SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Making Requests

The steps are:

1. Look at the person.

2. Say exactly what you would like the person to do.

3. Tell the person how it would make you feel.

   In making your request, use phrases like:
   “I would like you to ___”
   “I would really appreciate it if you would do ____”
   “It’s very important to me that you help me with ____”

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