



# ASAT COURSE CATALOG

## Summer A 2022

May 16, 2022 – June 24, 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.

### **Summer A REGISTRATION**

- Summer A Term Begins Monday, May 16, 2022
- Summer A Term Ends Friday, June 24, 2022
- Course Registration should be completed by Thursday, May 12, 2022

### **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](mailto: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](mailto:cdecarlo@chapelhaven.org).*

	Mon 5/16	Tue 5/17	Wed 5/18	Thu 5/19	Fri 5/20
9am	Monday Budget Review, Classroom 3, 9am - 9:30am	Morning Meeting SCC Reach Conference Room 9am - 10am	Mindfulness through Movement Outreach 9am - 10am	Language Arts Classroom 1 9am - 10am	Meal Planning Classroom 405 9am - 10am
10am	Grocery Shopping Courtyard/Community 9:30am - 11:30am	Bus Transportation w Transfers 10am - 2pm	Bus Transportation without Transfers 10am - 12pm	Beardsley Zoo Volunteering ASAT Student Lounge 10am - 12:30pm	Vitas Volunteering 9:30am - 12pm
11am			Social Etiquette SAIL Kitchen 10am - 11am		
12pm	"Figure It Out Language" and Humor Classroom 3 11:30am - 12:30pm		Kitchen Skills SAIL Kitchen 11am - 12pm		Group Mural Making Classroom 3 11:30am - 12:30pm
1pm	Communication Concepts Classroom 3 1pm - 2pm	Health and Medical Care Classroom 1 1pm - 2pm	Community Safety and Resources Classroom 3 1pm - 2pm	SCC Women's Group Classroom 3 12:30pm - 2pm	Music Appreciation Classroom 1 1pm - 2pm
2pm	Language Arts Classroom 1 2pm - 3pm	Nutrition Analysis Classroom 3 2pm - 3pm	Dating and Sexuality for Women Classroom 1 2pm - 3pm	Dating and Sexuality for Men Classroom 3 2pm - 3pm	Take a Hike Classroom 1/Community 1pm - 3pm
3pm		Time Management Classroom 1 2pm - 3pm	Chess Club Classroom 2 3pm - 4pm		Puzzles Classroom 3 2pm - 3pm
4pm			Locating Housing Classroom 1 4pm - 4:30pm		
5pm	Pasta Palooza SAIL Kitchen 4:30pm - 6:30pm		PAVE Prep Classroom 3 4pm - 4:30pm		
6pm			Outdoor Grilling ASAT Student Kitchen/Courtyard 5pm - 7pm		
7pm	Recap ASAT Student Lounge 7pm - 8pm			Recap ASAT Student Lounge 7pm - 8pm	
8pm					

### **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, 9:30-11:30

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.

### **"Figure It Out Language and Humor"**

Monday, 11:00-12:00

Location: On Campus

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

**Description:** Adults are expected to understand implied and indirect language, but this can be tricky if you are a literal thinker or have trouble thinking about language in a flexible way. Adults use a variety of language forms which are not always easy to understand. In this workshop, various forms of figurative language and humor will be explored. Students will learn ways to ask for clarification when they haven't "figured it out" during conversations.

### **Communication Concepts**

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 will review communication concepts important to successful communication for young adults in a variety of settings. Topics will include elements of nonverbal communication, making a positive first impression, professional electronic communication (i.e. emailing), asking for clarification, repetition of information and requesting assistance, among others.

### **Health & Medical Care**

Monday, 1:00-2:00

Location: On Campus

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

**Description:** In this course, students will learn to recognize and treat minor illnesses, as well as to access health care effectively. You will expand your knowledge of medical vocabulary and develop the ability to navigate medical providers and insurance companies.

### **Language Arts**

Monday, 2:00-3:00 or Thursday, 9:00-10:00

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.

### **Nutrition Analysis**

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

### **Pasta Palooza**

Monday, 4:30-6:30

Location: On Campus/CH Fitness Room

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

**Description:** In this course, students will be able to cook various dinner or side dish recipes (hot or cold) using various pasta options. Students will prepare pasta dishes such as veggie pasta, classic Italian dishes, and pasta salads. Students will even learn to create their own pasta noodles from scratch! Want to make and taste some delicious pasta noodles? This class may be for you!

### **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.

### **Morning Meeting SCC**

Tuesday, 9:00-10:00

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

**Description:** Taught by the Speech-Language Pathologist, this “wake-up” workshop is designed for students enrolled in the Bus Transportation classes conducted on the same day. The focus of this workshop will be to identify various “hidden rules” when we navigate, travel and explore our communities. Students will be a social communication “target” to practice or to generalize while exploring Greater New Haven in a staff-supervised transportation class.

### **Bus Transportation with Transfers**

Tuesday, 10:00-2:00

Location: On Campus/Community

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

**Description:** In this course, students learn to use the bus to travel to locations outside the greater New Haven area. 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 buses, running late, missed stops or route confusion.

### **Bus Transportation without Transfers**

Tuesday, 10:00-12:00

Location: On Campus/Community

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

**Description:** In this course, students learn to use the bus to travel to locations on non-transfer routes within the New Haven area. 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.

