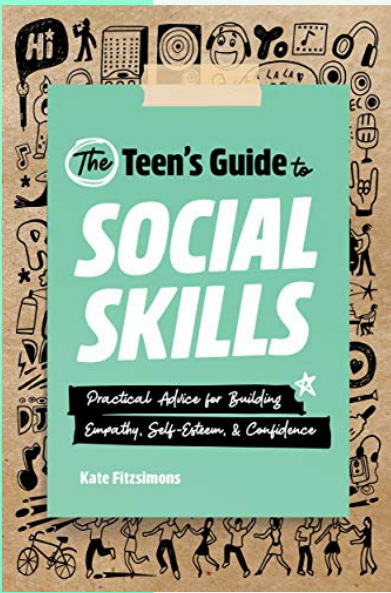


SYLLABUS

TIME: Thursdays: 5pm-6pm (ages 10-13)
6pm-7pm (ages 14-18)

6pm-7pm (ages 14-18)



Instructor:

Rebecca West, MA

Textbook:

The Teen's Guide to Social Skills

Author: Kate Fitzsimmons

Where to purchase:

Amazon: <https://amzn.to/3yzvOkv>

Price: \$13.19

Although students do not have to purchase the textbook, it is a great resource that students can look back at and reference throughout the class.

Class 1: Pre-test/Introduction of students/teacher

Class 2: The "5 W's" of Social Skills

Class 3: Social Skills and Self-esteem go together

Class 4: Building Confidence

Class 5: Emotional Awareness

Class 6: Body Language

Class 7: Active Listening

Class 8: Empathy

Class 9: Practicing your new "friendship" skills

Class 10: Developing Friendships Discussion/Final

