SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Requesting a Change in Your Medication Dosage

The steps are:

1. Choose an appropriate person to speak to (e.g., a nurse or doctor).
2. Explain why you want a change in your medication dosage.
3. Discuss the advantages and disadvantages of changing your medication dosage.
4. Ask questions if you do not understand what is being said.
5. If you disagree with the advice, suggest a compromise.

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