

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