



# Developing Confidence in Social Situations

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
<b>shown knowledge of</b> 1. what social skills are	Student completed work
2. at least two examples of social situations that some people find difficult, and what this can lead to	Student completed work
<b>demonstrated the ability to</b> 3. identify a minimum of two occasions when they have experienced negative emotions in social situations	Summary sheet
<b>experienced</b> 4. exploring opportunities to role play how to respond in different social situations	Summary sheet
5. exploring opportunities to role play how to meet and talk with new people	Summary sheet
6. watching a video of someone in a social activity they are anxious about	Summary sheet
7. taking part in at least two new social situations	Summary sheet
<b>demonstrated the ability to</b> 8. take part successfully in a social activity they previously were anxious about.	Summary sheet