SOCIAL SKILLS

FOR STUDENT LEADERS

Session 1

SKILL:	**Initiating a Conversation** Watch this video together: https://youtu.be/zPYnHxMAZxI?si=7lkw_u51zNnoFMhO
SCRIPTURE:	**Philippians 2:3-4** "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.."
SUGGESTED TOOLS:	**Notice, Ask, Share** • **Notice:** notice something about the other person and comment on it • **Ask:** Ask them something about themselves • **Share:** Share something about yourself
ROLE PLAY:	1. So now it's your turn, go ahead and pair up. Remember the three tools you can use: a. Notice, Ask, Share - i. Notice something about the other person and comment on it ii. Ask them something about themselves, iii. and Share something about yourself 2. You can go ahead with this role play: a. The two of you are standing in line in the cafeteria and the line is moving slowly b. The second person in line needs to strike up a conversation with the person in front of them 3. After you do it once, stop and share how it felt to be on either end of the conversation 4. Then switch roles and do it again

Session 2

SKILL:	Making Friends Watch this video together: https://youtu.be/cxrzjuSVOxE?si=dcd2_u1eINNQ7nCT
SCRIPTURE:	Colossians 3:12 "…Therefore…, clothe yourselves with compassion, kindness, humility, gentleness and patience."
SUGGESTED TOOLS:	Something in Common, Share Small Struggle, Extent Invitation • Something in Common: You can point to something you have in common • Share a Small Struggle: You can share a small personal struggle • Extend Invitation: If the response feels positive, you can extend an invitation to share
ROLE PLAY:	1. So now it's your turn, go ahead and pair up. Let's review the tools available to us first: a. You can point to something you have in common b. You can share a small personal struggle c. If the response feels positive, you can extend an invitation 2. And try this role play a. Speaker 1 is sitting down, speaker 2 comes in and asks to sit next to them b. Speaker 1 is to initiate the conversation, and take it to the next level of inviting this person to study with them 3. After you do it once, stop and share how it felt to be on either end of the conversation 4. Then switch roles and do it again 5. Use your own words and do it the way you feel most comfortable

Session 3

SKILL:	Deepening Friendships Watch this video together: https://youtu.be/4Nt6nUxR98g?si=Sfl6mPCvt8o6LXns
SCRIPTURE:	Galatians 6:2 "Share each other's burdens, and in this way obey the law of Christ."
SUGGESTED TOOLS:	Use a scale of vulnerability in your mind, like a 1 to 10 scale, where a 1 is hardly vulnerable and a 10 is extremely vulnerable. You can initiate going deeper in a friendship by sharing something at a level 1 or 2. Watch to see if the other person shares something at a 2 or 3. If so, you can match them and keep going. Continue sharing and observing mutual incremental steps of vulnerability. Over time the relationship develops a lot of depth and trust and connection.
ROLE PLAY:	1. So now it's your turn, go ahead and pair up. 2. And try this role play. you are talking together about your parents (you can use the parents' weekend example or just talking about how parents feel about grades, or some other topic) a. Speaker 1 will start to talk about their parents, and will try to take the relationship deeper first by asking how speaker 2 is doing with his or her parents b. Speaker 2 will share a little bit without being vulnerable, maybe just complaining c. Speaker 1 will show care and curiosity and ask for more d. Speaker 2 will start to show some vulnerability e. Speaker 1 will show even more vulnerability in response 3. After you do it once, stop and share how it felt to be on either end of the conversation 4. Then switch roles and do it again 5. Use your own words and doit the way you feel most comfortable

Session 4

SKILL:	Recognizing When We Are Triggered Watch this video together: https://youtu.be/9x5BrJ2YncE?si=x8DDF-NrZjrjLlJX
SCRIPTURE:	James 1:9 "You must all be quick to listen, sow to speak, and slot to get angry." Proverbs 15:1 "A gentle answer deflects anger, but harsh words make tempers flare…"
SUGGESTED TOOLS:	Wait until you're out of your trigger before responding. If someone else is triggered, show them you understand how they feel by describing their feelings back to them: 1. Be curious 2. Repeat back 3. Empathize
ROLE PLAY:	1. Go ahead and pair up. 2. And try this role play. One of you will be angry at the TA, and the other will try to get you out of the trigger by helping you feel seen and heard 3. After you do it once, stop and share how it felt to be on either end of the conversation. 4. Then switch roles and do it again.

Session 5

SKILL:	Handling Conflict Watch this video together: https://youtu.be/dnttP0lRS1w?si=5UbzGqPN2-nO1FiX
SCRIPTURE:	Matthew 5:23-24 " if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."
SUGGESTED TOOLS:	Initiate, Reflect, Validate, Own Initiate: initiate talking about it Reflect: reflect back what the other person said Validate: validate their feelings Check: check for understanding Own: own your part in the conflict, and apologize as needed
ROLE PLAY:	1. One of you as the small group leader and the other as the member (you can use a different conflict if you like) 2. The small group leader will a. initiate talking about it b. reflect back what the other person said and validate their feelings, c. check for understanding, d. own your part in the conflict, and apologize as needed 3. After you do it once, stop and share how it felt to be on either end of the conversation 4. Then switch roles and do it again

Session 6

SKILL:	**Settling Boundaries** Watch this video together: https://youtu.be/Hlrmi9zOieg?si=SQJMxJNYAM_q_VzI
SCRIPTURE:	**Luke 10:30-37** "…In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'
SUGGESTED TOOLS:	**Be Clear, Validate Feelings, Be Kind** Be Clear: Be clear on the boundary you need to set with someone. Describe in terms of your own needs and availability (e.g. I can spend time once a week) Validate Feelings: Show understanding of what the other person is feeling Be Kind: Stand firm in a loving, caring, and humble way when they push back
ROLE PLAY:	1. And try this role play. Speaker 2 has been texting and hanging out with Speaker 1 a lot the last few days. Speaker 1 wants to gently set a boundary. Speaker 2 is not going to buy it right away and will resist. Speaker 1 will stand firm in the boundaries but show care in the process. 2. After you do it once, stop and share how it felt to be on either end of the conversation. 3. Then switch roles and do it again