



Autism Focused Intervention  
Resources & Modules

This overview  
brief will  
support your  
use of the  
evidence-  
based practice:  
Social Skills  
Training.

**For more  
information visit:**  
[www.afirm.fpg.unc.edu](http://www.afirm.fpg.unc.edu)

## Social Skills Training (SST) ---EBP Brief Packet---

### Components of the EBP Brief Packet...

This evidence-based practice overview on Social Skills Training (SST) includes the following components:

1. **Overview:** A quick summary of salient features of the practice, including what it is, who it can be used with, what skills it has been used with, and settings for instruction.
2. **Evidence-base:** The *SST Evidence-base* details the NPDC criteria for inclusion as an evidence-based practice and the specific studies that meet the criteria for this practice.
3. **Step-by-Step Guide:** Use the *SST Step-by-Step Practice Guide* as an outline for how to plan for, use, and monitor SST. Each step includes a brief description as a helpful reminder while learning the process.
4. **Implementation Checklist:** Use the *SST Implementation Checklist* to determine if the practice is being implemented as intended.
5. **Data Collection Sheets:** Use the data collection sheets as a method to collect and analyze data to determine if progress is being made for a learner with ASD.
6. **Tip Sheet for Professionals:** Use the *SST Tip Sheet for Professionals* as a supplemental resource to help provide basic information about the practice to professionals working with the learner with ASD.
7. **Parent Guide:** Use the *SST Parent Guide* to help parents or family members understand basic information about the practice being used with their child.
8. **Additional Resources:** Use the *Additional Resources* to learn more about the practice.
9. **CEC Standards:** A list of *CEC Standards* that apply specifically to SST.
10. **Module References:** A list of numerical *References* utilized for the SST module.

### Suggested citation:

AFIRM Team. (2015). *Social skills training*. Chapel Hill, NC: National Professional Development Center on Autism Spectrum Disorders, FPG Child Development Center, University of North Carolina. Retrieved from <http://afirm.fpg.unc.edu/Social-skills-training>

## What is Social Skills Training?

Social skills training (SST) refers to any adult-directed instruction in which social skills are targeted for improvement. SST typically occurs in either a group<sup>4</sup> or individual format,<sup>12</sup> and may also include facilitated practice in classroom settings.<sup>7,10</sup> SST sometimes may co-occur with peer-mediated instruction and intervention (PMII) or some related use of peer models or tutors to support practice of targeted skills.<sup>7,11</sup>

## Evidence-base

Based upon the recent review, social skills training meets the evidence-based practice criteria set by NPDC with 8 single case design studies and 7 group design studies. The practice has been effective for preschoolers (3-5 years) to high school-age learners (15-22 years) with ASD. Evidence-based practices (EBP) and studies included in the 2014 EBP report detailed how social skills training can be used effectively to address: social, communication, behavior, play, and cognitive outcomes.

## How is SST Being Used?

Social skills training can be used by professionals such as teachers, special educators, speech-language pathologists, paraprofessionals, counselors, and psychologists. Training could take place in a school, clinic, or other community-based setting. Parents and family members can sometimes be included in the SST efforts. Parents and family members also can be invaluable in supporting the learning, generalization, and maintenance of social skills by helping their child practice skills in the home and reinforcing the social skills they see their child using with family members and peers.

**For more  
information visit:**  
[www.afirm.fpg.unc.edu](http://www.afirm.fpg.unc.edu)