

Chapel Haven ASAT Program

Course Catalog – Winter 2016

November 28th, 2016 – March 10th, 2017



Residential & Bridge Students

Important Registration Information

Types of Courses

Courses that are described as **core** courses are required for all students. Some core courses have an exemption option. This option is for those students who demonstrate mastery of all of the skills taught in a given course. These exemptions will be awarded only occasionally. Please talk to your advisor if you think that you may meet exemption requirements for a given course. You will be required to demonstrate mastery of the skills, through staff observation or direct assessment in order to be exempt.

Courses that are described as **advising placement** are courses that you will register for with the recommendation of your advisor. Many of these courses are integral parts of a student's program and will be recommended for most students. If you feel that you are ready for an **advising placement** course that your advisor has not recommended, please talk with him or her to share your ideas.

Courses that are described as **elective** are optional courses. You decide whether or not you are interested in these courses. Although they are elective, these courses do provide credit and count towards your total credit requirement.

Social Communication

Social Communication Groups are also an integral part of your program. The speech-language pathologist works hard to ensure that all students are assigned to groups that will help them to move forward towards their goals and objectives. In order to achieve this, there needs to be some flexibility with scheduling. Please ensure that you know when your social communication groups are scheduled and keep this in mind when registering for classes. Social communication groups take precedence over elective classes and other activities.

Credits

You will be awarded credits for the courses that you complete. Most students are required to take a minimum of 17 credits per session. However, this may be revised for some students at the discretion of his/her advisor. You must take all of your core classes, even if this causes you to exceed 17 credits. In order to earn credits for a course, you must attend 80% of class sessions. If you miss more than 20% of classes due to excused absences, the class instructor may, at his/her discretion, offer you the opportunity to make up miss work in order to earn the credits. If you miss classes due to unexcused absences, you will not be able to earn the credits, and you will need to retake the course.

In addition to Chapel Haven classes, there are a number of other ways that students may earn credits. Students earn credits by taking college courses, volunteer work, internships, jobs and certain other

community activities. Please see your advisor or the ASAT supervisor to determine how many credits you will earn by participating in any of these activities.

Fitness

All students are required to register for at least 2 credits/week of fitness activities. This may be Chapel Haven courses, community-based classes, a one to one staff supported fitness activities, or any combination of these.

Additional Activities

There are a number of activities that must be included on each student's weekly schedule. Please keep in mind the need for these activities as you are selecting your classes and planning your week. All students must participate in recap meetings, morning meetings (first year only), daily apartment maintenance and meal preparation, weekly laundry, banking and grocery shopping, social rec planning meetings, social rec activities and fitness, as noted above. Unless otherwise noted, these are not credit-bearing activities.

Laundry

All students are expected to do laundry on at least a weekly basis. Students who are still learning laundry skills will complete laundry with staff support. Students who are exempt from staff-supported laundry may schedule laundry anytime in their week and do not earn credit. Your advisor will determine when you are exempt. In order to be exempt from staff-supported laundry, students must have demonstrated all of the following:

- passed community safety assessment
- consistently complete all steps of laundry independently, as verified by staff checks (steps include gathering laundry and supplies, adding money to card, operating washers and dryers, folding/hanging laundry and putting laundry away) for at least 4 weeks.
- Initiate all of these processes independently and are ready to leave for the laundromat at the scheduled time, without staff cues, for at least 4 weeks.

Grocery Shopping

All students are expected to complete grocery shopping weekly. There will be staff supported grocery time, but students will work toward independence with this task. Students will complete grocery shopping with the group until it is determined that he or she is able to complete this task independently

on a consistent basis. A student must shop and have food available on a regular basis in order to continue to shop without staff support.

Winter 2016 Class Offerings

Core, Year 1

CORE 1C

Schedule: Monday/Tuesday, 9-10
Wednesday, 9-11
Friday, 9-11

Credits: 1/hour

In this course, students will continue to work on learning and enhancing independent living skills that will assist them with moving toward a more independent lifestyle. Students will continue to work on skills such as budgeting, meal planning and scheduling. Students will also work on skills such as navigating the community, making career and educational plans and exploring ways to build and maintain an independent and balanced adult life.

Financial Concepts III

Schedule: Thursday, 1-2

Credits: 1

In this course, students will work to continue to develop the skills needed to maintain a weekly, monthly and annual budget. Students will start to explore concepts such as personal finance such as saving money and planning for future purchases or expenses and will also start to work on enhancing consumer awareness skills.

Communication Concepts III

Schedule: Monday/Wednesday, 2:00-3:00

Credits: 1/hour

In this course, students will work with the Speech and Language Pathologist to develop and enhance social communication skills. Students will continue to work on skills related to social communication such as perspective taking, reading and interpreting body language, etc.

