



Hello,

Below you will find the course catalog for the ASAT Program. Individuals should look over this catalog for courses they are interested in, and then speak with their Support Staff to request classes.

Once all class requests are received, Program Directors will approve and confirmations will go out. Please see below for important dates, policies and contact information.

### **SUMMER REGISTRATION**

- Summer B Term Begins Monday, July 12th 2021
- Summer B Term Ends Friday, August 20th 2021
- Course Registration should be completed by Friday, July 9th 2021

### **ADD/DROP**

The first week of the term is designated as the Add/Drop period, during which time a student may enroll in or drop a class. A student may drop out of a class during this time without being billed.

### **QUESTIONS**

**ASAT Courses:** Please direct questions to [cgorman@chapelhaven.org](mailto:cgorman@chapelhaven.org).

The Asperger Syndrome Adult Transition (ASAT) Program at Chapel Haven Schleifer Center provides an array of services to support individuals with Asperger's Syndrome and related diagnoses to live increasingly independent and productive lives. One component is our adult education program, which offers a range of workshops to develop social and independent living skills, as well as for personal enrichment.

### **Registering for the First Time**

To enroll in ASAT workshops, individuals must participate in a brief intake process to ensure that they will benefit from our programming. In brief, some of the expected criteria include:

- 18 years of age or older (sorry, no exceptions)
- Have a primary diagnosis of high functioning autism, ASD, Asperger's Syndrome, PDD-NOS, nonverbal learning disability, or a related social communication diagnosis
- Able to participate effectively in a group classroom environment without individual support
- Does not require direct supervision or pose a danger to self or others

Registration appointments are required for anyone registering for ASAT workshops for the first time. A few important notes regarding registration appointments:

- Registration sessions are required only for individuals new to the ASAT program at Chapel Haven Schleifer Center. If you have taken workshops with us before or you are currently receiving other services from the ASAT program, you do not need to attend registration. You may simply complete the workshop enrollment sheet and drop it off.
- Please keep in mind that our residential students receive priority enrollment. Following their registrations, requests are processed on a first-come, first-serve basis.

***-Currently in-person classes are only open to residential students with 2 exceptions. The Bus Transportation is also open to COS members that are recent graduates. The Basketball class is open to all COS members. Please reach out with any questions about this.***

	Mon 7/12	Tue 7/13	Wed 7/14	Thu 7/15	Fri 7/16
9am	IP/V: Morning Meeting, 9am - 9:30am	IP/V: Personal Style and Presentation 9am - 10am	IP/V: Morning Meeting, 9am - 9:30am	V/IP: Nutritional Analysis 9am - 10am	IP: Individualized Cleaning Training 9am - 10am
10am	V: Emotional Recognition and Management 10am - 11am	IP: Community Exploration 10am - 2pm	V/IP: Post Secondary and Career Interests 10am - 11am	IP: Bus Transportation with Transfers 10am - 2pm	IP: Banking and Budgeting 10am - 11am
11am	IP: Individualized Cleaning Training 11am - 12pm		IP: Individualized Cleaning Training 11am - 12pm		V/IP: Summer Smoothies 11am - 12pm
12pm				V: Virtual Job Lab 12pm - 1pm	
1pm	IP: Grocery Shopping (via Bus) 1pm - 3:30pm		IP/V: Problem Solving Processes 1pm - 2pm		IP: Individualized Cooking Training 1pm - 3pm
2pm		V: Self Awareness and Self Advocacy 2pm - 3pm	IP: Individualized Cooking Training 2pm - 4pm	V/IP: Chess Club 2pm - 3pm	
3pm					
4pm					
5pm		IP: Basketball 5pm - 6pm	IP: Summer Grilling Options 5pm - 7pm		
6pm					
7pm	IP: Recap 7pm - 8pm			IP: Recap 7pm - 8pm	
8pm					

# IN-PERSON & VIRTUAL CLASS OFFERINGS

(These classes can be taken in person or virtually)

## MORNING MEETING

Jump start your day in ASAT's "morning meeting!" We could all benefit from a morning check-in. In morning meeting students will review plans for the day, check in with staff and peers, and identify what is needed to make the day (and week) a success.

**Monday** 9:00-9:30 am and/or **Wednesday** 9:00-9:30 am

**Location:** Classroom 1/Virtual **Cost:** \$45, or part of F/T or P/T Day Programming

## PERSONAL STYLE AND PRESENTATION

In this course, students will explore basic fashion and wardrobe options and will design their own personal style. The class will explore appropriate fashion for a variety of settings, work, a night out, in home, etc.

