



ASAT COURSE CATALOG

Summer B 2022

July 13, 2022 – August 19, 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 B REGISTRATION

- Summer B Term Begins Wednesday, July 13, 2022
- Summer B Term Ends Friday, August 19, 2022
- Course Registration should be completed by Tuesday, July 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 jschiavo@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 7/18	Tue 7/19	Wed 7/20	Thu 7/21	Fri 7/22
9am	Morning Meeting: First Year Classroom 3	Morning Meeting: Second Year Classroom 1	Trip Planning Sail Multi-Purpose Room 9am - 10am	Advanced Finance Classroom 1 9am - 10am	Meal Planning: Second Year Classroom 405 9am - 10am
10am	First Year Grocery Shopping Courtyard/Community 10am - 12pm	Kitchen Skills: Second Year Sail Kitchen 10am - 11am	Bus Transportation w Transfers ASAT Lounge 10am - 2pm	Beardsley Zoo Volunteering ASAT Student Lounge 10am - 12:30pm	Banking and Budgeting: First Year Classroom 1 10am - 11:30am
11am		V: The Effects of Screen Time 11am - 12pm	Bus Transportation w/o Transfer: Second Year ASAT Lounge 10am - 12pm	Goodwill Volunteering: First Year ASAT Student Lounge 10am - 12pm	Banking and Budgeting: Second Year Classroom 405 10am - 11:30am
12pm			Bus Transportation w/o Transfer: First Year ASAT Lounge 10am - 12pm		Home Organization: Second Year Classroom 405
1pm	Second Year Grocery Shopping 1pm - 3pm	Kitchen Skills: First Year Sail Kitchen 1pm - 2pm	Community Safety and Resources: First Year Classroom 1 1pm - 2pm	Job Search Processes Classroom 3 1pm - 2pm	Lifeskills for the Home: First Year Classroom 3/Student
2pm		Tales from the Trenches Classroom 3 2pm - 3pm	Chess Club Classroom 3 2pm - 3pm	Sign Language Advanced Classroom 1 1pm - 2pm	App for That: First Year Classroom 1 1pm - 2pm
3pm		Self-Awareness and Self-Advocacy Classroom 3 2pm - 3pm	PAVE Prep II Reach Conference Room	Sign Language for Beginners Classroom 1 2pm - 3pm	Puzzles Classroom 3 1pm - 2pm
4pm			Fitness Sampler Boswell Gym/Courtyard 3pm - 4pm	Fitness Sampler Boswell Gym/Courtyard 3pm - 4pm	Couponing in the Community Classroom 3 2pm - 3pm
5pm	LGBTQI Space Classroom 1 5pm - 6pm		Social Rec Planning Meeting, Classroom 3, 4pm - 4:30pm		Supporting Others: First Year Classroom 1
6pm			Summer Grilling ASAT student Kitchen/Courtyard 5pm - 7pm		
7pm	Recap ASAT Student Lounge 7pm - 8pm			Recap ASAT Student Lounge 7pm - 8pm	
8pm					

Morning Meeting: First Year

Monday, 9:00-10:00

Location: On Campus

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

Description: 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.

Morning Meeting: Second Year

Monday, 9:00-10:00

Location: On Campus

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

Description: 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.

Grocery Shopping: First Year

Monday, 10:00-12:00

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.

Kitchen Skills: Second Year

Monday, 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 learn and practice different kitchen skills to make them more independent and successful while cooking. These skills may include chopping, shredding, grating and peeling.

The Effects of Screen Time

Monday, 11:00-12:00

Location: Virtual

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

Description: In this course, students will discuss the scientific evidence regarding screen time and their mood. The students will also be able to share their own experiences in this area. **This class will be for second year students and community members only.**

Grocery Shopping: Second Year

Monday, 1:00-3:00

Location: On Campus/Community

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

Description: In this course students will learn procedures for managing their grocery shopping. Students will be taking the bus to the grocery store as well. 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.

Kitchen Skills: First Year

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 continue to strengthen their skills learned in Kitchen Skills, Summer A. Defining these kitchen skills will make the student more independent and successful while in the kitchen.

Tales from the Trenches

Monday, 2:00-3:00

Location: On Campus

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

Description: Have you ever wondered what a job is REALLY like? Then, this is the class for you! Each week, one or more guest speakers will come to class and talk to you about their jobs. They will tell you the behind-the-scenes information you might not hear about at a career fair or in an interview. They'll let you know the good, the bad and the ugly to help you think about your career interests. Our speakers will also share the course of their careers so far, and their plans for the future.

LGBTQI Space

Monday, 5:00-6:00

Location: On Campus

Cost: Included as part of F/T or P/T Day Programming and open to all ASAT community members free of charge

Description: A positive, supportive, trustworthy, and respectful place for all lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI) students and allies to gather. In this space, we will explore resources, culture, and affirmation for all identity statuses. This is a student-led space.

