

Interpersonal Skills Training Phase 2: Checklist

Adherence

Getting Started

- ☐ Phase 2 is designed to be completed in a group setting. Thus, you'll need to find a common time when students can meet. Groups operate best when there are at least 3 or 4 students, but they can work with as few as 2 students.

Implementation

- ☐ Decide on the group activity. It must involve students cooperating and communicating with each other and may even involve competition (playing a game, doing a collaborative puzzle, craft or problem-solving activity).
- ☐ Create an Ideal Self Goals Rating Sheet for each student by writing or typing the student's ideal self goal on the top of a sheet of paper (see ISG downloadable form for examples and a blank form).
- ☐ After explaining the group activity to the students, but prior to starting the group activity, ask each student to identify behaviors that they will try to exhibit that are consistent with their ideal self goals. These should be specific and tailored to the activity (see examples on downloadable ISG form).
- ☐ Group leaders should observe each student's behavior (without intervening) and note the extent to which each exhibits the behavior(s) identified for the activity.
- ☐ After 5 to 10 minutes of the activity, each student should receive feedback privately on the extent to which they are exhibiting their behaviors (i.e., pull each student out of the group for a brief time while the others continue to play).
- ☐ Ideally, the activity should occur long enough that each student has the chance to rate their behavior and receive feedback on their behavior 2 to 3 times during the activity.

Quality

- ☐ These activities should be unstructured recreational activities that model real world peer situations. Adults should not interfere with the activities even if students are not participating as they should. This is a time to see to what extent the students can manage their own activity.
- ☐ During feedback sessions, ask students for their ratings and
- ☐ Provide feedback in a neutral tone of voice and keep it brief

Tips for Success

- ☐ To engage students, offer choices for the group activity and let them vote, or each make the choice over time.
- ☐ This repetition is important, and you'll likely see change in student perceptions and behaviors throughout the activity and across the three ratings