

Behavior Skills Training

This structured, interactive approach helps ensure skills are learned effectively and remembered over time!

INSTRUCTION

WHAT: Clear and specific explanation of target skill.

HOW:

- Use simple language
- Break skill into small steps
- Give short reason for learning skill to provide motivation

MODELING

WHAT: Demonstrate how to do target skill.

HOW:

- Show how to do skill step-by-step
- Use live demonstration and video models when needed
- Make sure learner can clearly see and understand all parts of the demonstration

REHEARSAL

WHAT: Give the learner time to practice the skill.

HOW:

- Create a safe and supportive environment
- Practice multiple times
- Simulate real-life situations when appropriate

FEEDBACK

WHAT: Provide appropriate feedback for how the learner did.

HOW:

- Tell what the learner did well
- Be specific about what needs improving
- Encourage learner to practice

Keys to Success

- Repeat the cycle (Instruction → Modeling → Rehearsal → Feedback) as needed.
- Adjust and tailor the process based on the learner's progress, strengths and challenges.
- Create supportive and distraction-free setting as possible.
- Practice the skill in different places and in different situations. This will help the learner be able to do the skill more broadly.