# CURRICULUM STRATEGIES FOR TEACHING SOCIAL SKILLS TO THE DISABLED

# CURRICULUM STRATEGIES FOR TEACHING SOCIAL SKILLS TO THE DISABLED

Dealing With Inappropriate Behaviors

By

# GEORGE R. TAYLOR, Ph.D.

Coppin State College and Core Faculty The Union Institute



CHARLES C THOMAS • PUBLISHER, LTD. Springfield • Illinois • U.S.A.

# Published and Distributed Throughout the World by

# CHARLES C THOMAS • PUBLISHER, LTD.

2600 South First Street Springfield, Illinois 62794-9265

This book is protected by copyright. No part of it may be reproduced in any manner without written permission from the publisher.

© 1998 by CHARLES C THOMAS • PUBLISHER, LTD.

ISBN 0-398-06790-2 (cloth)

ISBN 0-398-06791-0 (paper)

Library of Congress Catalog Card Number: 97–20088

With THOMAS BOOKS careful attention is given to all details of manufacturing and design. It is the Publisher's desire to present books that are satisfactory as to their physical qualities and artist possibilities and appropriate for their particular use. THOMAS BOOKS will be true to those laws of quality that assure a good name and good will.

Printed in the United States of America OL-R-3

## Library of Congress Cataloging-in-Publication Data

Taylor, George R.

Curriculum strategies for teaching social skills to the disabled: dealing with inappropriate behaviors / by George R. Taylor.

p. cm. Includes index.

ISBN 0-398-06790-2 (cloth) - ISBN 0-398-06791-0 (pbk.)

1. Handicapped children-Education-United States. 2. Social skills-Study and teaching-United States. 3. Behavior modification-United States. 4. Socialization-United States. 5. Curriculum planning-United States. I. Title.

LC4031.T35 1997

371.9-dc21

97-20088

CIP

# **CONTRIBUTORS**

George R. Taylor, M.Ed., Ph.D.—This distinguished author and noted lecturer is Professor of Special Education and Chairperson of the Department of Special Education at Coppin State College, Baltimore, Maryland. His knowledge and expertise in the area of learning disabilities is both locally and nationally renown. He has made significant contributions through research and publications in the field of special education and has conducted numerous workshops for teachers of disabled children on the local and national level.

Helen Brantley, M.Ed., Ph.D.-Professor of Special Education at South Carolina State College where she has held several administrative positions. She has been actively involved with the education of disabled individuals and has made significant contributions to special education through publications, participation, and conducting local and national workshops and conferences.

Shirley Edwards, M.Ed.—Assistant Professor of Special Education at Coppin State College. She has had extensive experiences working with disabled individuals and actively participates in local and national organizations serving the disabled. She has conducted several federally funded grants concerning training teachers of disabled individuals.

Bernadette Francisco, M.Ed., D.Th.-Adjunct Professor of Special Education at Coppin State College. She is a specialist in developing transitional education curricula for children with autism and is facilitator for the P.A.L. Program (Program for Autistic-Like [students]) at the Lake Clifton–Eastern High School in Baltimore City.

Frances Harrington, M.Ed., Ph.D.-Teacher of multicategorial special education at the Shawtown Primary School, Lillington, North Carolina. She has had extensive teaching experiences on the college level and has been active in local and national organizations that serve the disabled. She has added to the body of research through several publications, curriculum development, program evaluation and participating in and conducting local and national conferences and workshops.

Loretta MacKenney, M.Ed.,—Adjunct Professor of Special Education at Coppin State College where she instructs undergraduate students. She has taught students with disabilities in grades K–3 in Baltimore County public schools for several years.

Lois Nixon, M.Ed., Ph.D.-Professor of Special Education at Coppin State College where she is also Coordinator of the undergraduate program. She is responsible for the development and evolution of the program and has had extensive experiences working with disabled individuals. Dr. Nixon has contributed to professional literature in special education through publication and curriculum development.

