

Intervention: Social Skills Training

Definition:

Social skills provide students skills that enable effective functioning when interacting with others.

Basic Elements of Social Skills Training:

1. Determination of social skill deficits
2. Demonstration of appropriate social skills via explanations and explicit modeling
3. Application of learned social skills in contrived scenarios
4. Administration of feedback and reinforcement for appropriate responses
5. Application of learned social skills in an actual situation

Social Skills Training:

1. Group children together that share the same social skill deficits.
2. Establish performance goals that are easy for children to achieve.
3. Set well-defined, clear boundaries for each goal.
4. Determine common social skills or social competency deficits
5. Focus on teaching only one skill per session.
6. Review skills previously taught.
7. Present the steps being taught.
8. Engage children in a discussion centered on events that required the use of the skill.
9. Encourage children to role-play the skill while others coach them.
10. Reinforce generalization of the skill by having the children record in a journal their experiences using the skill each day.
11. Distribute copies of the skill steps to the children's teachers and parents.
12. Hold periodic refresher sessions.

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