

Lesson Plans: Student Development

Leisure Skills, Social Skills and Self-Determination Skills

Leisure Skills

1. Choice Making in Leisure Skills

Nietupski, J., Hamre-Nietupski, S., Green K., Varnum-Teeter, K., Twedt, B., LePera, D., Scebold, K., & Hanrahan, M. (1986). Self-initiated and sustained leisure activity participation by students with moderate/severe handicaps. *Education and Training of the Mentally Retarded*, 21, 259-264.

http://www.nsttac.org/LessonPlanLibrary/10_22.pdf

2. Leisure Skills (Bowling, Pinball)

Vandercook, T. (1991). Leisure instruction outcomes: Criterion performance, positive interactions, and acceptance by typical high school peers. *The Journal of Special Education*, 25, 320-339.

<http://www.nsttac.org/LessonPlanLibrary/11.pdf>

3. Leisure Game Skills

Wall, M.E., Gast, D.L., & Royston, P.A. (1999). Leisure skills instruction for adolescents with severe or profound developmental disabilities. *Journal of Developmental and Physical Disabilities*, 11, 193-219.

<http://www.nsttac.org/LessonPlanLibrary/12.pdf>

Social Skills

4. Social Communication Skills at Lunch and Dinner

Embregts, J.C.M. (2000). Effectiveness of video feedback and self-management on inappropriate social behavior of youth with mild mental retardation. *Research in Developing Disabilities*, 21, 409-423.

<http://www.nsttac.org/LessonPlanLibrary/13.pdf>

5. Communication Skills

Lamb, S. J., Bibby, P. A., & Wood, D. J. (1997). Promoting the communication skills of children with moderate learning difficulties. *Child Language Teaching and Therapy*, 13, 261-78.

<http://www.nsttac.org/LessonPlanLibrary/14.pdf>

6. Game Related Social Skills

Moore, R. J., Cartledge, G., & Heckaman, K. (1995). The effects of social skill instruction and self-monitoring on game-related behaviors of adolescents with emotional or behavioral disorders. *Behavioral Disorders*, 20, 253-266.

<http://www.nsttac.org/LessonPlanLibrary/15.pdf>

7. Everyday Conversational Skills

Plienis, A. J., Hansen, D. J., Ford, F., & Smith, S. (1987). Behavioral small group training to improve the social skills of emotionally-disordered adolescents. *Behavior Therapy*, 12, 17-32.

<http://www.nsttac.org/LessonPlanLibrary/16.pdf>

Self-Determination Skills

8. Self-Determination Component Skills

Abery, B., Rudrud, L., Arndt, K., Schauben, L., & Eggebeen, A. (1995). Evaluating a multicomponent program for enhancing the self-determination of youth with disabilities. *Intervention in School and Clinic*, 30, 170-179.

<http://www.nsttac.org/LessonPlanLibrary/17.pdf>

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9. Self-Knowledge, Communication, Life Skills, and Goal Setting

Fullerton, A., & Coyne, P. (1999). Developing skills and concepts for self-determination in young adults with autism. *Focus on Autism and Other Developmental Disabilities*, 14, 42-52.

<http://www.nsttac.org/LessonPlanLibrary/18.pdf>

10. Self-Determination for Secondary School Students

Hoffman, A., & Field, S. (1995). Promoting self-determination through effective curriculum development. *Intervention in School and Clinic*, 30, 134-141.

<http://www.nsttac.org/LessonPlanLibrary/19.pdf>