



# ASAT COURSE CATALOG

## Fall A 2022

August 22, 2022 – September 30, 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 Advisor 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 A Term Begins Monday, August 22, 2022
- Fall A Term Ends Friday, September 30, 2022
- Course Registration should be completed by Thursday, August 18, 2022
- No Classes on September 2<sup>nd</sup> & 5<sup>th</sup> – Labor Day Break

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

### **Morning Meeting: First Years**

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 Years**

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.

### **Introduction to Perspective Taking: First Years**

Monday, 1:00-2:00

Location: On Campus/Community

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

**Description:** In this introductory workshop taught by the Speech-Language Pathologist, students will enhance their ability to take others' perspectives during classroom activities and discussions. Students will be introduced to theory of mind concepts and the importance of thinking about another's point of view when communicating. Students will identify socially expected and socially unexpected behaviors and make predictions about social consequences if the messages and signals were modified. Students will identify and understand why certain social behaviors and verbalizations can alienate others.

### **Personal Finance: First Years**

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 begin to explore their personal finances. Financial concepts/issues beyond basic day to day banking will be introduced.

### **Grocery Shopping: Second Years**

Monday, 4:00-6:00

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.

### **Men's Self Care**

Monday, 4:00-5:00

Location: On Campus/Community

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

**Description:** This casual men's group will discuss everything from how to tidy up your beard to how to smell nice on a date. The class will focus on men's self-care. Staff will share tips and tricks to look and feel your best without leaving the house. Students who have taken this class before are encouraged to continue, new students are always welcome.

### **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 without Transfers: First Years**

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.

### **Introduction To Nonverbal Communication: First Years**

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 introductory workshop taught by the Speech-Language Pathologist, students will learn how to read and recognize others' nonverbal signals, starting with the eyes. Students will increase their observational skills, with particular emphasis on paying more attention to others' nonverbal signals during small, structured group meetings. Static and "real time" representations of individuals' eyes, facial expressions, gestures, and body postures will be analyzed by the group to predict what others are feeling based on these aspects of nonverbal communications.

### **Diversity & Social Issues**

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 develop awareness, understanding and skills necessary to live and work in a diverse world. You will examine cultural diversity in the United States. Additionally, you will increase your self-awareness related to worldviews and your own views about diversity and social issues.

### **LGBTQI Space**

Tuesday, 3:00-4:00

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.

### **Stress 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 continue to develop the ability to regulate and manage their emotions. Specifically, students will manage negative emotions such as stress and frustration and cope with these in a way that allows for growth and development.

### **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. This can be done with staff if not completed already.

### **Mitchell Library Readers**

Wednesday, 10:00-11:00

Location: On Campus

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

**Description:** Libraries can be great resources for so many things! Social groups, research, or just taking home a book. Explore all that your local library has to offer! Students will work with staff to get their own library cards and will be able to check-out books weekly.

### **Open Studios**

Wednesday, 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.

### **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.

### **Film Appreciation**

Wednesday, 1:00-2:00

Location: On Campus

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

**Description:** From popular films to those by independent filmmakers, this class will explore a large variety of genres and subgenres. Students will leave class with wider knowledge and appreciation of the world of films.



### **List Your Life**

Wednesday, 2:00-3:00

Location: On Campus

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

**Description:** Making lists can be a simple executive functioning task or a life-changing exploration of self. Students in this class will join in a variety of list-making activities, some serious, some fun, some just plain silly. Come to class with an open mind and an empty notebook.

### **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.

### **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.**

### **Cooking from Recipes**

Wednesday, 5:00-7:00

Location: On Campus

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

**Description:** In this two-hour class, students will work together to prepare simple meals following step by step recipes by utilizing their cooking skills with staff assistance. All ingredients will be provided. We will accommodate dietary restrictions to the best of our ability.

### **Creative Writing**

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 learn the basics of what makes an interesting short story and will have ample time for exploring and bringing ideas to life using both fiction and nonfiction prose. By the end of the class, each student will have a completed writing piece to share.

### **Outdoor Photography**

Thursday, 10:00-11:00

Location: On Campus

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

**Description:** Attention Photographers, Wanna-Be Photographers, and Admirers of Photography! Come join us in this digital photography class. You will have an opportunity to enjoy and discuss a variety of photographs and hone your own skills in digital photography while exploring your neighborhood. Distance learners have the option to check in with staff at the beginning of class to plan their walking route and then share their photos at the end of class.

### **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.

### **Board & Card Games**

Thursday, 11:00-12:00

Location: On Campus

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

**Description:** Enjoy board and card 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.

### **College Exploration: First Years**

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 work with staff to explore colleges of potential interest. Students will tour local colleges such as Gateway Community College and Southern Connecticut State University, explore college essay writing, and develop an application plan.

### **Health & Medical Care**

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 to recognize and treat minor illnesses, as well as how to access health care effectively. You will expand your knowledge of medical vocabulary and develop the ability to navigate medical providers and insurance companies.

### **Meal Planning: First Years**

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 plan healthful, easy to prepare meals for the upcoming week. 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: First Years**

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 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.

### **Kitchen Skills/Baking: First Year**

Friday, 10:00-11:30

Location: On Campus

Cost: \$130, or included as part of F/T or P/T Day Programming

**Description:** In this course, students will continue to strengthen their knowledge learned in Kitchen Skills class and incorporate simple baking terms and methods to create delicious dishes. Defining these kitchen skills will make the student more independent, a better baker, and provide confidence while in the kitchen.

### **Post-Secondary/Career Interests:**

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 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.

### **Laundry Skills**

Friday, 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 on basic laundry skills, including how to use the washer and dryer and how to troubleshoot when something goes wrong. Skills such as separating laundry, choosing laundry cleaning supplies, and how to estimate how much time to budget for laundry will also be discussed.

### **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:** Positive affirmations, quotes and uplifting stories can help us to change our moods, our minds, and even contribute to our success. This class will focus on using positivity to enhance our lives and visualize our goals.

### **Meal Planning/Banking & Budgeting:Second Years**

Friday, 3:00-4:00

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 healthful, easy to prepare meals for the upcoming week. 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.

Students will also apply 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.