

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