



# ASAT COURSE CATALOG

## Spring B 2022

April 4 – May 13, 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.

### **Winter A REGISTRATION**

- Spring B Term Begins Monday, April 4, 2022
- Winter B Term Ends Friday, May 13, 2022
- Course Registration should be completed by Wednesday, March 30, 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 4/4	Tue 4/5	Wed 4/6	Thu 4/7	Fri 4/8
9am	Monday Budget Review, Classroom 3, 9am - 9:30am	Morning Meeting SCC SAIL Multipurpose Room 9am - 10am	Mindfulness Through Yoga SAIL Multipurpose Room 9am - 10am	Language Arts Classroom 1 9am - 10am	Lifeskills in the Home, Beardsley Zoo Volunteering ASAT Student Lounge 9:30am - 12:30pm
10am	Grocery Shopping Courtyard/Community 9:30am - 12pm	Bus Transportation with Transfers ASAT Student Lounge 10am - 2pm	Functional Math REACH Conference 10am - 11am	Volunteer Sampler Classroom 1 10am - 12:30pm	Banking and Budgeting Classroom 405 10am - 11:30am
11am		Bus Transportation without Transfers ASAT Student Lounge 10am - 12pm	Career Prep Classroom 1 11am - 12pm		Art Journaling Classroom 3 11:30am - 12:30pm
12pm			Hot Language Games II Classroom 3 11am - 12pm		
1pm	Communication Concepts Group A Classroom 3	Current Events Classroom 1 1pm - 2pm	Staff Communication 12pm - 1pm	SCC Women's Group Classroom 3 12:30pm - 2pm	
2pm	Music History Classroom 1 1pm - 2pm		Language Arts Classroom 1 1pm - 2pm	Music Appreciation Classroom 1 1pm - 2pm	Take a Hike Classroom 1/Community 1pm - 3pm
3pm	Food and Kitchen Safety SAIL Kitchen 2pm - 3pm	Sign Language Classroom 1 2pm - 3pm	Chess Club Classroom 2 2pm - 3pm	Dating and Sexuality Classroom 3 2pm - 3pm	Board Games Club Classroom 3 2pm - 3pm
4pm	Understanding Bills Classroom 1 2pm - 3pm	Workplace Behavior Classroom 3 3pm - 4pm	Transition Planning Classroom 3 2pm - 3pm	Supporting Others Classroom 1 2pm - 3pm	
5pm	Veggie Palooza SAIL Kitchen 4:30pm - 6:30pm	Take a Break Classroom 3 4pm - 5:30pm	Fitness Sampler Boswell Gym/Courtyard 3pm - 4pm	Fitness Sampler Boswell Gym/Courtyard 3pm - 4pm	
6pm			Indoor Grilling with George Forman ASAT Student Kitchen/Apartments 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, 9:30-12:00

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. 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.

### **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.

### **Music History**

Monday, 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 be a continuation of Music History. This class will focus on the musicians the students are interested in and learn what and where their influence came from.

### **Food and Kitchen Safety**

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 learn how to safely prepare food in the kitchen, including following expiration dates, ensuring meat is fully cooked, and cleaning up properly.

### **Understanding Bills**

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 develop the ability to read and understand bills they may receive. They will discuss the importance of paying bills in a timely manner, and the consequences of timeliness of payment will be explored. During this course, students will begin to pay two monthly bills.

### **Veggie 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 dessert recipes using strictly vegetables. Turn summer squash into pasta, reinterpret meat dishes without the meat or prepare unexpected snacks like plantain chips into something you'll want more of.

### **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 explore various "hidden rules" when we navigate, travel and explore our communities. Students will be assigned a social communication "target" to practice or to generalize while exploring the Greater New Haven community 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.

### **Current Events**

Tuesday, 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 be learning about current events that are happening at a local, state, national and international levels. Students will be able to understand the importance of people, events and issues in the news and how it may impact their daily lives.

### **Sign Language**

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 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.

### **Workplace Behavior**

Tuesday, 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 practice how to act like a professional employee. Students will practice how to interact with coworkers, bosses and customers.

