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1

Introduction to Skillstreaming

Have you ever felt angry, left out, or that something is unfair . . . but not known what to do about it?

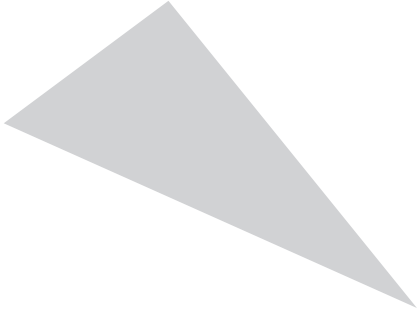
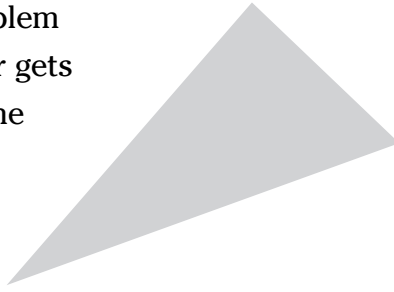
Skillstreaming is a way to learn how to handle these and many other kinds of problems. It will teach you to deal with problems in ways that are helpful to you and to other people, like your parents, teachers, and friends.

Skillstreaming will help you learn:

- ☆ How to get along with others
- ◎ Ways to stay out of trouble
- ✱ Ways to make friends
- ➔ Ways to handle your anger

In Skillstreaming, the plans you will use to handle problems are called “skills.” The teachers of your group will guide you in learning these skills.

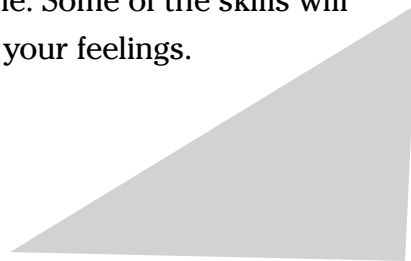
Many times people deal with a problem in a way that hurts someone else or gets them into trouble because that is the only way they know how to act.



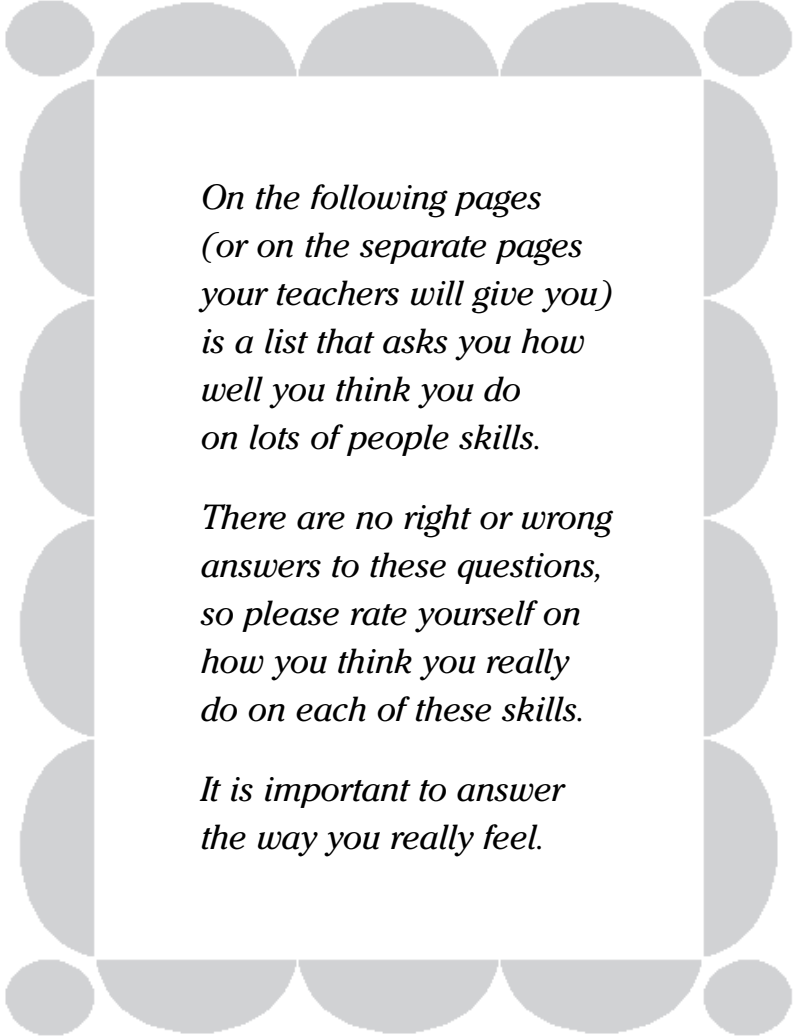
The goal of Skillstreaming is to give you more choices in how to handle problems.

