



ASAT COURSE CATALOG

Fall B 2022

October 3, 2022 – November 11, 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 B Term Begins Monday, October 3, 2022
- Fall B Term Ends Friday, November 11, 2022
- Course Registration should be completed by Thursday, September 29, 2022
- No Classes on October 10, 2022 – Columbus Day

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.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

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 10/3

Tue 10/4

Wed 10/5

Thu 10/6

Fri 10/7

9am	Morning Meeting Classroom 1 9am - 10am	Trip Planning: CORE First Years Classroom 1 9am - 10am	Anger Management: First Years CORE Classroom 1 9am - 10am	Resume Building: CORE First Years Classroom 1	Westville Foliage Walk ASAT Lounge/Commu	Meal Planning: CORE 1st Years Classroom 1 9am - 10am
10am	First Year Grocery Shopping -CORE Courtyard/Community 10am - 12pm	Bus Transportation w/o Transfers: CORE First Years ASAT Student Lounge 10am - 12pm	VITAS Volunteering Site ASAT Student Lounge 10am - 12:30pm	Goodwill Volunteer Site: CORE First Years ASAT Student Lounge 10am - 12pm	Goodwill Volunteer Site: CORE First Years ASAT Student Lounge 10am - 12pm	Banking & Budgeting: CORE 1st Years Classroom 1 10am - 11am
11am			College & Certificate Program Application			Social Justice Heroes Classroom 3 11am - 12pm
12pm						
1pm	Perspective Taking II : First Year CORE Classroom 3 1pm - 2pm	Telephone & Electronic Communication : First Year CORE Classroom 3 1pm - 2pm	Pop Culture & the Media Classroom 1 1pm - 2pm	Nutrition Analysis- CORE First Years Classroom 1 1pm - 2pm	Nutrition Analysis- CORE First Years Classroom 1 1pm - 2pm	Fall Baking Sail Kitchen 1pm - 3pm
2pm	Functional Math: First Years CORE Classroom 1 2pm - 3pm	Men's Group Classroom 3 2pm - 3pm	Time Management: CORE First Years Classroom 1 2pm - 3pm	Asperger's/ASD Awareness-CORE First Years Classroom 1 2pm - 3pm	Asperger's/ASD Awareness-CORE First Years Classroom 1 2pm - 3pm	Traveling Book Club ASAT Lounge/Community 1pm - 3pm
3pm		Fitness Sampler Boswell Gym/Courtyard/Community 3pm - 4pm	Chess Club/Board Games Classroom 1	Get Your Cardio On! Boswell Gym 3pm - 4pm	Get Your Cardio On! Boswell Gym 3pm - 4pm	Meal Planning/Budgeting: 2nd Years Classroom 3 3pm - 4pm
4pm	Grocery Shopping 2nd Years ASAT Student Lounge 4pm - 6pm		Social Rec Planning Meeting: Classroom 1. 4pm - 4:30pm			
5pm			Eat Around the World Sail Kitchen 5pm - 7pm			
6pm						
7pm	Recap ASAT Student Lounge 7pm - 8pm			Recap ASAT Student Lounge 7pm - 8pm		
8pm						

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Morning Meeting: CORE 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, review their budget for grocery shopping and ensure they have their list completed, and identify what is needed to make the day (and week) a success. Any upcoming relevant schedule changes or special events will also be discussed.

Grocery Shopping: CORE 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, shopping based on their list, staying within budget, and practicing relevant money-saving techniques. 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.

Perspective Taking II: CORE 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: This workshop is a continuation of Introduction to Perspective Taking. Students will enhance their ability to take others' perspectives by exploring point of view, as presented in various examples from "news" and other mass media. Each week, students will view and analyze news stories and images from pop culture, advertisements, sitcom video clips and movie scenes, and will attempt to decipher fact from opinion. Students will use contextual clues and read nonverbal communication signals to make predictions about the situation and how people are feeling.

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Functional Math: CORE 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 practice math skills needed for tasks of daily living. They will apply these skills to banking, budgeting and cooking tasks.

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 continue to hone procedures for managing their grocery shopping, shopping based on their list, staying within budget, and practicing relevant money-saving techniques. 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.

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.

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Trip Planning: CORE First Years

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 practice planning their weekly trips in the community for us transportation class, or personal trips they have planned.

Bus Transportation without Transfers: CORE 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.

Telephone and Electronic Communication: CORE 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: Students will learn how to use the telephone effectively for both social and informational purposes. Basic phone etiquette and strategies will be reviewed, including voicemail greetings and messages. Professional electronic communication modes will also be introduced, including how to write and respond to professional emails, and the expectations of sending text messages depending on one's audience.

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Men's Group

Tuesday, 2:00-3:00

Location: On Campus

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

Description: This casual men's group will meet weekly to support each other and discuss common issues that men on the spectrum experience.