**Tuesday** 9:00-10:00am **Location:** Classroom 1/Virtual **Cost:** \$90, or part of F/T or P/T Day Programming

## POST-SECONDARY AND CAREER INTERESTS

In this course, students will discuss their areas of interest/ability and explore how these interests/abilities relate to post-secondary education and career options. Students will understand the types of post-secondary education available. They will begin to explore the level and type of education/training required in general career areas of interest.

**Wednesdays.** 10:00-11:00am **Location:** Classroom 2/Virtual **Cost:** \$90, or part of F/T or P/T Day Programming

## SUMMER SMOOTHIES

Summer is the perfect time for a frosty and delicious healthy smoothie! Students in this class will learn to mix and match a variety of fruits and vegetables to create healthy summer smoothie drinks. Virtual students will need access to a blender and smoothie ingredients.

**Wednesdays.** 11:00am-12:00pm **Location:** Cooking Classroom/Virtual **Cost:** \$90, or part of F/T or P/T Day Programming

## PROBLEM SOLVING PROCESSES

In this course, students will explore processes, both formal and informal, to solve problems and set goals. Students will be exposed to a variety of examples of problem solving tasks and will begin to apply the process to problems and decisions in their own lives.

**Wednesdays.** 1:00-2:00pm      **Location:** Classroom 1/Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

## NUTRITIONAL ANALYSIS

In this course, students will expand their understanding of nutrition. They will analyze their own nutritional intake, compare this to their personal goals, and make changes as appropriate.

**Thursdays.** 9:00-10:00am      **Location:** Classroom 1/Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

## CHESS CLUB

Whether you like to play competitively or casually, get ready for some chess-playing fun! No chess experience necessary, staff will pair students up for a fun and educational chess playing experience. You are sure to walk away with working knowledge of the game and maybe even some new strategies.

**Thursdays.** 2:00-3:00pm      **Location:** Classroom 1/Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

## SUMMER BOOK CLUB: Where the Forest Meets the Stars by Glendy Vanderah

A fun summer read - it will make you laugh , cry and even give you hope. A cancer survivor who recently lost her mother moves to a small country house to immerse herself in her work as a bird researcher. Her closest neighbor suffers from debilitating anxiety and depression. Their lives are thrown together when, one evening, an eight-year-old girl emerges from the woods claiming she is an alien being named Ursa and she has come to witness five miracles.

**Fridays.** 11:00am-12:00pm      **Location:** Classroom 1/Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

# IN-PERSON ONLY CLASS OFFERINGS

## INDIVIDUALIZED CLEANING TRAINING

This class is recommended for all residential students. Students will work with staff individually or in small groups to learn necessary cleaning skills and techniques for being able to maintain an apartment independently. The individualized approach allows staff to expand each student's skill level and base of knowledge no matter where they are on their journey to independence. Students should choose one group time.

**Group A** – Monday 11:00am - 12:00pm      **Location:** Student Apartments      **Cost:** \$90, or part of F/T or P/T Day Programming

**Group B** – Wednesday 11:00am - 12:00pm      **Location:** Student Apartments      **Cost:** \$90, or part of F/T or P/T Day Programming

**Group C** – Friday 9:00 - 10:00am      **Location:** Student Apartments      **Cost:** \$90, or part of F/T or P/T Day Programming

## GROCERY SHOPPING GROUP

Using their personal grocery lists, students will travel to and from the grocery store via bus with staff support. Staff input and assistance is available at the store for students who need it. Students will learn to follow their lists, locate grocery items, estimate costs and check out efficiently. Students will be responsible for purchasing their own bus passes and groceries.

**Mondays** 1:00 - 3:30pm      **Location:** Classroom 1/community      **Cost:** \$180, or part of F/T or P/T Day Programming

## WEEKLY RECAP

This evening gathering is a time for on-campus students to meet as a group and connect. All residents are expected to participate. Students will debrief about their weeks, receive ASAT news and information, play games and bond with classmates.

**Mondays** 7:00 - 8:00pm AND **Thursdays** 7:00 - 8:00pm      **Location:** Student Lounge      **Cost:** included for all residential students

## COMMUNITY EXPLORATION

In this course, students will explore a variety of locations in the community. They will become familiar with the greater New Haven area, and with expected behaviors in a variety of venues. Depending on the destination, students may be expected to pack a bagged lunch.

