



ASAT COURSE CATALOG

FALL B 2021

October 4 - November 12, 2021

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.

FALL A REGISTRATION

- FALL B Term Begins Monday, October 4, 2021
- FALL B Term Ends Friday, November 12, 2021
- Course Registration should be completed by Friday, September 24, 2021
- No Classes on Monday, October 11, 2021 & Thursday, November 11, 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 gapicella@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.
- *For scholarship opportunities, please reach out to Catherine Sullivan DeCarlo at cdecarlo@chapelhaven.org.*

	Mon 10/4	Tue 10/5	Wed 10/6	Thu 10/7	Fri 10/8
9am	Monday Budget Review, 9am - 9:30am	Telephone & Electronic Communication 9am - 10am	Anger Management 9am - 10am	Community Service Exploration 9am - 1:30pm	Morning Meeting, 9am - 9:30am
10am	Grocery Shopping a.m. 9:30am - 12pm	Bus Transportation w/Transfers 10am - 2pm	Entertaining Friends 10am - 12pm		Meal Planning 9:30am - 10:30am
11am		Bus Transportation Non-Transfer 10am - 1pm	Study Group 11am - 12pm		Banking & Budgeting 10:30am - 11:30am
12pm					
1pm	Relationships Workshop 1pm - 2pm		Current Events 1pm - 2pm	Introduction to Nonverbal Communication	Home Organization 1pm - 2pm
2pm	My Career Plan 2pm - 3pm	Anime 2pm - 3pm	Health & Hygiene 2pm - 3pm	Nutrition Analysis 2pm - 3pm	Foliage Walk 2pm - 3pm
3pm	Grocery Shopping p.m. 3pm - 5pm			Social Activity Planning Meeting 3pm - 4pm	
4pm			Game Night 4pm - 5pm	IP/V: Chess 4pm - 5pm	
5pm					
6pm					
7pm	Recap 7pm - 8pm			Recap 7pm - 8pm	
8pm					

IN-PERSON & VIRTUAL CLASS OFFERINGS

(These classes can be taken in person or virtually)

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 4:00-5:00pm **Location:** On campus/Virtual **Cost:** \$90, or part of F/T or P/T Day Programming

IN-PERSON CLASS OFFERINGS

MONDAY BUDGET REVIEW

This class will offer time to review your budgets and grocery lists prior to going grocery shopping. Students enrolled in staff supported grocery shopping should also enroll in this workshop.

Mondays 9:00am -9:30am **Location:** On campus **Cost:** included for all residential/Day students

STAFF SUPPORTED GROCERY SHOPPING

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 9:30am - 12:00pm **Location:** On campus/community **Cost:** \$180, or part of F/T or P/T Day Programming

Mondays 3:00pm-5:00pm **Location:** On campus/community **Cost:** \$180, or part of F/T or P/T Day Programming

RELATIONSHIPS WORKSHOP

Students will examine how connections are made and relationships develop with others in our day-to-day, personal and professional lives. Students will apply the Social Thinking® concepts of “social memory,” “people files” and “Theory of Mind®” (perspective taking) to their personal and professional relationships, utilizing a variety of graphic organizers including the Relationship Continuum, Concentric Circles and the Friendship Pyramid. Students will learn how to utilize networking skills to build acquaintance relationships.

Mondays 1:00pm-2:00pm **Location:** On campus **Cost:** \$90, or part of F/T or P/T Day Programming

MY CAREER PLAN

In this essential course, you will think about your career plan and the steps you will need to take over the next 18 months to work towards your goals. You will create a document, which you will subsequently present at your next team meeting or PPT, outlining your plan.

Mondays 2:00pm -3:00pm **Location:** On campus **Cost:** \$90, 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 7:00pm-8:00pm AND Thursdays 7:00pm-8:00pm **Location:** Student Lounge **Cost:** included for all residential students

TELEPHONE & ELECTRONIC COMMUNICATION

Students will learn how to use the telephone effectively for both social and informational purposes. Basic phone etiquette and strategies will be reviewed, including voicemail greetings and messages. Professional electronic communication modes will also be introduced, including how to write and respond to professional Emails and texting expectations, depending on one's audience.

Tuesdays 9:00am-10:00am

Location: On campus **Cost:** \$90, or part of F/T or P/T Day Programming

BUS TRANSPORTATION - NON TRANSFERS

In this workshop, students learn to use the bus to travel to a variety of locations. In this course, students requiring additional instruction will continue their exploration of the New Haven transit system. Students will also explore solutions to common transportation problems such as missed busses, busses running late, missed stops or route confusion.

***Lunch will be eaten after class and back on campus.**

Tuesdays 10:00am-1:00pm **Location:** courtyard/community **Cost:** \$270, or **included for recent graduates** or part of F/T or P/T and Day Programming

BUS TRANSPORTATION - TRANSFERS

In this workshop, students will have the opportunity to continue to practice bus skills. Students will practice reading the bus schedule, demonstrating appropriate behavior and interactions on the bus, identifying a correct stop and transferring.

