

Building Social Skills



The PEERS® workshop is an evidence-based social skills program designed for motivated young adults with Autism Spectrum Disorder (ASD) who are interested in making friends and building relationships.

In these engaging workshops, students will learn social skills, watch video demonstrations, and practice these skills during group socialization activities!

Topics covered include:

- Developing and sustaining friendships
- Starting, maintaining, and exiting conversations
- Appropriate use of humor
- Communicating electronically with others
- Organizing get-togethers



Students do not need to be diagnosed with ASD in order to attend the group. This group is for any student who struggles in social situations, is having difficulty making and sustaining friendships, and wants to learn/ enhance social skills.



Please contact Dr. David Diaz
(dadiaz@health.ucsd.edu)
or Dr. Tiffany O'Meara
(tmomeara@health.ucsd.edu)
for information about how to
sign up for a group screening.

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services