

## **Skill 12: Following Instructions**

### **SKILL STEPS**

- 1. Listen carefully while you are being told what to do.**  
Take notes if necessary; nod your head; say, “Mm-hmm.”
- 2. Ask questions about anything you don’t understand.**  
The goal is making instructions more specific, more clear.
- 3. Decide if you want to follow the instructions and let the other person know your decision.**  
Think about the positive and negative consequences of following the instructions.
- 4. Repeat the instructions to yourself.**  
Do this in your own words.
- 5. Do what you have been asked to do.**

### **SUGGESTED MODELING DISPLAYS**

*School or neighborhood:* Main actor follows classroom instructions given by teacher or cafeteria supervisor.

*Home:* Main actor follows parent’s instructions on operating home appliance or cooking with a recipe.

*Peer group:* Main actor follows friend’s instructions on how to save pictures on a computer, how to sign up for a website, or how to transfer songs to an iPod player.

*Job:* Main actor follows supervisor’s directions in doing a job.

### **COMMENTS**

This skill concerns complying with the requests of another person. If the task seems unreasonable, it may be an instance in which another skill is needed (e.g., Negotiating, Making a Complaint).

## SAMPLE HOMEWORK REPORT I

Name Tammy Date 9/20

### FILL IN NOW

1. What skill will you use? Dealing with Group Pressure (#57)
2. What are the steps for the skill?
  1. *Think about what the group wants you to do and why.*
  2. *Decide what you want to do.*
  3. *Decide how to tell the group what you want to do.*
  4. *Tell the group what you have decided.*
3. Where will you try the skill? Hanging out with friends—walking home
4. With whom will you try the skill? Marcy, Todd
5. When will you try the skill? After school

### FILL IN AFTER YOU PRACTICE THE SKILL

1. What happened when you did the homework?  
Marcy kept pressuring me for a while. Then she gave up. It was hard to stay with my decision, but I did.
2. Which skill steps did you really follow?  
I followed all the steps, but I need to do step 4 better.
3. How good a job did you do in using the skill? (check one)  
 excellent     good     fair     poor

## SAMPLE HOMEWORK REPORT 2

Name Michelle Date 9/20

### FILL IN NOW

1. What skill will you use? Giving a Compliment (#21)
2. What are the steps for the skill?
  1. *Decide what you want to compliment about the other person.*
  2. *Decide how to give the compliment.*
  3. *Choose the right time and place to say it.*
  4. *Give the compliment.*
3. Where will you try the skill? At home
4. With whom will you try the skill? My sister
5. When will you try the skill? On the weekend
6. If you do an excellent job, how will you reward yourself? Go to a movie
7. If you do a good job, how will you reward yourself? Listen to music
8. If you do a fair job, how will you reward yourself? Call a friend

### FILL IN AFTER YOU PRACTICE THE SKILL

1. What happened when you did the homework?  
My sister smiled and said thanks. She asked me if I wanted  
to go to the mall.
2. Which skill steps did you really follow?  
I did all the steps.
3. How good a job did you do in using the skill? (check one)  
 excellent     good     fair     poor
4. What do you think should be your next homework assignment?  
Give a compliment to my mom