

Objectives of The 411 Foundation

1. Financial Responsibility/ Independence

- A. Balancing a checkbook
- B. Mock Budget
- C. Savings
- D. Credit Scores

2. Entry Level Job Preparation

- A. Professional Appearance
- B. Filling out Application
- C. Resume
- D. Follow Up/ Thank You
- E. Business/Office Etiquette
- F. Virtual Persona
- G. Interviewing Skills/ Mock Interviews

3. Health and Wellness (Mental Health)

- A. Importance of sleep
- B. Correct Diet/Attention to Diet
- C. Food Preparation
- D. Health Insurance
- E. Exercise
- F. Stress Management
- G. Time Management
- H. Sexual Health