### **Community Safety & Resources**

Tuesday, 1:00-2:00

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. Students will be able to explore the Westville neighborhood and practice necessary safety skills for navigating the community independently.

### **Dating and Sexuality for Women**

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 discuss both the physical and emotional aspects of sexuality. Students will also learn about the social aspect of dating and relationships. Factual information, as well as concepts related to decision-making will be explored. This will be a continuation from Spring B.

### **Time Management**

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 learn to manage their time in order to effectively participate in Chapel Haven activities, vocational, educational, social and independent living activities.



### **Mindfulness through Movement**

Wednesday, 9:00-10:00

Location: On Campus

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

**Description:** Enjoy the exercise and peace of quietly moving through the community with mindful walking. On warm weather days the class will complete outdoor walking meditations, during rainy days, the group will benefit from mindful movements indoors.

### **Social Etiquette**

Wednesday, 10:00-11:00

Location: On Campus

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

**Description:** Have you ever noticed how you are expected to act differently in various social situations? A restaurant, birthday party, gym, etc. all have varying social rules. This class will walk you through the social nuances of a variety of different settings- focusing on the expected etiquette of each locale. Practice in each setting and in the classroom will help students to generalize their learning to real life situations.

### **Kitchen Skills**

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 learn and practice different kitchen skills such as chopping, shredding, grating, peeling, and many more.

### **Anime Club**

Wednesday, 1:00-2:00

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.

### **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.

### **PAVE Prep**

Wednesday, 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 prepare for their time in the PAVE program. The students will prepare for their interviews and brush up on any skills needed to succeed in PAVE.

### **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.

### **Locating Housing**

Wednesday, 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 types of housing available and will follow steps to locate housing to live in following graduation. This course is designed for students who will soon be transitioning to their own independent living arrangements. Advisor placement.

### **Fitness Sampler**

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

Thursday, 3:00-4:00

Location: On Campus

Cost: \$90 each, 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 as well as being outdoors. Activities will be selected by the instructor and by the class participants.

### **Social Rec Planning Meeting**

Wednesday, 4:00-4:30

Location: On Campus

Cost: Included as part of F/T or P/T Day Programming and Free to Community Members

**Description:** Students will 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.

### **Outdoor Grilling**

Wednesday, 5:00-7:00

Location: On Campus

Cost: \$150, or included as part of F/T or P/T Day Programming

**Description:** On-campus students should expect 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.

### **VITAS Volunteering**

Thursday, 9:30-12:00

Location: In the Community

Cost: \$225 or included as part of F/T or P/T Day Programming

**Description:** At this supported volunteer site, students will learn how to complete a variety of office tasks. One of the tasks the students will be participating in is preparing bereavement mailings. Students will have had to complete an application and training prior to the placement.

### **Beardsley Zoo Volunteering**

Thursday, 10:00-12:30

Location: In the Community

Cost: \$270 or included as part of F/T or P/T Day Programming

**Description:** In this course, students will be volunteering at the Beardsley Zoo. Students will be participating in activities like cleaning animal enclosures, yard work outside the exhibits and stocking the gift shop. What a great way to visit your favorite animals while doing some volunteer work! This course is designed for students to explore the community they live in and to give back through volunteer work. In addition, students will spend time reflecting after each 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.

### **Sign Language**

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 are taught American sign language (ASL) vocabulary and grammatical structures. Students will also learn the ASL fingerspelling system, the use of gestural devices and how to appropriately use the signing space in ASL.

### **Dating and Sexuality for Men**

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 discuss both the physical and emotional aspects of sexuality. Students will also learn about the social aspect of dating and relationships. Factual information, as well as concepts related to decision-making will be explored. This will be a continuation from Spring B.

### **Meal Planning**

Friday, 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 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.

### **Advanced Finance**

Friday, 10:00-11:00

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 explore their personal finances. Financial concepts/issues beyond basic day to day banking will be introduced, from things like building your credit score to investing, bitcoins and crowdfunding.

### **Banking and Budgeting**

Friday, 10:00-11:30

Location: On Campus

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

**Description:** In this course, students will learn 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.

### **Group Mural Making**

Friday, 11:30-12:30

Location: On Campus

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

**Description:** Have you ever wanted to be a part of something big? In this class, we will work in a group to create large-scale masterpieces using paints, markers, pencils and more on paper and other surfaces. Be prepared for an exciting new challenge each week! Students will explore a variety of topics and learn team-building skills. **Please note: This class requires a minimum of three participants to run.**

### **Take a Hike**

Friday, 1:00-3:00

Location: On Campus/Community

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

**Description:** Hiking is a long, vigorous walk on trails or footpaths. Students will be able to explore local state and city parks. They will be able to challenge themselves by hiking various trails and reaching various heights.

## **Puzzles**

Friday, 2:00-3:00

Location: On Campus

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

**Description:** Are you looking for a healthy distraction and escape from the world around you? Putting a puzzle together has many health benefits and can help reduce stress and improve memory. Bring your favorite type of puzzle to share with your peers; whether it be crossword puzzles, 3-D puzzles or jigsaw puzzles, put your brain to the test!