



ASAT COURSE CATALOG

Winter A 2022

November 14, 2022 – December 22, 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.

Winter A REGISTRATION

- Winter A Term Begins Monday, November 14, 2022
- Winter A Term Ends Friday, December 22, 2022
- Course Registration should be completed by Thursday, November 11, 2022
- No Classes on November 23rd – 25th – Thanksgiving 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.

****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.*

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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.

Communication Concepts: 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 and Introduction to Nonverbal Communication. Students will utilize and apply various concepts from both introductory classes into their current learning and social communication. The more “subtle” nonverbal signals of body language will be explored, including speech characteristics, the use of breath and body posturing to enhance one’s message. Students will use contextual clues and nonverbal signals to make predictions about how others are feeling in different social situations.

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Functional Math II: 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: Students will continue to practice math skills learned from last session's Functional Math that are needed for tasks of daily living, such as budgeting, cooking/measurements, time management, saving money for big purchases, and tipping at restaurants.

Get Your Cardio On!

Monday, 3:00-4:00

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!

Grocery Shopping: CORE 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.

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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: 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.

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Internet Safety: CORE First Years

Tuesday, 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 in basic safety principles when using the internet for tasks such as email, web browsing and shopping. Students will learn to protect their personal information and to recognize the validity of information presented on various social media platforms and websites.

Clothing Management: CORE First Years

Tuesday, 1:00-2:00

Location: On Campus

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

Description: This course provides instruction in clothing management beyond every day laundry skills; including clothing selection for different settings and the care of different clothing materials. This course will also explore the “hidden rules” of laundering bedding, towels and other larger items.

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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LGBTQI Space

Tuesday, 4:00-5:00

Location: On Campus

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

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.

Support Group: 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: In this course, students will learn how to work together, how to support each other and how to problem solve. Student's will be able to discuss freely, current things they are struggling with and learn how to communicate positively and effectively.

Hobby Sampler

Wednesday, 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 have an opportunity to explore a variety of hobbies and leisure activities. Students may try activities such as gardening, hiking, art, photography, and others. This is a great opportunity to explore new things and develop new interests!

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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.

Home Maintenance & Repairs: 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: Living on your own comes with a lot of responsibilities; learning how to do everyday tasks, versus tasks that need to be done seasonally or infrequently. In this course, students will be able to perform basic home repairs such as how to shut the water off on a running toilet or checking and changing the batteries of a smoke and CO detector. Learning how to maintain and repair various things in the home independently is a skill that needs continual growth.

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 continue to review the latest trends in pop culture and the media, and how society has been impacted by the ever-changing media crazes.

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Electronic Communication II: CORE First Years

Wednesday, 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 expand on the telephone communication skills they learned in the previous term to develop their electronic communication skills. Composing and responding to professional emails will be the focus of this 5 week workshop (no class on Wednesday, November 23rd). Texting etiquette and “Netiquette” expectations for professionals will be reviewed.

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.

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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Souper 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 class, you will learn recipes perfect for the cold weather of a Connecticut winter! The focus of this class will be on soups. You will learn at least one recipe each week and will have a chance to sample the results.

Assessing Financial Goals: 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: In this course, students will learn about saving, spending, earning or investing. Students will be able to create short and long term financial goals and learn the steps to achieve these goals. Students in Banking and Budgeting and Functional Math will be able to apply those skills to this course as well.

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.

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Job Search Processes: 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 learn the steps involved in searching for and applying for jobs. Students will take an interest survey to determine where they would like to focus their search. Students will take their updated resumes, create professional profiles and learn what the next steps are once a job is applied for.

College Readiness: 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: Have you been interested in college classes but not sure if you are ready? This class will focus on learning about the skills needed to be successful in a college class. These skills include your academic strengths in writing and math, organizational skills and executive functioning, social skills and campus safety. Or if you've already applied to a college, preparing for the entrance exams and what to expect from those.

Personal Health & Hygiene: 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 effective and consistent hygiene practices for everyday living. Students will receive instruction and feedback as needed in skills such as tooth brushing, hair maintenance,

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shaving etc. Students will understand the use of a variety of hygiene and grooming products, and with staff support be able to develop a plan for completing hygiene routines consistently.

NEW CLASS!

ASAT Pet Calendar

Thursday, 3:00-:00

Location: On Campus

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

Description: Calling all pet lovers! This course is designed to create a 2023 calendar for the ASAT program, featuring staff and student pets. Students will use their creativity to generate themes for each month and include different events that may occur throughout the year in the ASAT program.

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.

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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.

Nutrition Analysis: 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 expand their understanding of nutrition co-facilitated by our Wellness Director. They will analyze their own nutritional intake, compare this to their personal goals, and make changes as appropriate.

Holiday Baking

Friday, 1:00-3:00

Location: On Campus

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

Description: This will be a fun and festive baking class aimed to get you into the holiday spirit. Cookies, breads, and other seasonal baked treats will be explored. Students may bring their family recipes for the group to replicate. If you'd like, try a treat for yourself or get some treats ready to gift to your friends and loved ones.

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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.

Meal Planning/Banking & Budgeting: CORE 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.