

Social Communication in College and Beyond

AET Conference

SODA Strategy

S = Stop

Take a breath.

What do I want to observe?

Where should I go to observe?

When is the best time to observe?

O = Observe

What are _____ doing?

What are _____ saying?

What happens when _____ says and does these things?

What are my thoughts and feelings?

D = Deliberate

What would I like to do?

What would I like to say?

How will _____ feel/act when I do and say these things?

Why will _____ act this way?

A = Act

When I go to _____, I plan to:

A:

B:

C: