

Parts to Skillstreaming

There are four basic parts to learning Skillstreaming:

1. **Modeling:** Have someone show you the skill.

You will watch.



2. **Role-play:** Try out the skill yourself. You will act out the skill.



3. **Feedback:** Have someone tell you how well you did.

Your group will talk about this.



4. **Practice:** Try out the skill when, where, and with whom you really need the skill.

You will plan and do the skill in a real situation.

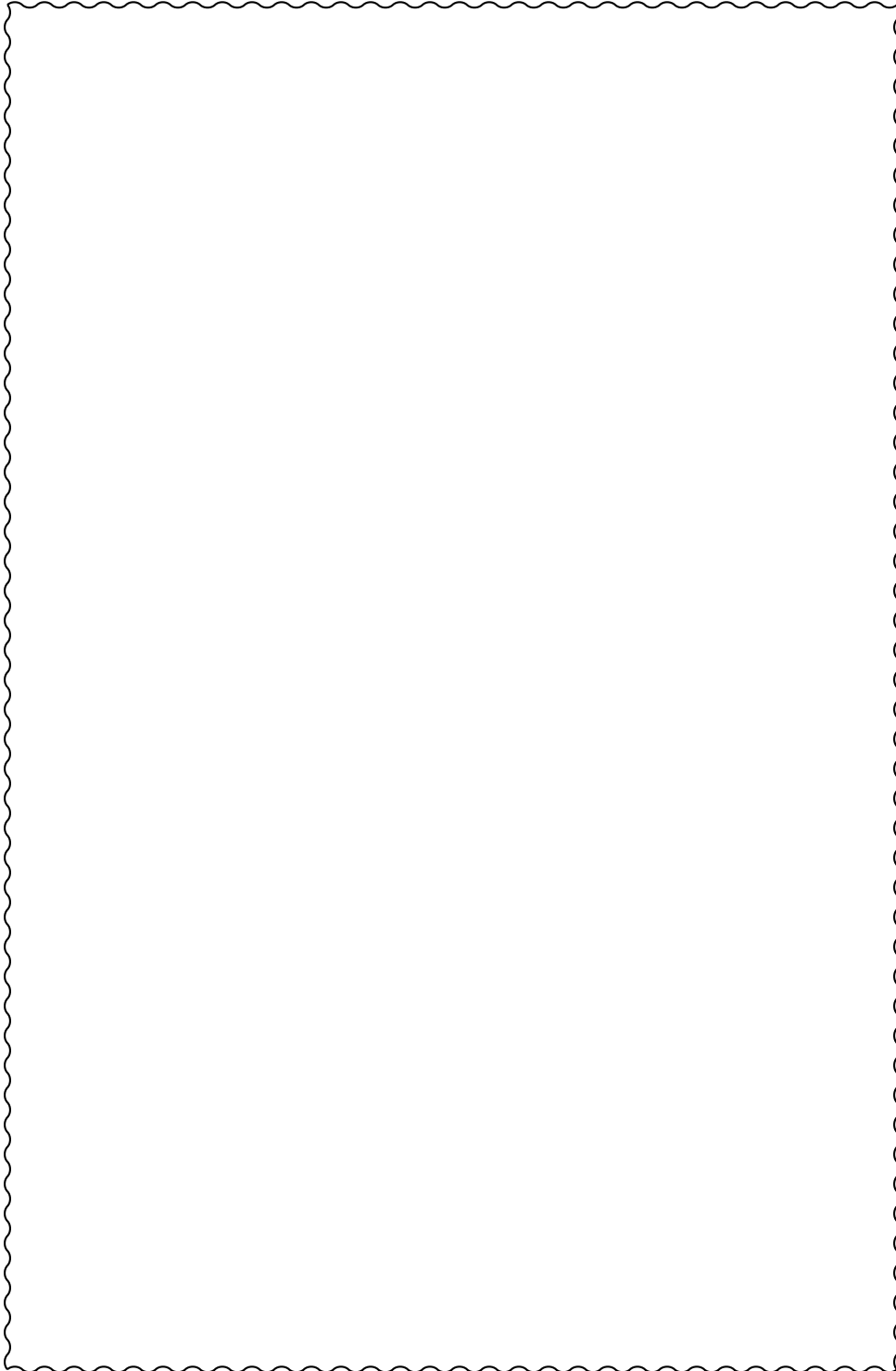


These learning parts are the same ones you have used to learn many of the things you know. Let's say that you like to play basketball. How did you learn to shoot a free throw in basketball? More than likely you learned it this way:

- First, you watched someone who was good at it.
- Then you tried it yourself.
- Then a coach or friend told you the things you were doing right and the things you needed to do to get better.
- Finally, you practiced shooting free throws—lots of them!

Activity 1.3—A Skill I Learned

Write about or draw a skill you learned by following the learning parts on the poster.

