OVERVIEW OF SOCIAL SKILLS CURRICULAR SKILL SHEETS

1. FOUR BASIC SOCIAL SKILLS
   Listening to Others
   Making Requests
   Expressing Positive Feelings
   Expressing Unpleasant Feelings

2. CONVERSATION SKILLS
   Listening to Others (see “Four Basic Social Skills”)
   Starting a Conversation with a New or Unfamiliar Person
   Maintaining Conversations by Asking Questions
   Maintaining Conversations by Giving Factual Information
   Maintaining Conversations by Expressing Feelings
   Ending Conversations
   Entering into an Ongoing Conversation
   Staying on the Topic Set by Another Person
   What to Do When Someone Goes Off the Topic
   Getting Your Point Across
   What to Do When You Do Not Understand What a Person Is Saying

3. ASSERTIVENESS SKILLS
   Making Requests (see “Four Basic Social Skills”)
   Refusing Requests
   Making Complaints
   Responding to Complaints
   Expressing Unpleasant Feelings (see “Four Basic Social Skills”)
   Expressing Angry Feelings
   Asking for Information
   Letting Someone Know That You Feel Unsafe
   Asking for Help
   Responding to Unwanted Advice

4. CONFLICT MANAGEMENT SKILLS
   Compromise and Negotiation
   Leaving Stressful Situations
   Disagreeing with Another’s Opinion without Arguing
   Responding to Untrue Accusations
   Making Apologies

5. COMMUNAL LIVING SKILLS
   Locating Your Missing Belongings
   What to Do If You Think Somebody Has Something of Yours
   Asking for Privacy
Checking Out Your Beliefs
Reminding Someone Not to Spread Germs
Eating and Drinking Politely

6. FRIENDSHIP AND DATING SKILLS
   Expressing Positive Feelings (see “Four Basic Social Skills”)
   Giving Compliments
   Accepting Compliments
   Finding Common Interests
   Asking Someone for a Date
   Ending a Date
   Expressing Affection
   Refusing Unwanted Sexual Advances
   Requesting That Your Partner Use a Condom
   Refusing Pressure to Engage in High-Risk Sexual Behavior

7. HEALTH MAINTENANCE SKILLS
   Making a Doctor’s Appointment on the Phone
   Asking Questions about Medications
   Asking Questions about Health-Related Concerns
   Complaining about Medication Side Effects
   Requesting a Change in Your Medication Dosage
   Asking about a New Medication You Have Heard About
   Reporting Pain and Other Physical Symptoms

8. VOCATIONAL/WORK SKILLS
   Interviewing for a Job
   Asking for Feedback about Job Performance
   Responding to Criticism from a Supervisor
   Following Verbal Instructions
   Joining Ongoing Conversations at Work
   Solving Problems

9. COPING SKILLS FOR DRUG AND ALCOHOL USE
   Offering an Alternative to Using Drugs and Alcohol
   Requesting That a Family Member or Friend Stop Asking You to Use Drugs and Alcohol
   Responding to a Stranger or a Drug Dealer

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