

BASCTM SOCIAL WELLNESS SKILLS SYSTEM

Student Skill Builder

Kimberly J. Vannest, PhD
University of Vermont

Cecil R. Reynolds, PhD
Texas A&M University

Randy W. Kamphaus, PhD
University of Oregon



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Student Skill Builder Component List

Skill 1: Identifying and Expressing Feelings

- Exercise 1: Identifying Feelings
- Exercise 2: Expressing Feelings
- Exercise 3: Understanding Emotions in Others

Skill 2: Learning and Improving Skills

- Exercise 4: Improvement = Time + Effort
- Exercise 5: Goals and Perseverance
- Exercise 6: Understanding Mindset

Skill 3: Controlling Yourself

- Exercise 7: Self-Control of Behavior
- Exercise 8: Self-Control of Emotions
- Exercise 9: Self-Control of Learning

Skill 4: Making Good Choices

- Exercise 10: Your Brain and Choices
- Exercise 11: Why Did I Do That?
- Exercise 12: Practice Helps You Make Better Decisions

Skill 5: Making Choices That Impact Others

- Exercise 13: Your Choices Affect Others
- Exercise 14: Empathy
- Exercise 15: Your Words Matter

Skill 6: Working With Others

- Exercise 16: How Do Groups Work?
- Exercise 17: Being a Great Team Member
- Exercise 18: Different Is Good!

Skill 7: Disagreeing With Others

- Exercise 19: How to Disagree With Adults
- Exercise 20: Having Different Opinions
- Exercise 21: How to Find Solutions

Skill 8: Being Organized

- Exercise 22: What Is Being Organized and Why Does It Matter?
- Exercise 23: Lists
- Exercise 24: Using a Planner for Time Management

Skill 9: Respecting Others

- Exercise 25: What Is Respect?
- Exercise 26: Showing Respect to Others
- Exercise 27: Showing Respect After Mistakes

Skill 10: Leading by Example

- Exercise 28: What Is a Leader?
- Exercise 29: Learning to Lead
- Exercise 30: Knowing Who You Are as a Leader