A large rectangular area with a wavy, scalloped border, intended for writing or drawing.

Skillstreaming in Action

As a way to get started and show how the four Skillstreaming steps work, your group leader will guide you in learning the skill of Asking a Favor. This skill is one of the many you will learn in your group.

Let's learn the skill of Asking a Favor. First, we'll look at the steps that make up this skill.

Part I: Modeling

To learn this skill, your teacher will model, or act out, the skill steps. Modeling shows you how to perform the skill steps when it is your turn to role-play. Your teacher will also "think aloud" ...or say out loud ...what would usually be said silently.

Let's Learn a Skill: Asking a Favor

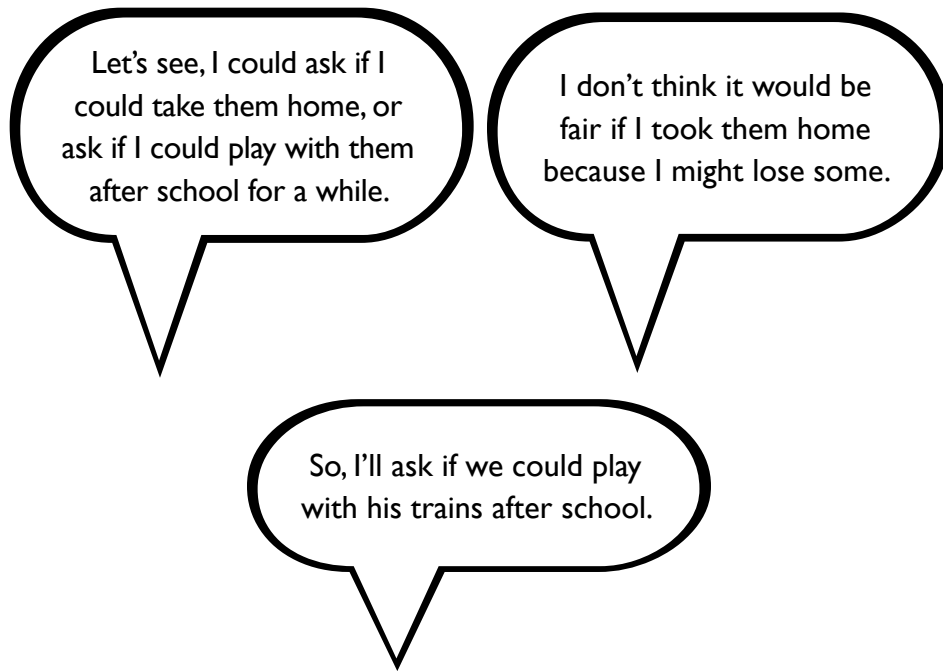
1. Decide if you want or need to ask a favor.
2. Plan what you want to say.
3. Ask the favor in a friendly way
4. Remember to thank the person.

Thinking Aloud

For example, let's say LeRoy wants to play with a friend's trains. LeRoy may say to himself...

Do I need or want to ask the favor?

Yes, I really want to use my friend's trains.



I'll ask him if we could play with his trains after school.

Discussion

Think about and answer the following questions:

- What options did LeRoy consider?
- How do you know what choices he considered?
- What decision did he make?