***Lunch will be packed or bought while out in the community.**

Tuesdays 10:00am-2:00pm **Location:** courtyard/community **Cost:** \$360, or **included for recent graduates** or part of F/T or P/T and Day Programming

Anime

This course will touch upon many different mediums related to Japanese Anime. Students will dive into how anime began, learn the art behind the animation, and how their favorite TV shows and books were created. Throughout this course, students will be given the opportunity to explore their interests in drawing, books, movies and more while engaging with peers who enjoy anime as much as they do.

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

ANGER MANAGEMENT

Anger management will help students learn to recognize their feelings of anger and learn different ways to manage their anger. We will discuss the role of negative self talk and how it impacts our actions and our reactions to different people and events. Students will learn how to rate their anger and pair appropriate behaviors with their anger rating. The class will cover relaxation techniques, impulse control techniques, learning to substitute words and actions, using mental metaphors, recognizing the signs of anger in yourself and others and rewarding yourself for positive self control.

Wednesdays 9:00am-10:00pm Location: On campus Cost: \$90, or part of F/T or P/T Day Programming

ENTERTAINING FRIENDS

In this course, students will learn to entertain friends in their home, for both formal and informal events. Students will explore a variety of types of events that they may want to host. They will learn the expectations involved with having others in their apartment, will learn how to ensure that everyone has fun, and will also explore how to respond if a guest is behaving in an unexpected way.

Wednesdays 10:00am-12:00pm Location: On campus Cost: \$180, or part of F/T or P/T Day Programming

STUDY GROUP

This class is tailored towards students that will be taking college level classes in the Fall. Assistance with class preparation, managing assignments, and study tips will be provided..

Wednesdays 11:00am-12:00pm Location: On campus Cost: \$90, or part of F/T or P/T Day Programming

CURRENT EVENTS

Students will review what is going on during the week in the news in the community, state, country and world. Staff will provide articles and stories for discussion but students will also have a chance to share news stories of interest from the week.

Wednesdays 1:00pm-2:00pm Location: On campus Cost: \$90, or part of F/T or P/T Day Programming

INTRODUCTION TO NONVERBAL COMMUNICATION

This workshop is an introduction to the importance of learning how to read and recognize others' nonverbal signals, starting with "Thinking with Your Eyes," a concept developed by Michelle Garcia Winner of Social Thinking® and expanded upon in our curriculum. Students will increase their observational skills, while developing their ability to make predictions as to how others are feeling, based on nonverbal signals, verbal and behavioral responses.

Wednesdays 1:00pm-2:00pm

Location: On campus

Cost: \$90, or part of F/T or P/T Day Programming

HEALTH & HYGIENE

In this course, students will develop effective hygiene practices. Students will receive instruction as needed in skills such as brushing their teeth and shaving, among others. Students will understand the use of a variety of hygiene and grooming products and with staff support will develop effective plans for completing hygiene routines consistently.

Wednesdays 2:00pm-3:00pm

Location: On campus

Cost: \$90, or part of F/T or P/T Day Programming

GAME NIGHT

Enjoy board, card games and lawn games with your peers and staff. There will be staff led games and students will also have a chance to introduce and share games of choice.

Wednesdays 4:00pm-5:00pm

Location: Student Lounge/courtyard

Cost: \$90, or part of F/T or P/T Day Programming

COMMUNITY SERVICE EXPLORATION

In this course, students will explore a variety of volunteer opportunities in the community. Each week a different service project or volunteer work will be completed as a group. The class will give students an opportunity to explore a variety of vocational settings and tasks. Depending on the destination, students may be expected to pack a bagged lunch. Students who participated in Fall A are strongly encouraged to participate in Fall B.

Thursdays 9:00am - 1:30pm

Location: courtyard/community

Cost: \$360, or part of F/T or P/T Day Programming

NUTRITION 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 2:00pm-3:00pm

Location: On campus **Cost:** \$90, or part of F/T or P/T Day Programming

SOCIAL ACTIVITY PLANNING MEETING

Students work with staff to plan the upcoming weekend's social activities. Part of this session will be looking up activities, presenting them to the group and then voting on when to offer the selections presented.

Thursdays 3:00pm-4:00pm **Location:** On campus **Cost:** \$90, or part of F/T or P/T Day Programming

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.

Fridays 9:00am-9:30am **Location:** On campus **Cost:** \$45, or part of F/T or P/T Day Programming

MEAL PLANNING

In this course, students will learn to plan for the following week of healthful easy to prepare meals. They will create a grocery list and cooking plan with staff and utilize this list to purchase their groceries and prepare their meals throughout the week.

Fridays 9:30am-10:30pm **Location:** On campus **Cost:** \$90, or part of F/T or P/T 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 10:30am-11:30am **Location:** On campus **Cost:** \$90, or part of F/T or P/T Day Programming

HOME ORGANIZATION

In this course, students will develop systems to improve organization of space, belongings and tasks. Staff will provide support in identifying spaces and tasks in need of organization, as well as in developing and maintaining systems.

Fridays 1:00pm - 2:00pm **Location:** On campus **Cost:** \$90, or part of F/T or P/T Day Programming

FOLIAGE WALK

Students will take walks to various locations in the Westville area and observe the changing of the leaves, this is a great opportunity to take photos and enjoy the crisp Autumn air.

Fridays 2:00pm-3:00pm

Location: courtyard/community

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: FALL 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:						