

TD's Tips!

Social Skills Development



What can I do?

1. Talk & reflect with a transition team member about areas of social skills that you can grow in and areas that you are really good at!
2. Reflect with family and friends about these same things so you can gain perspectives from different people on where you can grow and where you are doing well with social skills.
3. Once you have a good idea of your strengths and areas for growth, discuss ways and opportunities to better develop your social skills in the areas you want to grow.
4. Get involved in school groups and community groups to give you different places and groups of people to practice and develop your social skills.

Pro Tip!

Pick one or two social skills goals that are achievable in the next year. Make a plan to achieve them with a trusted adult on your transition team.

How about an ultimate challenge?

Share these goals at your next IEP or transition team meeting. Be prepared to explain the importance of these goals to your team.