Modeling Practice

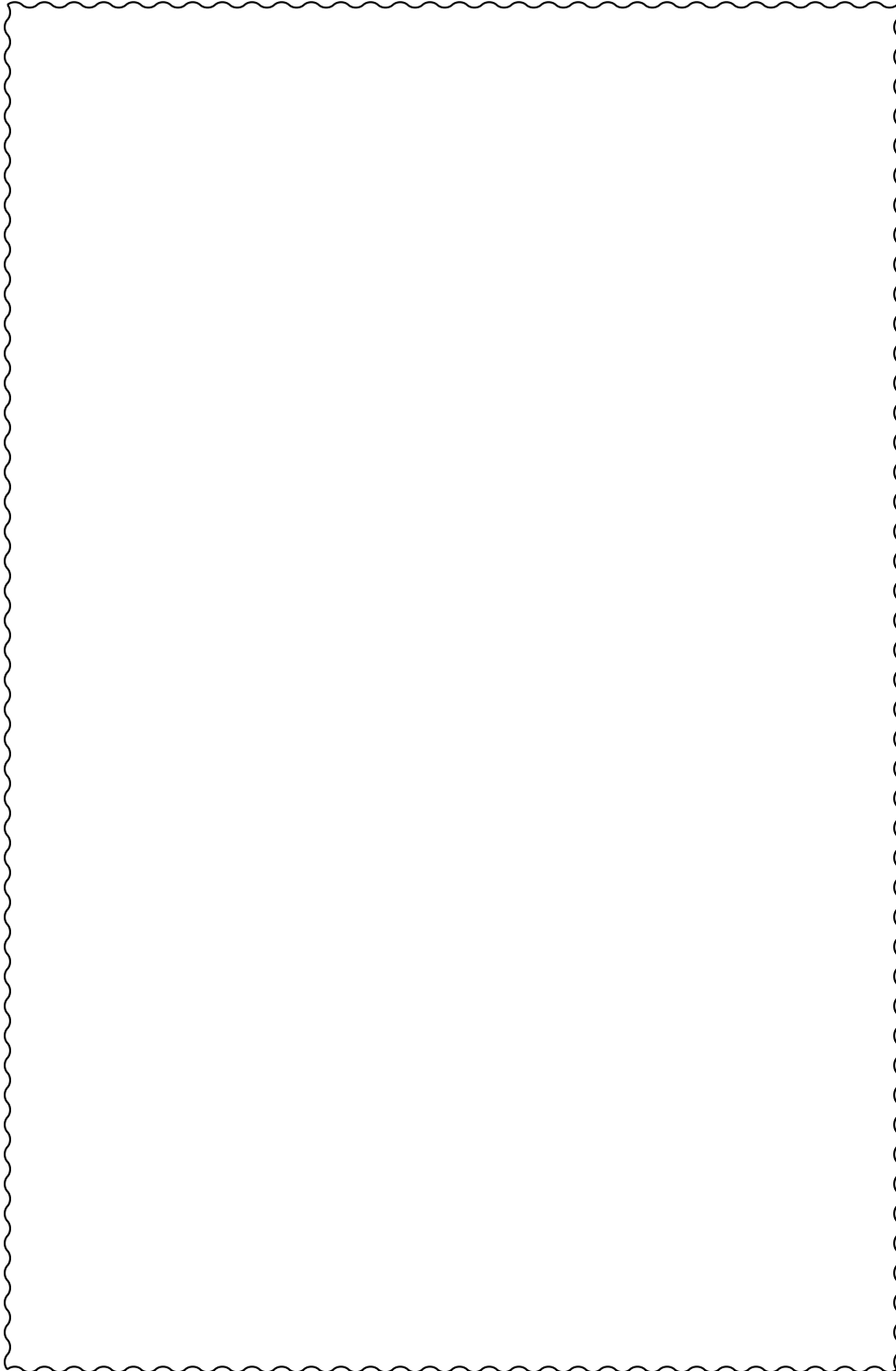
- Did you see each step?
- How did you know what the model was thinking?
- How did the model ask? Was the favor asked in a friendly way?
- Did the model remember to thank the person?

After the modeling of the skill, you will be asked to think about times when you might need or want to use this skill.

Watch your teacher now. Listen to the thinking aloud.

Activity 1.4—Asking a Favor Situation

Write about or draw a situation where you might want or need to ask a favor.



Part 2: Role-Play

Now, you have seen your teacher model the skill of Asking a Favor. You have thought of times when you could use the skill. Think about the role you are ready to play. Here is more information about the roles you will play.

Roles You Can Play

You will play your role as a Main Actor, Co-actor, or Observer.

Main Actor

Co-Actor

Observers

Each one of these roles has a different part to play.

Main Actor

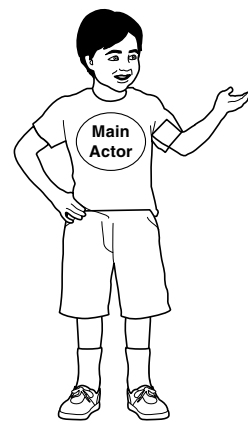
If you are willing to try the skill, you may want to be the Main Actor. Your teacher will show the skill poster so you can look at this to help you with the skill steps.

You may want to look back on page x of this manual to help with what the Main Actor will do.

If you want to be the Main Actor in the role-play, raise your hand when your teacher asks, “Who wants to go first?”

If you are the Main Actor, it is your job to:

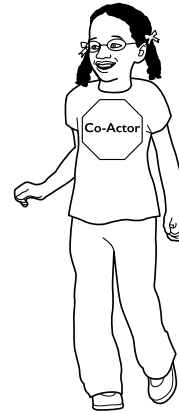
- Decide on a time when you need to use the skill.
- Tell about this.
- Choose a Main Actor or Main Actors who remind you of the other person or people in the situation.
- Tell what you need to make the role-play feel real to you.
- Act out the skill steps in order.
- Thinking aloud (say out loud what you are thinking or saying to yourself).



Co-Actor

The Main Actor will ask you or someone else to help with the role-play. The Main Actor will choose someone who reminds him or her of the real person with whom the Main Actor has the problem.

If you are asked, you will help make the situation as real-life as possible.



Observer

If you want to watch the skill being acted out again, you may want to be an Observer for now.



Your teacher will now set up the role-play.