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.

Trip Planning

Tuesday, 9:00-10:00

Location: On Campus

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

Description: Students will learn to research travel options; such as airline or train tickets, hotels, restaurants, local transportation and different activities/events. Students will then plan their hypothetical trips, focusing on each necessary detail. Students will also learn to plan trips in their local community or trips back home.

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. Participants must have their non-transfer bus privileges to enroll in this class.

Bus Transportation without Transfers: Second Year

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.

Bus Transportation without Transfers: First Year

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 safety skills for navigating the community independently.

Self-Awareness and Self-Advocacy

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, each student will develop an awareness of their strengths and needs. Students will develop an awareness of how to self-advocate and obtain needed support or assistance across a variety of settings.

All About Rocks

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 we will build on our knowledge of rocks. We will independently research and present on different types of rocks, chemical and atomic structure, minerals and geology. The geology specific to the New Haven area will be explored in site visits to East and West Rock.

Emotional Recognition and Management: First Year

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 to recognize and label their own emotions. Students will learn strategies for regulating and managing their emotions in a variety of situations.

Morning Walk Group

Wednesday, 9:00-10:00

Location: On Campus

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

Description: This course offers an opportunity for an early group walk around the Chapel Haven area and enjoying the beautiful summer weather. In this course, students will be able to put into action the skills they are learning in Community Safety.

VITAS Volunteering

Wednesday, 9:30-12:00

Location: On Campus

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.

Intro to Online Social Networking

Wednesday, 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 learn to use the internet for social networking. Students will learn safety tips for meeting others online, and will explore a variety of social networking websites. Social networking for friendship, professional and dating relationships will be explored.

Art for Sensory Exploration

Wednesday, 11:00-12:00

Location: On Campus

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

Description: This course focuses on art techniques that use your senses. Touch, smell, sound, sight, and even taste! Students will be able to explore various textures, temperatures and sounds. Relax with aromatherapy art exercises and get inspired by music. Students should expect to get a little messy.

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.

Music Appreciation

Wednesday, 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.

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.

PAVE Prep II

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 is for all the students accepted into the 2022-2023 Pave Program. Students will prepare for the PAVE program. The students will learn about their sites for the year, get their uniforms, finalize their resumes and practice the routes to and from their jobsite.

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. **This is required for all residential students.**

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.

Advanced Finance

Thursday, 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 continue 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.

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.

Goodwill Volunteering: First Year

Thursday, 10:00 – 12:00

Location: In the Community

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

Description: In this course, students will be volunteering at the local Goodwill. Students will be exploring various retail and interpersonal skills. This course is designed for students to explore the community they live in and to give back through volunteer work.

Job Search Processes: First Year

Thursday, 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 the steps involved in searching and applying for jobs.

Advanced Sign Language

Thursday, 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 continue to learn American sign language (ASL) vocabulary and grammatical structures.

Sign Language for Beginners

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 American sign language (ASL) vocabulary and grammatical structures. Students will become familiar with the ASL fingerspelling system, the use of gestural devices and how to appropriately use the signing space in ASL.

Meal Planning: First Year

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.

Meal Planning: Second Year

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.

Banking and Budgeting: Second Year

Friday, 10:00-11:30

Location: On Campus

Cost: \$135, or included as part of F/T or P/T Day Programming

Description: In this course, students will continue to explore their personal finances. Financial concepts/issues beyond basic day to day banking will be re-visited.

Banking and Budgeting: First Year

Friday, 10:00-11:30

Location: On Campus

Cost: \$135, 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.

Home Organization: Second Year

Friday, 11:30-12:30

Location: On Campus

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

Description: In this workshop, students will work with staff to organize their space and their belongings. Students will identify a specific organizational goal to focus on during this session.

Life Skills for the Home: First Year

Friday, 11:30-12:30

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 basic skills required for cleaning their apartments and maintaining a clean living space. New skills will be introduced throughout the session and assistance with cleaning tasks will be provided on a nightly basis during evening life skills.

App for That: First Year

Friday, 1:00-2:00

Location: On Campus

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

Description: The focus of the class will be on apps that can make your life easier ; apps to help with organization, streamlining daily living tasks, learning new things and assisting with academic pursuits. In this class, some of the 'fun' apps that students and staff have discovered.

Puzzles

Friday, 1:00-2:00

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.

Coupons in the Community: Second Year

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 class, students will learn how to cut costs in various ways. They will learn how to find coupons, how to use them, and how to maximize their savings.

Supporting Others: First Year

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 to provide support to peers and to accept support from peers. There will be discussions regarding the shift during early adulthood from relying on families/educators for support to relying on friends/peers for support.