

## SODA STRATEGY

A METACOGNITIVE INTERVENTION FOR  
PERSONS WITH ASD

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### INTRODUCTION

- **Diagnosed with Temple Grandin**
  - Social interaction deficit
  - Cognitive processing differences - often have learning strategies that make them "making" strategies not so effective
- **ESP - Metacognitive Strategies**
  - Metacognitive intervention (2010)
  - Targets the information acquisition, comprehension, and retention stages in the retrieval of persons who use the strategies (Shay & Cantor, 2015)
  - Can result in increased recall and retention of reading passages and related information when used in conjunction with the strategies (Shay, 2016)
  - SODA Strategy is a model for several learning strategies developed for people with autism and social communication disorder (Shay, 2017, 2018)




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### SODA Strategy Description

SODA Strategy has four components


- Stop
- Observe
- Deconstruct
- Act

Each component has a visual cue/icon

Each component contains self-questions

- Self-talk/aided
- Aligned with personal vocabulary

Strategy




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### Teaching Script

Create a teaching script

Researchers or parents or job coaches can use the teaching script to teach the SODA strategy.

The language in the teaching script should match the student's or adult's with ASD language.

Teaching script should use consistent, understandable language.

**Example SODA Teaching Script**

**Teacher:** You are going to watch a video of a person using the SODA strategy. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want.

**Student:** I want to watch the video.

**Teacher:** Yes, you can watch the video. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want.

**Student:** I want to watch the video.

**Teacher:** Yes, you can watch the video. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want. You will see how the person uses the SODA strategy to get what they want.

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### TEACHING GUIDELINES & HELPFUL HINTS

**Teaching Guidelines**

- Train 1-3 times a day for 1-4 weeks
- Each session will last about 15 minutes
- For this first week, teach to person 1 (no. 1) weeks 2-4 can be taught using a computer (videotape of action during week one)
- Assess for ability to use SODA independently during weeks 2-4

**Helpful Hints**

- Videotape each 1-to-1 teaching session during 1<sup>st</sup> week
- Select the best videotape for use to train during weeks 2-4
- Videotape can be loaded onto devices like iPhones, iPads, etc., for the student or client to use independent at home, in the workplace, in restaurants, at the classroom, playground, etc.

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