



ASAT COURSE CATALOG

Winter B 2022

January 3 – February 11, 2022

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.

Winter A REGISTRATION

- Winter B Term Begins Monday, January 3, 2022
- Winter B Term Ends Friday, February 11, 2022
- Course Registration should be completed by Tuesday, December 21, 2021
- No classes: January 17, 2022, Observance Martin Luther King Day

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 bnadeau@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.*

Monday Budget Review

Monday, 9:00-9:30

Location: On Campus

Cost: Included in cost of Grocery Shopping class or \$45 if not enrolled in Grocery Shopping class

Description: 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.

Grocery Shopping

Monday, 9:30-12:00

Location: On Campus/Community

Cost: \$180 included as part of F/T or P/T Day Programming

Description: In this course students will continue to hone procedures for managing their grocery shopping. If you are not sure whether you should be enrolled in a grocery shopping class or not, check with your advisor to see if you have met the criteria to be exempt from this class. Any first years not registered for a grocery shopping class must include a regular time on his/her schedule to complete this task. Staff will continue to periodically check in with you during these times to provide support if needed.

Cooking for One

Monday, 12:00-2:00

Location: On Campus

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: In this course, students will learn to prepare meals for 1-2 people and learn to adapt recipes for smaller numbers. This course will be part classroom learning and part hands- on meal preparation.

Professional Communication and Relationships II

Monday, 1:00-2:00

Location: On Campus

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

Description: ***This workshop is for ASAT Graduates and Community Members/Advising Placement Only:*

A continuation of the workshop taught in the Winter A term, students will examine how to develop and maintain relationships in professional settings. “Hidden Rules” for the workplace, expectations for professional verbal and nonverbal communication and the importance of establishing and maintaining professional boundaries will also be reviewed in this workshop. Students will be introduced to common organizational structure and associated vocabulary.

Functional Math II

Monday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will continue to practice math skills needed for tasks of daily living. They will apply these skills to banking, budgeting and cooking tasks.

Self- Awareness and Self-Advocacy

Monday, 2:00-3:00

Location: On Campus

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

Description: 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.

Fitness: Gym Workout

Monday, 3:00-4:00 and/or

Tuesday, 3:00-4:00 and/or

Thursday, 3:00-4:00

Location: On Campus/CH Fitness Room

Cost: \$45 per session, or included as part of F/T or P/T Day Programming

Description: These sessions will allow you to explore a range of fitness opportunities available at our Chapel Haven fitness room. Some activities will be selected by the instructor and some by the class participants. You will be encouraged to self-reflect after each class on your reaction to the activity.

Weekly Recap

Monday, 7:00-8:00

Thursday, 7:00-8:00

Location: On Campus

Cost: Included as part of F/T or P/T Day Programming. For on-campus residential students only

Description: 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.

Conducting Reciprocal Conversations

Tuesday, 9:00-10:00 Group A

Tuesday, 10:00 -11:00 Group B

Tuesday, 1:00-2:00 Group C

- Group C - COS Students can register for this class - check with SLP before registering

Location: On Campus

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

Description: Did you ever get “tongue tied” and not know what to say to someone you want to talk to? In this workshop, students will learn to enhance their conversation skills beyond saying “Hello,” and learn strategies

so that they don't "get stuck" when talking with others. Conducted in small groups, students will learn how to use perspective taking skills to have deeper, more meaningful conversations, as well as how to maintain a topic, shift a topic and how to interrupt "gracefully."

Language Arts

Tuesday, 9:00-10:00 or 10:00-11:00

Location: On Campus

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

Description: Students will be engaging in different reading and writing activities to further expand on their English language skills. This class is to be registered by advisors only. Please refer to your advisor before registration.

Open Studios

Tuesday, 11:00-12:00

Location: On Campus

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

Description: An open studio is a studio or work room that is open to all, where artistic or creative work can be viewed and created on your own or collaboratively. During open studio times, you will be given space and materials to work on your own art. Storage will be available for your works-in-progress. Self expression is encouraged, and students will be given assistance with projects as needed. Those without ideas will be given assistance in coming up with original meaningful projects. A time will be reserved at the end of each class to discuss the artwork as a group. An open studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement and freedom of expression.

Internet Safety for Academic and Business Application

Tuesday, 1:00-2:00

Location: On Campus

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

Description: This course provides instruction in basic safety principles when using the internet for tasks such as email, job searching, research, and college-related tasks. Students will learn to protect their personal information, how to identify cyber safety risks, and recognize the validity of information presented on websites.

Men's Group

Tuesday, 2:00-3:00

Location: On Campus

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

Description: This casual men's group will meet weekly to support each other and discuss all topics pertinent to men in 2022.

Problem Solving Processes

Tuesday, 2:00-3:00

Location: On Campus

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

Description: 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.

Mindfulness

Wednesday, 9:00-10:00

Location: On Campus

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

Description: In this course, students will learn the basics and begin learning to apply it in your life.

