

**Social skills training in the university formal context: effect on the social skills to work in teams and on social anxiety** (pp. 423-438)

Santiago Mendo Lázaro, Benito León del Barco, Elena Felipe Castaño, and María Isabel Polo del Rio

*University of Extremadura (Spain)*

The competences of social interaction are very important for education professionals. In this paper, we propose as main objective to study the effect of a program on social skills training in the formal university context, on the social skills to work in teams learning and on the social anxiety of students. It was also analyzed whether the level of social anxiety affects the success of the training. For this purpose a quasi-experimental research cutting control group, in which 149 students of the degree in social education participated. Pretest-posttest measures were taken through self-exploring basic social skills for learning teamwork, and social anxiety. The results confirmed the effectiveness of the training conducted in university students of social education, and support the relevance of social anxiety control variable in training in social skills, as well as its power to limit the capabilities and skills of social interaction during training).