

## 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