



Skillstreaming the Adolescent: New Strategies and Perspectives for Teaching Prosocial Skills

Arnold P. Goldstein, Ellen McGinnis

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This book is for use with middle and high school students. It shows how to teach 50 prosocial skills such as expressing feelings, apologizing, setting a goal, starting a conversation, and responding to failure. Skills are divided into six areas: Beginning Social Skills, Advanced Social Skills, Dealing with Feelings, Alternatives to Aggression, Dealing with Stress, and Planning Skills.

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