Professional Style & Presentation

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 explore career-appropriate skin care, hair products, make-up, and clothing choices for a variety of professional settings. Staff and students will work together to create looks for work, professional networking, and every day interactions to make a good impression.

Fitness Sampler

Tuesday, 3:00-4:00

Location: On Campus Gym/Community

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 the surrounding areas outdoors. Activities will be selected by the instructor and by the class participants.

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Anger Management: CORE 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: Anger management will help students learn to recognize their feelings of anger and learn different ways to manage their anger. 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 anger and pair appropriate behaviors with their anger rating. The class will cover relaxation techniques, impulse control techniques, learning to substitute words and actions, using mental metaphors, recognizing the signs of anger in yourself and others and rewarding yourself for positive self-control.

VITAS Volunteering

Wednesday, 10:00-12:30

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.

NEW CLASS!!

Pencil Drawing

Wednesday, 10:00-11:00

Location: On Campus

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

Description: This is an introductory class where students will learn the fundamentals of pencil drawing using mediums such as charcoal and colored pencils. Learning traditional techniques such as, blending, sketching and shading to make simple but beautiful drawings.

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College & Certificate Program Application Workshop: CORE First Years

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 class, work with your peers as you complete your college essays, college resumes, and online applications for college and professional certificate programs.

NEW CLASS!!

Pop Culture & the Media

Wednesday, 1:00-2:00

Location: On Campus

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

Description: In this class, students will review the latest trends in pop. culture and the media, and how society has been impacted by the ever-changing media craze.

Time Management: CORE First Years

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 learn to manage their time in order to effectively participate in Chapel Haven activities, vocational, educational, social and independent living activities.

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Chess Club/Board Games

Wednesday, 3:00-4:00

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 or other games with staff and peers in a low-stress environment. There will be staff led games and students will also have a chance to introduce and share games of choice.

NEW CLASS!!

Fall into the Mystery

Wednesday, 3:00-4:00

Location: On Campus

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

Description: In this class students will have to work together to solve riddles and mysteries. It will be impossible to fly solo, you will have to work with a partner or a team amongst your peers in order to follow the clues, brainstorm, and solve fun fall mysteries.

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.**

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NEW CLASS!!

Eat Around the World

Wednesday, 5:00-7:00

Location: On Campus

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

Description: A twist on our popular “dinner and a movie” class; this workshop will focus on creating authentic dishes from around the world following step-by-step recipe instructions with staff support. We will also learn some facts about the culture we will be cooking food from each week. This class will offer a combination of socializing and cooking tasty meals! Students will plan the meals and with the instructor and utilize new skills for planning dinners with friends.

Resume Building: CORE First Years

Thursday, 9:00-10:00

Location: On Campus

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

Description: Build your professional resume by exploring previous experiences you've had in the past. Learn how to incorporate your knowledge, skills, abilities into a professional resume to prepare you for the job application process.

Westville Foliage Walk

Thursday, 9:00-10:00

Location: On Campus/Community

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

Description: Students will take walks to various locations in the Westville area and observe the changing of the leaves, this is a great opportunity to take photos, enjoy the crisp Autumn air, and start your day with physical activity.

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Goodwill Volunteering: CORE First Years

Thursday, 10:00-12:00

Location: 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 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.

Nutrition Analysis: CORE 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 expand their understanding of nutrition. They will analyze their own nutritional intake, compare this to their personal goals, and make changes as appropriate.

Asperger's/ASD Awareness: CORE First Years

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 develop an understanding of what Asperger's Syndrome /ASD is, of myths and realities related to public perception and of his/her own individual traits related to Asperger's. Students will develop the ability to explain Asperger's to individuals in the community who require an explanation of the diagnosis.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Get Your Cardio On!

Thursday, 3:00-:00

Location: Boswell Gym/Community

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

Description: Come join us as we explore various ways to exercise and get healthy together. This class will include walks in scenic places, use of a variety of fitness equipment, cardio games, and other creative ways to get your cardio on!

Meal Planning: CORE 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 based on their weekly budget, and utilize this list to purchase their groceries and prepare their meals throughout the week.

Banking and Budgeting: CORE 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.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

NEW CLASS!!

Social Justice Heroes

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 class, students will learn about some remarkable individuals who didn't stop at anything in the fight for human rights and equity for all.

Fall Baking

Friday, 1:00-3:00

Location: On Campus

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

Description: Fall is here, and with that comes everything cozy! Students in this class will bake and prepare cozy fall treats and to get into the autumn spirit.

NEW CLASS!!

Traveling Book Club

Friday, 1:00-3:00

Location: On Campus/Community

Cost: \$180 or included as part of F/T or P/T Day Programming ***LIMITED to 6 students!**

Description: In this class, students will have the opportunity to browse several beloved new and used bookstores throughout Connecticut. We will discuss our favorite reads from our favorite authors.

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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 based on their budget, 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.