Spotlight On: Social Skills Video Modeling

The Multi-Media Social Skills Project for Adolescents and Adults uses video modeling to teach and reinforce specific social skills and is incorporated into every session. In the groups, participants have given us feedback that video modeling has provided them with a valuable tool to improve their communication. In this resource, we will give helpful information about how you can incorporate video modeling at home!

What is Video Modeling?

- Video modeling is a visual method for teaching behaviors or skills that uses video recording. The video model can be the individual (in the case of video self-modeling) or another person performing the behavior.
- Video modeling can be used for many different types of skills, from adaptive skills to social skills.

How is Video Modeling Useful?

- A person can watch a specific behavior being completed, whether it is washing dishes, using transportation, or practicing a social skill, such as in a job interview. Video self-modeling is when a person is able to watch themselves successfully complete this skill.
- The MMSSP uses video modeling and video self-modeling to improve active listening, verbal turn-taking, and other conversational skills.

How Do I Do Video Modeling at Home?

- Choose and define a specific behavior to teach, creating a list of steps to complete the skill
- Plan the video self-modeling by creating a script.
- Record the video of the successful completion of the skill and then watch the video. When you are watching the video, observe what makes the skill successful.
- For conversational skills, include another person such as a friend, neighbor, or family member. Observe their body language, verbal turn-taking, and facial expressions during the conversation.

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