Thaddaus Phillips, M.Ed., Ph.D.-Assistant Professor in the Department of Special Education at Coppin State College. In addition to his teaching responsibilities, his research interests lay in learning disabilities in urban schools, and assessments for inclusion and technology. He has published several articles associated with disabled and minority individuals.

Contributors vii

Richard Rembold, Ed.D.—Currently serves as an Assistant Vice President for Academic Affairs at Coppin State College. His past experiences with disabled individuals include teaching in Baltimore City Public Schools and other local colleges and was Coordinator of Alcoholism Services at Sinai Hospital. He is active in community and professional organizations and has made significant contributions to the field of special education through publications.

Lavania Lee Rice-Fitzpatrick, M.Ed.—Assistant Professor and Coordinator for two grant programs at Coppin State College. These grant programs focus on training teachers to effectively work with programs for disabled individuals. She has worked with the developmentally disabled population for over twenty-five years while providing direct hands-on classroom instruction. She has held the position of Chief of Training for the Developmental Disabilities Administration of the Maryland State Department of Health and Mental Hygiene.

# **PREFACE**

This social skills curriculum has been developed as a guide to assist instructing disabled individuals in determining what behaviors are acceptable and what behaviors are not acceptable in our society. It is also designed to assist individuals working in community agencies with responsibilities for working with disabled individuals. Parents and other family members will find the strategies useful for follow-up activities from the school.

Socialization skills which are assessed as necessary for disabled individuals to function successfully in society are highlighted. Social skills outlined in the text stress strategies needed to: (1) show respect for the rights of privacy of others; (2) learn how to handle anger; (3) learn how to act in public places; (4) demonstrate ability to show good sportsmanship; (5) take responsibility for one's actions; (6) encourage self-control; (7) present alternatives to using profanity; (8) learn how and when to apologize; (9) present alternatives to telling lies; (10) deal with individuals who hit or threaten others.

This book is written with this point of view in mind. It presumes that a basic understanding of instructional methods and procedures have been attained. It does not address all of the dimensions of a functional curriculum, neither does it overview all of the possible instructional activities to employ in teaching social skills to disabled individuals. Rather, the book simply provides a framework for innovative educators to extrapolate additional methods and procedures for teaching appropriate social and interpersonal skills to disabled individuals.

Much of the materials contained in this book are a direct result of inservice presentations, consultancies with public schools and empirical research projects dealing with improving social skills of disabled individuals. Additional research studies are included for the reader's assessment and review.

George R. Taylor

# **ACKNOWLEDGMENTS**

Methods and procedures outlined in this social skills curriculum have been developed over a period of years. It was developed to address the critical issue of providing early social skills training to disabled individuals. It was the view of the authors that a functional systematic approach to teaching social skills was needed in order to equip disabled individuals to function successfully in society.

It would have been impossible to complete such an awesome task without the assistance of others. A deep sense of gratitude is extended to the Baltimore City Public Schools and the graduate students at Coppin State College. The authors are appreciative to **Dr. Bernadette Francisco** for her commitment and efforts in proofing and typing the manuscript.

# **CONTENTS**

	Page
Preface	ix
Chapter	
1. The Disabled, Classified and Defined	3
Introduction	3
Mildly to Moderately Disabled	4
Severely to Profoundly Disabled	4
Impact of Federal Legislation and Definitions	
and Classification of Disabled Individuals	5
Overview of Social Skills Development for the Disabled	8
Causes of Social Deficits	10
Social Competency	11
Summary	13
2. Social Learning Theories: An Overview	16
Theoretical Framework	16
Social Cognitive Theory	17
Same Behavior	19
Matched-Dependent Behavior	19
Copying Behavior	19
Modeling and Imitation	23
Self-Efficacy	25
Summary	27
3. Behavioral, Social and Academic	
Characteristics of Disabled Individuals	30
Introduction	30
Behavior Disorders	33
Deaf and Hard-of-Hearing	35

