

SOCSS Worksheet

Situation: *After receiving an assignment, Eric sits at his desk, puts his head down, and does not respond to redirection from staff.*

Who: *Eric, school staff*

When: *Anytime he is given an assignment that he doesn't understand or appears to not want to complete*

What: *Eric sits at his desk, puts his head down, and doesn't respond to redirection from staff*

Why: *Eric feels overwhelmed if he thinks an assignment is too hard, too long, or requires a lot of writing*

Where: *All classes except math*

Desired Outcome: *Eric will attempt the assignment and then ask for help.*

O ptions	C onsequences	C hoices
<i>Put head down and ignore staff offering to help</i>	<i>Work doesn't get done and I get bad grades; staff may get frustrated</i>	3
<i>Ask another student for help</i>	<i>I may be able to work on the assignment</i>	2
<i>Try calming strategies and then attempt the assignment</i>	<i>I won't feel like a failure; my anxiety will hopefully decrease; and I may be able to work on the assignment</i>	1

Strategy: Action plan (choose the option)

- 1. Choose an anxiety calming strategy from my choice board*
- 2. Try the strategy until anxiety lessens*
- 3. Look at the assignment and try the parts I understand*
- 4. Ask a peer or staff member for help on the parts I don't understand*

Simulation: How to practice the chosen strategy

Eric's strategy action plan and calming choice board will be in his planner. First, he will meet one-to-one with a teacher to practice the process. Next, the teacher will video Eric completing his action plan steps to create a video model. Then, Eric will have access to the video model to review at home and school to help him learn the steps. After that, Eric will practice the steps with two peers. Then it will be tried in the classrooms.

Simulation Outcomes

Eric completed the 4 steps of his action plan at 100% with the teacher after viewing the video model for a week. He is at 80% with 2 peers and 50% in the classroom.

Follow-Up

Eric will continue viewing the video model and practicing with the 2 peers to build his skills and confidence. The education team is going to start looking at the particular assignments to see if there is something else that needs supported.