### **SCC Take a Break**

Tuesday, 4:00-5:30

Location: On Campus

Cost: \$140, or included as part of F/T or P/T Day Programming

**Description:** Have fun and “stick your neck out” playing a variety of group games facilitated by the Speech-Language Pathologist. Many of the activities will have a Social Thinking® lesson or component. Students will be challenged to take others’ perspectives, engage in role playing games and activities to enhance nonverbal communication, among other social communication skills. As the weather warms up, some games and activities will be conducted outdoors.



### **Mindfulness through Yoga**

Wednesday, 9:00-10:00

Location: On Campus

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

**Description:** Both yoga and mindfulness aim to quiet the mind, in order to cultivate a deeper connection and understanding yourself. This class will teach students to tune into their breath, pay attention to their body and learn to accept reality in that moment.

### **Functional Math III**

Wednesday, 10:00-11:00

Location: On Campus

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

**Description:** This class will be a continuation of skills learned in previous sessions. Students will continue to practice math skills needed for tasks of daily living. They will apply these skills to banking, budgeting and cooking.

### **Health and Hygiene**

Wednesday, 10:00-11:00

Location: On Campus

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

**Description:** Students will learn to recognize and treat minor illnesses, as well as to access health care effectively.

### **Career Prep**

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 continue building on skills to become workplace ready. They will explore careers, practice filling out job applications and continuing their resume.

### **“Hot” Language Games II**

Wednesday, 11:00-12:00

Location: On Campus

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

**Description:** A Sequel from last term, Higher Order Thinking (“HOT”) skills will be utilized in a variety of competitive board and group games; this workshop is not for the faint hearted – YOU WILL BE CHALLENGED! Social communicative competency (“SCC”) lessons on how to self-regulate emotions related to losing and winning and maintaining sportsmanlike behavior with teammates and opponents will be woven into this workshop.

### **Language Arts**

Wednesday, 1:00-2:00 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.

### **Life Skills in the Home**

Wednesday, 1:00-2:00 or Thursday, 9:00-9:30

Location: On Campus

Cost: \$90 for Wednesday, \$45 for Thursday, or included as part of F/T or P/T Day Programming

**Description:** In this course, students will learn about various household skills that help create a smooth living experience through self-care and general cleanliness. This may include cooking, laundry and light handy work.

### **Anime Club**

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 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.

### **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.

### **Transition Planning**

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 plan their transition following graduation from Chapel Haven's residential program.

### **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.

### **Indoor Grilling**

Wednesday, 5:00-7:00

Location: On Campus

Cost: \$140, or included as part of F/T or P/T Day Programming

**Description:** In this course, students will be able to use a George Foreman grill and learn to cook a variety of meats and vegetables, without oils or liquid. Take the thrill of grilling outdoors and bring it inside! Students are expected to plan for and purchase their grilling ingredients each week.

### **Volunteer Sampler**

Thursday, 10:00-12:30

Location: In the Community

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

**Description:** In this course, students will get a variety of volunteer experiences to add to their resume. This is a great opportunity for students to explore things they might be interested in for future jobs. 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.

### **Beardsley Zoo Volunteering**

Thursday, 9:30-12:30

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. **(limited spaces, per post-secondary approval)**

### **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.

### **Dating and Sexuality**

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 discuss both the physical and emotional aspects of sexuality. Factual information, as well as concepts related to decision-making will be explored.

### **Supporting Others**

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 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

### **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.

### **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.

### **Art Journaling**

Friday, 11:30-12:30

Location: On Campus

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

**Description:** Interested in art? Want to start a journal? Art journaling is a place to record your thoughts, memories, and emotions through images, art, and words. An art journal is a place where you can combine record keeping with creativity. The best thing about art journaling is that there are no rules when it comes to expressing yourself through art. In this class, we will start our own art journals with the use of mixed media such as acrylic and watercolor paints, writing prompts, photographs, and calligraphy.

### **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.

**Board Games Club**

Friday, 2:00-3:00

Location: On Campus

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

**Description:** There's nothing like a fun, relaxing game night with friends. Are you looking for a way to unwind at the end of the day? Pick from one of our board games or bring a board game from home to play with your peers.