Mental Retardation	37
Orthopedic and Health Impairments	39
Learning Disabilities	41
Visually Impaired	44
The Speech and Language Impaired	47
4. Behavioral Styles of Disabled Individuals	53
Introduction	53
The Effects of Behavioral Styles	54
Correlating School Activities	55
Learning Styles	56
Cognitive Dimension	56
Affective Dimension	56
Physiological Dimension	56
Phychological Dimension	57
Evaluating Learning Styles	57
Assessment Techniques	59
The Learning Channel Preference Checklist	59
Auditory Learning Style	59
Visual Learning Style	59
Haptic Learning Style	60
The Relationship of Culture to Learning Styles	61
The Relationship Between Learning and Instructional Styles	62
Implications for Education	62
Summary	63
5. Application of Social Learning Theories	
to Social Situations	66
Vzygotsky's Theory	67
Commonality Among Theories	76
Implications for the Disabled	68
Application of Modeling Techniques	68
Aggression	69
Anger and Hostility	70
Social Skills Teaching Strategies	71
Teaching Apology Strategies	71

Contents	xv
Teaching Self-Regulation Skills	72
Be Aware of One's Thinking Patterns	72
Making a Plan	72
Develop and Evaluate Long-Term Goals	72
Integrative Aspects of Social Skills Development	74
Social Skills Models of Disabled Individuals	76
Summary	77
6. Practical Application of Social Learning Theories	
to Educating Disabled Individuals	80
Introduction	80
Types of Social Skills Deficits	81
Effects of Social Skills Deficits	81
Assessing Social Skills Deficits	84
Self-Evaluations	84
Portfolio Assessment	85
The Pediatric Evaluation of Disabilities Inventory	85
The Preschool Checklist	86
Application of Behavioral Intervention Strategies	87
Summary	89
7. Direct Intervention Techniques for Teaching	
Social Skills to Disabled Individuals	91
Introduction	91
Direct Instruction	91
Skillstreaming	92
Cognitive Behavior Modification	92
Proximity Control	95
Coaching	95
Cuing	95
Modeling	96
Role Playing	97
Videotape Modeling	98
Cooperative Learning	99
Cooperative Learning vs. Peer Tutoring	101
Special Group Activities	100

# xvi Curriculum Strategies for Teaching Social Skills to the Disabled

Group Play Activities	102
Social-Cognitive Approaches	102
Making Better Choices	102
Role Of The School In A Behavior Setting	103
Summary	104
8. Parental Roles in Social Skills Development	109
Introduction	109
Parental Guidelines for Promoting Social Growth	111
Summary	115
9. Social/Interpersonal Skills Curriculum	
For Disabled Individuals	117
Curriculum Development -An Overview	117
A Proactive Approach	120
A Functional Approach	121
Curriculum Development	121
Assessment of Social Skills	122
Social Skills Unit.	123
General Objective 1	123
Specific Objectives	123
Recommended Activities	123
General Objective 2	128
Specific Objectives	128
Recommended Activities	129
General Objective 3	135
Specific Objectives	135
Recommended Activities	136
General Objective 4	141
Specific Objectives	141
Recommended Activities	141
General Objective 5	146
Specific Objectives	146
Recommended Activities	146
General Objective 6	149

	Contents	xvii
	Specific Objectives	149
	Recommended Activities	150
	General Objective 7	152
	Specific Objectives	152
	Recommended Activities	152
	Evaluation of Social Skills	156
	Specific Evaluation Techniques	156
	Sample Evaluation Checklist for Evaluating Social Skills	158
	Summary	159
10.	Summary	160
	Early Environmental Experiences	162
	Home Environment	163
	Transforming the Environment	165
	Enhancing Self-Esteem of Disabled Individuals	167
	Personality Development	168
	Parental Involvement	168
	A Holistic Approach	170
	Transforming the School Environment	171
	Appendices	177
	Glossary	201
	Author Index	203
	Subject Index	209

# CURRICULUM STRATEGIES FOR TEACHING SOCIAL SKILLS TO THE DISABLED

# **Chapter 1**

# THE DISABLED CLASSIFIED AND DEFINED

GEORGE R. TAYLOR & J. RICHARD REMBOLD

## INTRODUCTION

An analysis of definitions, criteria and diagnostic procedures in the classification of disabled individuals must be predicated upon an understanding of the interrelationships among the various disabling conditions. Others avoid categorical definitions describing disabled individuals. The classification system used by the various states are designed to facilitate identification, evaluation, placement and programming for disabled individuals.

