ASAT Program Workshop Catalog



SPRING B April 6 – May 15, 2020

(No Classes April 10th)

The ASAT Program

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.

Virtual Offerings During the COVID-19 Pandemic

As the world is being advised to self-isolate and social distance, we find it more important than ever to safely stay connected. During this time we will be offering virtual classes – allowing students to stay in their apartments or homes while they attend class and for staff to limit their time on CHSC campus. Classes that will be offered virtually are marked with a computer symbol (). Students currently in residence will still have an opportunity to attend in-person classes while adhering to hand washing and social distancing rules. In-person classes are designated with a hand symbol (). Students must wash their hands at the beginning of class and again when they return to their apartments. In person classes will be limited to 4 students or less. Students will practice social distancing in classroom spaces.

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 <u>not</u> 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.

Please contact Carolyn Gorman at 203-397-1714, ext. 163 or cgorman@chapelhaven.org to schedule a registration session or for additional information.

Grocery Shopping/Meal Planning

Monday, 9:00 - 11:00 OR Wednesday 2:00 - 4:00

Location: Classroom 1/Community, limited to 4 students at a time Cost: \$135, or 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 and meal planning. Students will be transported to the grocery store via van if and when it is safe to go in-person. Otherwise, students will utilize a grocery delivery service, making grocery lists with staff.

Job Search Processes

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 learn the steps involved in searching for/applying for jobs. Students should leave this workshop with an updated resume, as well as an understanding of how to find and apply for a variety of job openings.

■ Financial Review

Monday: 1:00 – 2:00 Location: Virtual

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

Description: In this course, students will review concepts previous financial workshops which require additional practice or instruction. Concepts introduced will be based on the needs of those enrolled in the course. All students will be encouraged to look closely at their current spending habits and create some goals for modification.

Disclosure

Monday: 2:00 - 3:00, starting April 13th**

Location: Virtual

Cost: \$75, or included as part of F/T or P/T Day Programming

Students will be introduced to the pros and cons of disclosing one's disability during the hiring process, in employment settings, academic/post-secondary settings, and to other individuals in one's private life. Students will examine how full or partial disclosure can assist an individual with requesting and receiving accommodations in the workplace or at college. This workshop is designed for students preparing to apply for paid employment or to college, or for students

already in these settings. Graduates and Soon-to-be-Graduates of the ASAT program are also encouraged to register for this workshop. **PLEASE NOTE: This workshop will begin April 13th, however students will receive readings and viewing assignments the week of April 6th and are expected to complete these assignments by April 11th.

Trip Planning/Transportation Options

Monday, 3:00 – 4:00 Location: Virtual

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

Description: This is a great course for students who would like to schedule a vacation (a real one or even a dream one!). Students will learn to research travel options, such as airline or train tickets, hotels, restauarants, local transportation and activities/events. Students will then plan their trips, focusing on each necessary detail. In this course, students will also learn about accessing a variety of modes of transportation, including trains, airplanes and ride services such as Uber, Lyft and MyRide.

"Helping Hands" - Community Service Projects

Tuesdays: 9:00 – 12:00 OR Thursdays: 9:00 – 12:00

Classroom 1, limited to 4 students

Cost: \$270/6-week session, or included as part of F/T or P/T Day Programming

Description: In Helping Hands, you will complete a number of on campus projects to help others and beautify your community. This class 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. This class will be held in-person, but there may be some opportunities for off-campus students to participate remotely.

☐ ♥ Study Skills and Other Tips for College Success

Tuesday: 9:00 – 10:00

Location: Classroom 1 / Virtual option available

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

Description: In this course, students will learn the study skills needed to succeed in post-secondary educational pursuits. Students will develop the ability to take notes, manage

assignments and prepare for exams. Students who are enrolled in the Southern Connecticut University (SCSU) Social Communication Class are encouraged to participate in this class.

Mindfulness through Yoga

Tuesday: 9:00 - 9:30

Location: Outreach: limit to 4 participants

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

Description: Want to start you day feeling refreshed and focused? This class will focus on getting your mind and body ready for the day. All moves can be modified to be done from a seated position if necessary. No yoga or mindfulness experience necessary.

■ Nonverbal Communication – To Express or Not to Express?

Tuesday: 11:00 - 12:00, Starting April 13th **

Location: Virtual

Cost: \$75, or included as part of F/T or P/T Day Programming

In this workshop, students will explore body language and nonverbal communication signals in more depth, including micro-expressions and the emotional significance behind these messages. Students will learn to manage emotional responses through modifying one's facial expressions, gestures and speech characteristics during a variety of social and professional interactions. Students in this class should have previously taken "Introduction to Nonverbal Communication." **PLEASE NOTE: This workshop will begin April 13th, however students will receive readings and viewing assignments the week of April 6th and are expected to complete these assignments by April 11th.

Civics and Citizenship

Tuesday: 1:00 – 2:00 Location: Virtual

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

Description: In this course, students will develop an understanding of local, state and national laws and ordinances. They will understand their basic rights and discuss how to assert these rights. They will be introduced to legal and judicial processes, and well as sources of government-supported assistance that are available to them and to others.