Once you have learned the Skillstreaming skills, you will be the one to choose whether or not to use them.

The skills you will learn are “people skills.” These are skills to help you get along better in school or at home. Some of the skills will help you deal with your feelings.



It is important that the teachers of your group know which skills you believe you need to work on. If a skill is one you want to learn, you will try harder to learn it. The skills you will learn will be the ones that most of the members of your group need.



*On the following pages
(or on the separate pages
your teachers will give you)
is a list that asks you how
well you think you do
on lots of people skills.*

*There are no right or wrong
answers to these questions,
so please rate yourself on
how you think you really
do on each of these skills.*

*It is important to answer
the way you really feel.*

Student Skillstreaming Checklist

Name: _____ Date: _____

INSTRUCTIONS: Each of the questions will ask you about how well you do something. Next to each question is a number.

Circle number 1 if you *almost never* do what the question asks.

Circle number 2 if you *seldom* do it.

Circle number 3 if you *sometimes* do it.

Circle number 4 if you do it *often*.

Circle number 5 if you *almost always* do it.

There are no right or wrong answers to these questions.
Answer the way you really feel about each question.

- | | <i>almost never</i> | <i>seldom</i> | <i>sometimes</i> | <i>often</i> | <i>almost always</i> |
|--|---------------------|---------------|------------------|--------------|----------------------|
| 1. Is it easy for me to listen to someone who is talking to me? | 1 | 2 | 3 | 4 | 5 |
| 2. Do I ask for help in a friendly way when I need help? | 1 | 2 | 3 | 4 | 5 |
| 3. Do I tell people thank you for something they have done for me? | 1 | 2 | 3 | 4 | 5 |
| 4. Do I have the materials I need for my classes (like books, pencils, paper)? | 1 | 2 | 3 | 4 | 5 |

	<i>almost never</i>	<i>seldom</i>	<i>sometimes</i>	<i>often</i>	<i>almost always</i>
5. Do I understand what to do when directions are given, and do I follow these directions?	1	2	3	4	5
6. Do I finish my schoolwork?	1	2	3	4	5
7. Do I join in on class talks or discussions?	1	2	3	4	5
8. Do I try to help an adult when I think he/she could use the help?	1	2	3	4	5
9. Do I decide what I don't understand about my schoolwork and ask my teacher questions in a friendly way?	1	2	3	4	5
10. Is it easy for me to keep doing my schoolwork when people are noisy?	1	2	3	4	5
11. Do I fix mistakes on my work without getting upset?	1	2	3	4	5
12. Do I choose something to do when I have free time?	1	2	3	4	5
13. Do I decide on something I want to work for and keep working until I get it?	1	2	3	4	5
14. Is it easy for me to take the first step to meet somebody I don't know?	1	2	3	4	5
15. Is it easy for me to start a conversation with someone?	1	2	3	4	5

	<i>almost never</i>	<i>seldom</i>	<i>sometimes</i>	<i>often</i>	<i>almost always</i>
16. When I have something else I have to do, do I end a conversation with someone in a nice way?	1	2	3	4	5
17. Do I ask to join in a game or activity in a friendly way?	1	2	3	4	5
18. Do I follow the rules when I play a game?	1	2	3	4	5
19. Is it easy for me to ask a favor of someone?	1	2	3	4	5
20. Do I notice when somebody needs help and try to help the person?	1	2	3	4	5
21. Do I tell others that I like something nice about them or something nice they have done for me or for somebody else?	1	2	3	4	5
22. When someone says something nice about me, do I accept what the person says?	1	2	3	4	5
23. Do I suggest things to do with my friends?	1	2	3	4	5
24. Am I willing to share my things with others?	1	2	3	4	5
25. Do I tell others I'm sorry after I do something wrong?	1	2	3	4	5
26. Do I know how I feel about different things that happen?	1	2	3	4	5