Social Skills Outside Practice Record

 Asking for Help

The steps are:

Step 1. Choose a person whom you feel you can trust.

Step 2. Use a calm and clear voice.

Step 3. Tell the person what you need help with.  **Be specific.**

Step 4. Listen carefully to what the person suggests.

Step 5. Thank the person for his or her help.

Name: ___________________________  Date Assigned: ______________________

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced:_______________ Location:__________________

Briefly describe what took place:

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

___1. not at all effective
___2. a little effective
___3. moderately effective
___4. very effective
___5. highly effective