**Tuesdays** 10:00am - 2:00pm      **Location:** Classroom 1/community      **Cost:** \$360, or part of F/T or P/T Day Programming

## BASKETBALL

Come play team basketball with your friends and classmates on Chapel Haven's very own basketball court! Students will work on skill-building drills as well as play structured games. *This workshop is now open to COS members!*

**Tuesdays** 5:00 -6:00pm      **Location:** Basketball court/courtyard      **Cost:** \$90, or part of F/T or P/T Day Programming

## INDIVIDUALIZED COOKING TRAINING

Students will work with staff individually or in small groups to learn a variety of cooking skills. Students will work with staff to plan a list of menus the first week and they will purchase ingredients to complete these recipes in subsequent weeks. This class gives students the time and space to expand their culinary repertoire. The individualized approach allows staff to expand each student's skill level and base of knowledge no matter how much cooking experience they have. Students should choose one group time.

**Group A** – Wednesday 2:00 - 4:00pm      **Location:** Student Apartments      **Cost:** \$180, or part of F/T or P/T Day Programming

**Group B** – Friday 1:00am - 3:00pm      **Location:** Student Apartments      **Cost:** \$180, or part of F/T or P/T Day Programming

## SUMMER GRILLING OPTIONS

On-campus students are highly encouraged to participate in this summer-themed cooking class. Each student will plan to purchase a grillable item with their weekly groceries and bring it to this group grilling class. Students will learn how to safely operate a grill and proper cooking temperatures for a variety of items. Students are encouraged to hang out and socialize during meal time.

**Wednesdays** 5:00 -7:00pm      **Location:** courtyard/grills      **Cost:** \$90, or part of F/T or P/T Day Programming

## **BUS TRANSPORTATION WITH TRANSFERS**

In this workshop, students will acquire knowledge necessary to successfully use the New Haven transit system. This workshop will include hands-on practical, functional applications in the form of bus travel to transfer locations. *Recent graduates who missed bus transportation classes due to covid regulations will have the opportunity to rejoin this session.*

**Thursdays** 10:00am -2:00pm **Location:** courtyard/community **Cost:** \$360, or **included for recent graduates** and Day Programming

## **BANKING AND BUDGETING**

In this course, students will learn the skills needed for basic day-to-day banking and money management tasks. Staff will support students in creating their own weekly budgets and managing bank transactions. This class will include trips to the bank for deposits and withdrawals as well as other banking functions as needed.

**Fridays** 10:00 - 11:00am **Location:** classroom 1/community **Cost:** \$90, or part of F/T or P/T Day Programming

# VIRTUAL ONLY CLASS OFFERINGS

## EMOTIONAL RECOGNITION AND MANAGEMENT

In this course, students will learn to recognize and label their own emotions. They will learn strategies for regulating/managing their emotions in a variety of situations.

**Mondays** 10:00 - 11:00am      **Location:** Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

## SELF-AWARENESS AND SELF-ADVOCACY

In this course, each student will develop an awareness of his/her strengths and needs. Students will develop an awareness of how to self-advocate and obtain needed supports/assistance across a variety of settings.

**Tuesdays** 2:00 - 3:00pm      **Location:** Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

## VIRTUAL JOB LAB

This course will provide students the opportunity to work on job searches, job applications, resumes and other related tasks. Students should come to virtual job lab with tasks to complete. Staff will be available to assist, but students are expected to be generally self-directed in their efforts.

**Thursdays** 12:00 - 1:00pm      **Location:** Virtual      **Cost:** \$90, or part of F/T or P/T Day Programming

**CHAPEL HAVEN, INC.**

**ASAT Program Class Selection Page**

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Advisor:** \_\_\_\_\_

**Session:** Summer B, 2021

**Select One:**  Full-Time Day Programming  Part-Time Day Programming  A La Carte Workshops

**Please list the workshops that you are registering for this session (use additional sheets, if necessary):**

<u>Workshop Name</u>	<u>Workshop Day</u>	<u>Workshop Time</u>	<u>Workshop Fee</u> (if applicable)	Core	Advising Placement	Elective
				Check if applicable		
<i>*For Full-Time and Part-Time Day Programming Participants:</i>			Total Cost:			
Total Hours of Workshops:						