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Social Skills Training for Young People

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Applicable principle

Principle 9: A commitment to promoting sustainability through education

1. Activity Overview

The Faculty of Nursing of Iwate Prefectural University continuously provides Social Skills Training (hereinafter, "SST") program at Iwate Prefectural high schools in order to improve interpersonal skills of high school students. SST is also held once a month for elementary, junior high, and high school students at the Aiina Campus of our university. The program is specifically targeting elementary, junior high, and high school students with developmental disorders, contributing to the improvement of interpersonal skills of such students.

SST is one of the cognitive behavioral therapies developed to improve interpersonal skills for people with chronic schizophrenia, and currently, SST for children is held in various places such as hospitals, schools, and after-school day-care centers.



Members of the circle HOSSTY that assists the operation

2. SST at a Prefectural High School

In 2021, the faculty provided SST three times in total for 40 first-year high school students from a prefectural high school. The contents of each session are as follows.

- April: Making friends, Understanding your feelings and thoughts
- May: Skills to keep conversations going and execute plans
- January: Anger management, assertion (self-expression that respects both oneself and others or self-assertion)

The flow of program was, teaching according to the theme, presenting communication scenes (modeling by teachers), role-playing among students, and communicating good points (positive feedback).

The high school students who participated in the SST gave comments such as, "I have been at a loss about my own feelings, this has made it easier", and "I want to make time to reflect on myself from now on".

Also, one high school teacher commented, "In the past, there were students who were absent from school in April and May, but not this year".

3. SST for Elementary, Junior High, and High School Students

Our faculty members and the student group HOSSTY offer the following SST program with the aim of improving the interpersonal skills of elementary, junior high, and high school students when interacting with friends and family. Separate 60-minute classes are held for elementary, junior high, and high school students.

The class for elementary school students has a theme of changing behavior such as listening to others and telling stories, as well as "greetings", "doing self-introductions", and "communicating feelings". The class for junior high school students has a theme of changing cognition such as controlling emotions. For example, "Thinking about one's own thoughts", "Accepting new thoughts", and "Coping with anger and depression". The class for high school students has free themes, for example, how to get along well with friends and how to deal with depressed feelings, as well as themes such as "Communication using social network services" and "How to get along with a member of the opposite sex".

Comments we heard from the participants were, "I want to say thank you properly to communicate my feelings", "I learned how to use thank you and I am sorry", "I was able to say words properly so that the other person can hear me, and I was able to face the other person when I talked, so it was a good experience".



SST classes for elementary, junior high, and high school students