Evening CORE

Schedule: Sunday-Thursday, 5:00-7:00

Credits: 10

In this class, students will continue to develop meal planning and cooking skills. Students will cook at least three meals per week in addition to participating in a weekly group meal. Students will also continue to develop and enhance cleaning skills. Students will complete education modules that will continue to build skills in a variety of areas

Coping Skills III

Schedule: Monday, 1:00-2:00

Credits: 1

In this course, students will start to explore and identify feelings and emotions. 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 emotions and will start to explore and discuss how to best manage emotions.

Community Travel

Schedule: Thursday, 9:00-12:00

Credits: 3

In this course, students learn to use the bus to travel to locations in the Greater New Haven area. Students will start with learning routes that do not require a transfer and will advance to transfer routes after they achieve mastery of non-transfer routes. Students will also explore solutions to common transportation problems such as missed busses, busses running late, missed stops or route confusion.

Health and Wellness III

Schedule: Friday, 1-2

Credits: 1

In this course, students will continue to explore how to establish and maintain healthy living habits. This will include daily hygiene, recognizing health needs and will also cover general first aid.

Entertaining Friends

Schedule: Friday, 2-3

Credits: 1

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.

Technology Skills

Schedule: Tuesday, 1-2

Credits: 1

In this course, students will explore how to use a technology in safe and competent manner. From managing minor issues that arise when using technology to how to safety community and navigate when using the internet.

Schedule Planning

Schedule: Friday, 11-12

In this class, students will continue to work with students to manage their weekly schedules. From doctor's appointments to classes, this class will not only help students to manage their schedules, but will also allow students the opportunity to explore a variety of methods to stay on top of

Weekend CORE

Schedule: Friday/Saturday, 4:00-4:30

Credits: 1

During this course students will review weekend plans and complete weekend cleaning checklists

Managing A Home

Schedule: Wednesday, 11-12

Credits: 1

In this class, students will learn the skill needed to manage a home. From organization to minor home repairs.

Core, Year 2

Locating Housing (COM 210)

Schedule: Monday, 3-4

Credits: 1

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 required for any second year student considering staying in New Haven after graduation, and highly recommended for students intending to rent an apartment in any other region after graduation.

Transition Planning

Schedule: Monday, 4-5

Credits: 1

In this class, students will learning about the options that are part of the Chapel Haven community after graduation! This will start with a review of the transition packet and is your chance to ask questions and start planning for your future after graduation.

Achieving Financial Self-Sufficiency (FIN 320)

Schedule: Wednesday, 2-3

Credits: 1

In this course, students will plan for their own future financial self-sufficiency. They will explore the sacrifices/benefits of reducing their dependence on their parents or others sources of aid.

Geography

Schedule: Wednesday, 3-4

Credits: 1

In this course, students will develop an awareness of history of the greater New Haven area and will develop an increased awareness of both local and world geography.

Advising Placement

Career Lab

Schedule: Monday (9-2), Friday (9-1:30)

Credits: 5/day

This endeavor provides an opportunity for students to experience the rewards and challenges of a workplace environment. Students will participate in a variety of endeavors that will assist students with learning and enhancing employment skills. This class will also offer time for students to work on creating and enhancing their resume, offer time for job/volunteer searching and support students with preparing for interviews.

Community Based Worksites

Site and Schedule:

Credits: 1/hr

Walgreens: Friday, 10-1:30

VITAS: Wednesday, 9-1

All Pets Club: Tuesday/Thursday, 10-12

Staff Supported Study Hall

Schedule: Tuesday/Thursday, 1:00-3:00

Credits: 2/day

In this course, students will study with staff available to assist as needed. Students will review their syllabus with staff, review assignments that are due and make a plan for completing coursework in a timely manner.

Academic Workshop (ACA 110)**Schedule:** Tuesday, 10-12**Credits: 2**

This course simulates a college-level class. In this course, students will demonstrate the academic, organizational and social communication skills necessary for success in a college course. Additionally, students will benefit from an opportunity to explore accommodations that are beneficial.

Staff Supported Grocery Shopping**Schedule:** Monday, 10-12**Credits: 2****Staff Supported Laundry****Schedule:** Thursday, 3-5**Electives****Fitness****Schedule:** Tues/Thurs 2-3**Credits:** 1 credit/hr

Students will use the Chapel Haven gym to work-out and take steps to maintain a healthy lifestyle.

Typing**Schedule:** Wednesday, 1-2**Credits: 1**

In this class, students will complete lessons each week that will allow them to practice and enhance typing skills

Book Club**Schedule:** Wednesday, 1-2**Credits: 1**

In this class, students will choose a book to read and meet for weekly discussion to explore themes and ideas in the selected book

Chess**Schedule:** Wednesday, 3:00– 4:00**Credits: 1**

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.

Art Journaling (SAW 260)

Schedule: Wednesday, 3:00-4:00

Credits: 1

Art Journaling is about expression, both written and visual. An art journal is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, and a safe container for your emotions. It can also be a place to play with art materials and enjoy the art process. It is a place where you can turn off your inner critic, experiment and make mistakes. The class will include samples of artist's journals and a variety of assignments to enhance your own process of exploration.

Souper Recipes

Schedule: Wednesday, 5-7

Credits: 2

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.