

Skillstreaming: New Strategies and Perspectives for Teaching Prosocial Skills (*Goldstein and McGinnis*)

Developed by Dr. Arnold P. Goldstein and Dr. Ellen McGinnis, the Skillstreaming resources address the social skills needs of students who display aggression, immaturity, withdrawal and other problem behaviour. The Skillstreaming approach has four components:

- modelling (learning by imitation)
- role-playing (enacting a role helps individuals understand what to do and how to do it)
- performance feedback (offering constructive suggestions, encouragement and approval)
- transfer of training and homework (using a particular skill in various other settings).

The goal is to help students cope with interpersonal conflicts, develop self-control and contribute to a positive classroom atmosphere.

Skillstreaming the Elementary School Child (1997)

This resource contains 60 skill lessons and is divided into five skill groups:

- classroom survival skills
- alternatives to aggression
- friendship-making skills
- dealing with stress
- dealing with feelings.

Skillstreaming the Adolescent (1997)

This resource contains 50 skill lessons and is divided into six skill groups:

- beginning social skills
- advanced social skills
- dealing with feelings
- alternatives to aggression
- dealing with stress
- planning skills.

Teacher guides, student manuals, program forms and skill cards are available for both levels. The resources present practical skills for successful interaction with others. They are designed to help students develop their ability to learn from their social and personal experiences, and respond positively to life's challenges.

Related Web site

www.skillstreaming.com

Related publications

Goldstein, Arnold P. and Ellen McGinnis with Robert P. Sprafkin, N. Jane Gershaw and Paul Klein. *Skillstreaming the Adolescent: New Strategies and Perspectives for Teaching Prosocial Skills*. Champaign, IL: Research Press, 1997.

McGinnis, Ellen and Arnold P. Goldstein. *Skillstreaming in Early Childhood: New Strategies and Perspectives for Teaching Prosocial Skills*. Champaign, IL: Research Press, 1997.

McGinnis, Ellen and Arnold P. Goldstein. *Skillstreaming the Elementary School Child: New Strategies and Perspectives for Teaching Prosocial Skills*. Champaign, IL: Research Press, 1997.