compare the differences between a traditional bank, an online bank, and a credit union.

Traditional Bank:

Online Bank:

Credit Union:



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REQUIREMENT 3b: Explain the importance of saving money.

Notes:

REQUIREMENT 3c: Explain what online bill pay is.

Notes:

REQUIREMENT 3c: Compare the pros and cons of paying your bills online.

Pros:

Cons:



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REQUIREMENT 3d: Describe how a credit card works.

Notes:

REQUIREMENT 3d: Describe the reasons to get a credit card.

Notes:

REQUIREMENT 3d: Describe the costs you may incur by using a credit card.

Notes:

REQUIREMENT 3d: Describe how to use a credit card effectively.

Notes:



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REQUIREMENT 4: SOCIAL

REQUIREMENT 4a: Demonstrate how to properly introduce yourself in a social situation.

This requirement will be done as a part of the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4b: Explain what social etiquette means and how to practice it.

Notes:

REQUIREMENT 4c: Explain what it means to set personal boundaries.

Notes:



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REQUIREMENT 4c: Explain what to do when personal boundaries are crossed.

Notes:

REQUIREMENT 4d: Create a list of similarities and differences of the members of a group you are involved with (troop, school club, sports team, etc.). Share this list with your counselor and describe how these similarities and differences affect the group.

Selected Group:

Similarities:

Differences:



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REQUIREMENT 4e: Explain how equity is different from equality.

Notes:

REQUIREMENT 4e: Explain how equity is different from equality. Describe a situation that might exist in school, sports, an extra-curricular activity or Scouting that could result in inequity.

Notes:



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REQUIREMENT 4f: Give six examples of appropriate table manners.

EXAMPLE #1:

Notes:

EXAMPLE #2:

Notes:

EXAMPLE #3:

Notes:

EXAMPLE #4:

Notes:

EXAMPLE #5:

Notes:

EXAMPLE #6:

Notes:



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REQUIREMENT 5: SELF-CARE

REQUIREMENT 5a: Explain what self-respect means and how you can demonstrate it.

What it means:

How to demonstrate:

REQUIREMENT 5b: Explain to your counselor what might cause stress and how to manage it.

What causes stress (there are many answers):

How to manage stress:



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REQUIREMENT 5c: Explain the importance of good personal hygiene and give examples of how to practice it.

Notes:

EXAMPLE #1:

Notes:

EXAMPLE #2:

Notes:

EXAMPLE #3:

Notes:



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REQUIREMENT 5d: Explain the benefits of exercise.

Notes:

REQUIREMENT 5d: Demonstrate three types of exercise found in the fitness section of your Scouts BSA handbook.

This part of the requirement will be done as a part of the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:



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REQUIREMENT 6: EMPLOYMENT

DO THREE OF THE FOLLOWING (6A, 6B, 6C, 6D, 6E, or 6F) FOR REQUIREMENT 6

REQUIREMENT 6a: Create a resume and review it with your counselor.

Be sure to bring your resume for review with your counselor if you chose this requirement option.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6b: Write a cover letter for a job posting and review it with your counselor.

Be sure to bring your work for review with your counselor if you chose this requirement option.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6c: Describe how to make a great impression during a job interview.

Notes:



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REQUIREMENT 6c: Give 5 examples of questions that you would ask during an interview.

EXAMPLE QUESTION #1:

Notes:

EXAMPLE QUESTION #2:

Notes:

EXAMPLE QUESTION #3:

Notes:

EXAMPLE QUESTION #4:

Notes:

EXAMPLE QUESTION #5:

Notes:

REQUIREMENT 6d: Explain why it is essential to write professional emails.

Notes:



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REQUIREMENT 6d: Write a professional email thanking someone for interviewing you for a job. Share your email with your counselor.

Be sure to bring your work for review with your counselor if you chose this requirement option.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6e: Demonstrate how to leave a professional voicemail message.

This part of the requirement will be done as a part of the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6f: Explain how posts to social media can affect you when applying for a job.

Notes:



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REQUIREMENT 7: TRANSPORTATION

DO TWO OF THE FOLLOWING (7A, 7B, 7C, 7D, or 7E) FOR REQUIREMENT 7

REQUIREMENT 7a: Explain what to do if you are involved in a car accident.

Notes:

REQUIREMENT 7b: Describe the steps on jumpstarting a car battery.

Notes:

REQUIREMENT 7c: Explain the benefits of regular car maintenance.

Notes:



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REQUIREMENT 7d: Compare the differences between leasing versus buying a new car.

Notes:

REQUIREMENT 7e: On a map of your community or using an electronic device, locate and point out the public transportation infrastructure. Plan how to get to a friend's home or shopping center from your house. Explain the route and cost of the roundtrip to your counselor.

This part of the requirement will be done as a part of the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 8: Complete the survey to complete the test lab requirements. [Click here](#)

You will need to complete the survey and follow its instructions in order to gain credit for completing this Test Lab Merit Badge

