

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Asking for Help

The steps are:

1. Choose a person whom you feel you can trust.
 2. Use a calm and clear voice.
 3. Tell the person what you need help with. Be specific.
 4. Listen carefully to what the person suggests.
 5. Thank the person for their help.
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Name: _____ Date Assigned: _____

Person Assisting with Outside Practice: _____

Skill Being Practiced: _____

My Plan (brief description of assignment):

Practice Date: _____ Location: _____

Briefly describe what took place:

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

- Not at all effective
- A little effective
- Moderately effective
- Very effective
- Highly effective