

# SCORE Skills Study Guide

## Introduction

### Advance Organizer

The SCORE Program involves learning how to act when you work with people in a \_\_\_\_\_ or in a one-to-one situation.

### Describe

#### 1. Define

The skills we use when we talk, hang-out, and work with people are called "social skills." We use social skills when we interact with others. Just as you can learn skills for doing math or social studies, you can learn skills to help you get along well with your friends, classmates, parents, teachers, other adults, and co-workers. You can also learn skills for working with others on your assignments.

#### 2. Discuss the importance of learning social skills.

You can learn to read or do math or play a musical instrument by practicing, and you can learn to be successful in interacting with others by practicing social skills.

Can you learn social skills?

What is the key to learning social skills?

#### 3. An example of a social skill is giving someone a compliment. If you said, "Alex, your car is really cool," you would be using the skill of giving someone a compliment.

#### 4. Rationales

TTYN and name some other social skills people use.

TTYN and come up with some good things that might happen if you are skilled at getting along with others.

- #### 5. Social skills can be divided into parts or steps. Some of the parts involve how we look and sound; other parts have to do with the words we say. By breaking the skill into its parts, you can understand what exactly is involved in using that skill, and you can learn the skill more quickly.
- #### 6. Brief overview of SCORE Skills

The five skills we'll be learning in the SCORE Program are: (Cue Card #1)

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What does the first letter of each of these words spell?

Does anyone know what a word in which each letter stands for another word is called?

Write this word "acronym."

An acronym helps people remember information.

TTYN and name other acronyms we have learned in strategies.

## Body Language

As we discuss the specific SCORE skills, we will always talk first about three things:

1. how our voices \_\_\_\_\_
2. the \_\_\_\_\_ on our faces
3. where we look or our \_\_\_\_\_

These three things make up something called body language.

TTYN Demonstrate body language for "Listen" "Quit messing around" "Quiet"

Body language may change the meaning of words you say. Try this example: "Tony, your new haircut is nice." (Say in two different ways) what kind of messages are you sending?

Every social skill contains three "nonverbal steps." Nonverbal steps are those that don't involve \_\_\_\_\_. They are the body language steps.

**S** \_\_\_\_\_ (how our voices sound or the voice tone we use)

**E** \_\_\_\_\_ (the look on our faces)

**E** \_\_\_\_\_ (looking into another person's eyes as we speak or listen to him)

## Sound

Look at Cue Card #2.

What are the three types of voice tones we will be using in our social skills?

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Demonstrate:

- Pleasant: "I had an incredible weekend."
- Neutral: "James is coming over for dinner tonight."
- Serious: "I really need your help on this."

TTYN Practice each type of voice tone saying, "My science project is due on Thursday."

What is the appropriate use of voice tones when working in small groups with other students?

- Introducing an idea to the group.
- Responding to a question.
- Expressing concern.

Also, try to use a quiet voice. Why?

## **Expression**

The expression on your face can tell people whether you are happy, sad, angry, and so on. To let people know exactly how you feel, you must have the right expression for the situation. Pleasant, Neutral, Serious TTYN and practice.

## **Eye Contact**

Eye contact means looking right into the other person's eyes. Looking at the person lets the person know you are talking to him and that you mean what you say.

Watch this demonstration. "I say you playing football the other day. You are a great athlete."

Who was I talking to?

Why was it confusing?

Watch while I do it again another way. Now who was I talking to? Were you convinced I meant what I said?

TTYN and demonstrate eye contact by stating what you had for breakfast.

## **Review**

What are the three nonverbal steps to body language?

Why are these steps important when you interact with someone?

## **Assignments**

## **Generalization**

1. Suggest a voice tone for each of the expressions on the Skill Watch Sheet.
  2. Make a poster of the SEE Steps.
  3. Name the SEE steps as you leave the room. Name and demonstrate one type of voice tone.
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Thanks to Terry Freese, SIM Trainer and teacher from Rocky Comfort, Missouri, for contributing this study guide to SIM Trainer Resources on the KU-CRL Web site.