

# IMPROVING SOCIAL SKILLS

- Start with small steps, like exchanging a smile.
- Practice good hygiene.
- Maintain eye contact when talking with friends and family members.
- Introduce yourself first when you meet someone new.
- Find your strengths and focus on boosting them.
- Identify and accept mistakes and grow from them.

## BENEFITS OF SOCIAL SKILLS

- Increased awareness and self-esteem in everyday life.
- Ability to recognize social cues.
- More self-confidence as a result of decreased social pressures.
- Improved mental health and quality of life.
- Positive overall attitude about self and others.
- More efficient school and workplace habits.
- Heightened ability to resolve conflicts effectively.
- Smarter ways of thinking and problem solving.
- Ability to take responsibility rather than blaming others.
- Greater sense of self-awareness and appreciation for others.

## SOCIAL SKILLS MYTHS AND FACTS

**Myth:** Social skills are inborn qualities.

**Fact:** Social skills are not traits and qualities people acquire through heredity. As the term indicates, these are skills and abilities that are acquired through observation, engagement, training, experience, and or practice.

**Myth:** Social learning is new.

**Fact:** In the late 1970s, Albert Bandura established the most well-known theory of modern social learning. It is the idea that people learn through observing and interacting with others in a social context. The advantages of social learning, including learning by example and through the reinforcement of knowledge that comes with the human connection, are still valid today.

**Myth:** A good education and hard work are all anyone needs to succeed in a career and in life. Good social skills aren't important.

**Fact:** A solid education, work, and personal experience are undoubtedly key factors that contribute to success. However, individuals with highly developed social skills understand the importance and value of their relationships. They realize that while having the appropriate education or experience is essential, social skills are paramount when seeking ongoing career and life opportunities.

# WHAT IS SOCIAL LEARNING? ●●●●

Social Learning is a process by which people learn from one another via observation, imitations, and modeling. Social Learning is accelerated when participants have opportunities to practice skills that promote positive social interactions in a supportive environment. Experiential activities support development and make learning fun, thereby improving relationships and helping participants gain confidence. For more information about our Social Learning groups, please contact us at 337-436-9533.

# ●●●● WHAT ARE SOCIAL SKILLS?

- Social skills are behaviors that promote positive interaction with others and the environment.
- Social skills help us communicate and interact with each other, both verbally and non-verbally through gestures, body language, and personal appearance.
- Experts say social skills are necessary to get along well with others and to create and maintain satisfying relationships.
- Social Skills include active listening, effective problem solving, engaging in conversation, and practicing respect for others' personal space.
- Development of social skills is critical for later academic achievement and to successfully engage in the workplace.
- The good news is that social skills can be taught, learned, and practiced.

# WHY ARE SOCIAL SKILLS IMPORTANT? ●●●●●●●●●●

- Children need social skills to build the four C's: Confidence, Cooperation, Curiosity, and Communication with peers, teachers, and family.
- Teens and adults need social skills in a similar way and can tailor them to their different lifestyles.
- Virtually every aspect of life requires some form of social skills, including work, home, school, and online communication.
- Social skills education is uniquely valuable, as these skills are often found to be especially difficult.