Creative Writing

Wednesday, 10:00-11:00

Location: On Campus

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

Description: Students will learn the basics of what makes an interesting short story and will have ample time for writing and sharing ideas. By the end of the class, each student will have a completed writing piece to share.

Fitness Sampler

Wednesday, 10:00-11:00

Location: On Campus

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

Description: This course allows you to explore a range of fitness opportunities available at Chapel Haven and close to campus. Some activities will be selected by the instructor and some by the class participants. You will be encouraged to reflect after each class on your reaction to the activity.

Community Safety

Wednesday, 11:00-12:00

Location: On Campus/Community

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

Description: In this course, students will recognize actions that increase their safety in the community. They will identify potential dangers and ways to reduce the risk of these dangers.

Financial Goals

Wednesday, 11:00-12:00

Location: On Campus

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

Description: In this course, students will begin to identify their personal financial goals and develop a plan to achieve these.

Career Readiness

Wednesday, 1:00-2:00

Location: On Campus

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

Description: In this class, students will work on skills needed to be a member of today's workforce. They will focus on resume building, drafting a cover letter, and what to wear to an interview.

Psychology

Wednesday, 1:00-2:00

Location: On Campus

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

Description: This class provides an overview of the major principles of psychology, including history, human development and theories

Anime Club

Wednesday, 2:00-3:00

Location: On Campus

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

Description: 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.

Chess Club

Wednesday, 2:00-3:00

Location: On Campus

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

Description: Students of all levels are welcome in the chess class. Instruction will be provided to those who need it, and all will have the opportunity to play friendly games of chess in a low-stress environment.

Emailing & Electronic Communications

Wednesday, 4:00-5:00

Location: On Campus

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

Description: This workshop is a continuation from the fall, and students will continue to hone their telephone skills and review communication concepts important to successful electronic communication for young adults in a variety of settings. Topics reviewed include making a positive first impression, and composing and maintaining professional electronic communication (i.e. emailing, texting). Expectations of how others perceive our nonverbal communication and behavior during face-to-face and virtual (teleconference) conversations will also be reviewed.

Healthy Meals & the Mandalorian Season 2

Wednesday, 5:00-7:00

Location: On Campus

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: Check out this binge-worthy series, The Mandalorian Season 2, while enjoying time with friends and eating a wholesome well-balanced dinner. Residential students won't want to miss this!

Community Service Exploration

Thursday, 9:00-12:00

Location: In the Community

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

Description: In Community Service Exploration, you will spend one day each week at a different worksite.

Students in community service exploration should come with an open mind and be prepared to try out a variety of types of tasks and work environments. If you have specific ideas for volunteer projects, please bring those ideas along as well! Community Service Exploration is designed to allow students an opportunity to get to know the community they live in, and to give back through volunteer work. In addition, students will spend some time reflecting after each weekly assignment to think about their interest in jobs or careers that involve the kinds of tasks they completed that week.

Music Appreciation

Thursday, 1:00 – 2:00

Location: On Campus

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

Description: Students will explore *music's* various genres and styles in order to gain a deeper understanding and *appreciation* for all types of *music*. The workshop will explore both music introduced by the instructor as well as the student's musical preferences with a focus on learning the history and context of each piece.

Animation

Thursday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will learn about the history of animation and the different genres in animation.

Expenses: Wants vs. Needs

Thursday, 2:00-3:00

Location: On Campus

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

Description: Need a new phone? Car? Boat? With big purchases like this it can be difficult to even know where to start! This class will discuss goals, large and small, help students to break them into smaller steps, prioritize, and make an action plan to get what they want. The focus will be on saving for big purchases and how to determine exactly what it is that we want and how to get it!

V: Virtual Game Club

Thursday, 3:00-4:00

Location: Virtual

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

Description: Join a variety of online games with a social focus. Students will pair up or join small groups to play a variety of online games in real time. Many game options will require a smartphone. Space is limited to 6 students.

Morning Meeting

Friday, 9:00-9:30

Location: On Campus

Cost: \$45, or included as part of F/T or P/T Day Programming

Description: 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.

Meal Planning

Friday, 9:30-10:30

Location: On Campus

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

Description: 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.

Banking and Budgeting

Friday, 10:30-12:00

Location: On Campus

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

Description: 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.

Souper Recipes

Friday, 12:00-2:00

Location: On Campus

Cost: \$180, or included as part of F/T or P/T Day Programming

Description: : In this class, you will learn recipes perfect for the cold weather of a Connecticut winter! The focus of this class will be on soups and hot beverages. You will learn at least one recipe each week and will have a chance to sample the results.

Mapping the Future

Friday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will explore the possibilities for their futures after graduation from Chapel Haven. They will consider factors including education, career, living arrangements, recreation and family relationships.

Power of Positivity

Friday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will learn a positive self-image which is a key to living a happy and healthy life. Learn how to feel confident in themselves, can problem solve and make better decisions, take more risks, assert themselves, and strive to meet their personal goals.