Social Skills Outside Practice Record

Making Requests

The steps are:

Step 1. Look at the person.

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

Step 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:

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