Online Conversations – For Real

Tuesday: 2:00 - 3:00, Starting April 13th **

Location: Virtual

Cost: \$75, or included as part of F/T or P/T Day Programming

This workshop is designed to provide students with the opportunity to observe themselves and other meeting "attendees" during teleconferences, which are essential modes for communicating during classes, meetings and conferences as the world becomes more technologically complex. This workshop will be conducted on the Zoom meeting platform, where the students will become versed in accessing online meetings and materials via joining the platform as members, as well as communicating with the meeting host and attendees via the platform and via personal email accounts. Reciprocal conversation techniques and strategies will be reinforced in this workshop. Students in this class must have previously taken another Social Communicative Competency course. **PLEASE NOTE:** This workshop will begin April 13th, however students will receive readings and viewing assignments the week of April 6th and are expected to complete these assignments by April 11th.

Harry Potter Book Club: Harry Potter and the Chamber of Secrets

Tuesdays: 3:00 – 4:00 Location: Virtual

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

Description: Are you a Ravenclaw or a Hufflepuff? In this course, students will discuss their opinions, likes and dislikes, and bond over a shared reading experience. Students will read Harry Potter and the Chamber of Secrets together throughout the course of this class. This is a continuation of the book club offered in Spring B but is welcoming to new participants.

W Moving Meditation: Mindfulness Through Walking

Wednesday 9:00 - 10:00

Location: Classroom 1/Community

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 or icy days, the group will benefit from mindful movements indoors. The class is limited to 4 people and will be reminded to socially distance when walking in the community.

Microsoft Excel

Wednesday: 10:00 – 11:00

Location: Virtual

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

Description: This course provides instruction in basic and intermediate uses of Microsoft Excel. This course is appropriate for those students who will require use of Microsoft Excel for future career goals.

Locating Housing

Wednesday: 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 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.

My Career Plan

Wednesday: 1:00 - 2:00

Location: Virtual

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

Description: In this essential course, you will think about your career plan and the steps you will need to take over the next year to work towards your goals. You will create a document, which you will subsequently present at your next progress meeting, outlining your plan.

Staff Assisted Cooking

Wednesdays: 5:00 – 7:00

Location: In student apartments Cost: F/T or P/T Programming Only

Description: This two hour session will allow students to try advanced recipes and cooking techniques, prepare and plan dinners for week, and make larger meals that can be portioned and stored for later.

Homework Assistance/Class Support

Thursday: 10:30 - 12:30 Location: Classroom 1

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

Description: Students will have a chance to work with staff and in small groups to complete readings and assignments. Assistance navigating online college classes will be given. It is suggested that all students enrolled in the Social Communication course at Southern Connecticut State University should sign up for homework assistance sessions.

Social Activity Planning Meeting

Thursday, 1:00 - 1:30 Location: Virtual

Cost: N/A – limited to on-campus residential students, via individual check-in.

Description: Students will work with staff to make plans for their weekend. The emphasis will be on safety, social distancing and virtual activities.

Virtual Dinner Prep

Thursday: 2:00 - 3:30 Location: Virtual

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

Description: Designed for distance learners, this class aims to keep up your cooking skills while you are at home! Prepare easy meals along with CHSC staff in real-time and impress the whole family! A list of recipes and ingredients will be sent out to enrolled students before the start of class so that students can be prepared to cook along from their own kitchens.

Freezer Meals

Thursdays: 5:00 – 7:00

Location: In student apartments: limit to 4 students

Cost: F/T or P/T Programming Only

Description: Would you like to have a freezer full of healthy ready to go meals? This class will teach you how to make large batches of healthy dinner options to portion and freeze for later. Cook once, eat all month!

Banking and Budgeting

Friday: 9:00 - 10:00, starting April 17th

Classroom 1

Cost: \$40, 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.

Virtual Painter's Workshop

Friday, 10:00 - 11:00, starting April 17th

Location: Virtual

Cost: \$75, or included as part of F/T or P/T Day Programming

Description: Grab a cup of tea and some brushes and relax while you paint. Each week we will create a painting together with a focus on relaxation and community. Some materials required, including paper (or canvas), paints, water and brushes. Any paint will do - and crayons, markers or colored pencils would even work in a pinch!

Theatre Games

Friday: 11:00 - 12:00, starting April 17th

Location: Classroom 1

Cost: \$75, or included as part of F/T or P/T Day Programming

Description: In this course, students will use the theatre to explore their social environment. Students will be involved in games, role playing and improvisation acting. All levels are welcome.

Virtual Game Club

Friday, 1:00 - 2:00, starting April 17th

Location: Virtual

Cost: \$75, or included as part of F/T or P/T Day Programming

Description: Join in a virtual game of scrabble or chess! A variety of online games will a social focus will be explored. Students will pair up or join small groups to play a variety of online games in real time. Many game options will require a smart phone.

Hiking

Friday: 1:00 – 3:00, starting April 17th

Classroom A/Community

Cost: \$115, or included as part of F/T or P/T Day Programming

Description: While safely socially distancing, get outdoors and enjoy the spring weather by hiking a variety of trails throughout our region. We will explore a different area each week. A thought for this course: "Do not follow where the path may lead. Go instead where there is no path and leave a trail" - Ralph Waldo Emerson

Laundry

Each residential student will be assigned a specific time.

Location: Rossman Building Part of F/T Programming only

Description: In this course, students will continue to hone procedures for managing their laundry. Staff will continue to periodically check in with you during these times to provide support if needed. Please note that once your time has been assigned, it is not flexible. The laundry room is used by many other students and you will be required to complete your personal laundry in the time that is allotted.