SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Asking for Help

The steps are:

1. Choose a person whom you feel you can trust.
2. Use a calm and clear voice.
3. Tell the person what you need help with. Be specific.
4. Listen carefully to what the person suggests.
5. Thank the person for their help.

Name: ___________________ Date Assigned: ___________________

Person Assisting with Outside Practice: _______________________

Skill Being Practiced: _______________________________________

My Plan (brief description of assignment):

________________________________________________________________________

Practice Date: ________________ Location: _______________________

Briefly describe what took place:

________________________________________________________________________

How effective were you at using the skill during the outside practice? Please check one:

○ Not at all effective
○ A little effective
○ Moderately effective
○ Very effective
○ Highly effective