



## 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 \$4.99 each (plus shipping) through Scoutmaster Bucky. Email for information: [ScoutmasterBucky@yahoo.com](mailto: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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<b>REQUIREMENT 2:</b>	<b>HOUSEHOLD</b>
<b>REQUIREMENT 2a:</b>	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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<b>REQUIREMENT 2e:</b>	Demonstrate how to set a casual dining table and a formal dining table.
<p>This requirement will be done as a part of the class.</p> <p><b>This requirement must be reviewed with your merit badge counselor.</b></p> <p><b>BE PREPARED!</b></p>	
Notes:	
<b>REQUIREMENT 3:</b>	<b>MONEY</b>
<b>REQUIREMENT 3a:</b>	Explain what is required to open a bank account.
Notes:	
<b>REQUIREMENT 3a:</b>	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 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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<b>REQUIREMENT 4f:</b>	Give six examples of appropriate table manners.
<b>EXAMPLE #1:</b>	
Notes:	
<b>EXAMPLE #2:</b>	
Notes:	
<b>EXAMPLE #3:</b>	
Notes:	
<b>EXAMPLE #4:</b>	
Notes:	
<b>EXAMPLE #5:</b>	
Notes:	
<b>EXAMPLE #6:</b>	
Notes:	





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<b>REQUIREMENT 5:</b>	<b>SELF-CARE</b>
<b>REQUIREMENT 5a:</b>	Explain what self-respect means and how you can demonstrate it.
What it means:	
How to demonstrate:	
<b>REQUIREMENT 5b:</b>	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**