Most states provide a written description of characteristics for each categorical type for whom they provide an education. These descriptions usually follow the P.L. 94-142 categories which include deaf, hearing impaired, mentally retarded, orthopedically impaired, other health impaired, seriously emotionally disturbed, severely learning disabled, speech and visually impaired. Most states have added two additional categories not found in P.L. 94-142 and they are: (1) multiple disabled and (2) homebound and hospitalized.

A few states use generic classifications. The State of Maryland is one state employing this classification system. The State frequently categorizes disabled individuals as mildly to moderately or severely to profoundly and by age levels, regardless of their disabling conditions. Regardless of their classification system in use, all disabled individuals can profit from social skill training and intervention.

## MILDLY TO MODERATELY DISABLED

This group of disabled individuals consist of the largest group of disabled individuals. They make up approximately 90 percent of all students with disabilities based on the federal categories. This large group includes students who have disabilities in the following areas: (1) speech and language, (2) learning disabilities, (3) emotionally disturbed, (4) mental retardation, (5) hearing impairments, (6) orthopedic impairments, (7) other health impairments, (8) visual impairments, and (9) deaf-blindness.

These children are very similar to their normal peers, displaying a variety of behaviors, social, physical, motor and academic and learning problems. A highly structured and functional program is needed in order to reduce and minimize their disabling conditions. Many of their educational needs can be met in the regular classroom, providing adaptations and modifications are made in their school program. Early identification and assessment and curriculum adaptations for mildly to moderately disabled children appear to be the key elements in successful school experiences. If properly instructed, many mildly to moderately disabled individuals can become independent and productive adults in our society. Detailed classification and characteristics of mildly to moderately disabled children are beyond the scope of this text. The reader is referred to any basic textbook in exceptionality.

#### SEVERELY TO PROFOUNDLY DISABLED

Students who are classified as severe to profound make up approximately 10 percent of all students with disabilities. Collectively, these students have wide and diverse abilities. Most of them can profit best from highly structured and individualized programs. Many skilled professionals are required to attend to the many disabling conditions in the cognitive, physical, mental and social areas. Frequently, related services are needed to provide the most basic services.

Children classified as mildly to moderately disabled, if conditions are severe enough, may be classified as severe to profound. Appropriate assessment will determine the classification. In addition,

P.L. 101-476 lists autism and traumatic brain injury under the severely to profoundly disabled.

These children are markedly different from their normal peers, displaying noticeable differences in mental, physical, and social characteristics. Many of their needs cannot be successfully met in the regular classroom. Special placements and treatment and interventions are essential for these children. Many of them will need adult supervision for all of their lives, they seldom will be independent adults. Detail classification and characteristics of severely to profoundly disabled children are beyond the scope of this text. The reader is referred to any basic book in exceptionality.

# Impact of Federal Legislation and Definitions and Classification on Disabled Individuals

## Public Law 94-142

The systematic identification of disabled individuals is required of states receiving federal aid under Public Law 94-142. States are mandated to develop procedures resulting in the identification of all children who may be disabled, regardless of type or severity of disabling conditions, as well as making a determination of special education needs in terms of children currently being served or children not currently being served.

The law made available a free and appropriate public education to all school-aged students with disabilities. It directed that students with disabilities must be educated in the least restrictive environment, and mandated that an individualized education program (IEP) be developed for all disabled students using nondiscriminatory evaluation techniques. Additionally, a due process provision was outlined which was designed to protect the rights of the family and the child. Finally, the law stated that no student may be excluded from public education because of a disability, and that each state must take action to locate children who may be entitled to special education services.

## Public Law 94-142

The emphasis on P.L. 94-142 and subsequent revisions are the requirements that parental consent be obtained for any decision