



ASAT COURSE CATALOG

Winter B 2023

January 3, 2023 – February 10, 2023

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 B 2023 REGISTRATION

- Winter B Term Begins Tuesday, January 3, 2023
- Winter B Term Ends Friday, February 10, 2023
- Course Registration should be completed by Wednesday, December 21, 2022
- No Classes on January 16, 2023 – Martin Luther King 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 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.*

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Introduction to Mindfulness: 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: This class will teach you the basics of mindfulness while exploring ways that you can apply the basics of mindfulness to your everyday life. You will learn to focus your thinking on the present moment and experience your thoughts and feelings with greater acceptance.

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.

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

Relationships Workshop: 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: Students will examine how connections are made and relationships develop with others in our day-to-day, personal, and professional lives. Students will apply the Social Thinking® concepts of “social memory,” “people files” and “Theory of Mind®” (perspective taking) to their personal and professional relationships, utilizing a variety of graphic organizers including the Relationship Continuum, Concentric Circles and the Friendship Pyramid. Students will learn how to utilize networking skills to build acquaintance relationships. ***CORE CLASS FOR FIRST YEAR STUDENTS, BUT OPEN TO ALL STUDENTS AND GRADUATES – *CLASS LIMIT 8 - (4 workshops starting 1/9; no class on MLK day 1/16)**

Understanding Bills: 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, you will develop the ability to read and understand bills you 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.

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

Games for Virtual Literacy: CORE First Years

Monday, 3:00-:400

Location: On Campus

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



Description: C D = See the bee

Do you remember figuring out word puzzles where images, letters and numbers are configured to represent an idiom or a sentence? In this workshop, students will play games and solve puzzles utilizing visual literacy skills. These skills utilize the power of observation, help us to separate details from “the bigger picture,” and assist us when interpreting messages and situations based on what we see. Honing visual literacy skills helps us to comprehend the meaning of hundreds of images we are exposed to every day. **CORE SCC CLASS FOR FIRST YEARS, BUT OPEN TO ALL STUDENTS AND GRADUATES – *CLASS LIMIT 8 - (4 workshops starting 1/9; no class on MLK day 1/16)**

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.

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

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.

Pedestrian Safety: 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: In this course, students will continue to hone their ability to walk safely in the community. A main focus will be on building awareness of your surroundings, including vehicles, people and events around you. Students will also practice social cognition skills as related to predicting the intentions of other pedestrians as well as drivers of vehicles in your vicinity. Finally, students will practice interpreting the gestures and nonverbal language of others within the context of pedestrian safety. *For those who **DO NOT** have their Community Safety Privileges.

How to Get There!: 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: In this course, students will learn to plan for and access a variety of modes of transportation, including trains, airplanes and rides from others to get to their planned destination. *For those who **DO HAVE** their Community Safety Privileges.

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

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.

Bus Transportation with Transfers: CORE First Years

Tuesday, 12:00-3:00

Location: On Campus/Community

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

Description: In this course, students will have the opportunity to continue practicing their bus skills. Students will continue following the Transit app, demonstrating appropriate behavior and interactions on the bus, identifying a correct stop and transferring lines as needed. **This is a core course for any residential student who has passed their non-transfer bus assessment.**

Problem Solving Processes: CORE First Years

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 processes, both formal and informal, to solve problems and set goals. Students will be exposed to a variety of examples of problem solving tasks and will begin to apply the process to problems and decisions in their own lives.

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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.

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.

What's in the News: CORE First Year

Wednesday, 9:00-9:30

Location: On Campus

Cost: Cost: Included as part of F/T or P/T Day Programming. For on-campus residential students only

Description: In this course, students will share current news events that are happening in their local community. Students will be able to discuss how various events may impact their daily life.

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Civics and Citizenship

Wednesday, 9:30-10:30

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 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.

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.

Geography of New Haven: CORE First Years

Wednesday, 10:30-11:30

Location: On Campus

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

Description: Whether you are new to New Haven or have been living here for some time, this class will give you an overview of all that New Haven has to offer. This course will focus on some of New Haven's most popular attractions from pizza places, colleges, theater, arts and entertainment. You will leave the class with a broader knowledge of the history of all things New Haven!

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Life Skills in the Home: Core First Years

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 course, students will learn the basic skills required for cleaning their apartments and maintaining a clean living space. The students will be able to use the skills learned in this class during their nightly life skills assignment and transfer these skills to when they are living independently.

Reciprocal Conversations: 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: Students will learn to enhance their conversation skills beyond initiating conversations and utilizing perspective taking skills when conversing with their peers. Students will learn how to maintain a topic, shift a topic and interrupt “gracefully. “Students will also analyze group dynamics to learn how to join larger discussions as well as how to gracefully exit a conversation. **CORE CLASS FOR FIRST YEAR STUDENTS, BUT OPEN TO ALL STUDENTS AND GRADUATES – *CLASS LIMIT 8**

Transition Planning: CORE Second Years

Wednesday, 3:00-4:00

Location: On Campus/Community

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

Description: In this course, students will begin to plan their transition following graduation from the ASAT program. Students will be able to identify housing possibilities, determine local resources needed, identify available utility packages, develop a list of items required for moving and developing or implementing a budget. This course is designed for students who will soon be transitioning to their own independent living arrangements. **Advisor placement.**

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Trivia Games

Wednesday, 3:00-4:00

Location: On Campus

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

Description: Student's trivia knowledge will be put to the test in this fun, game-based class. Trivial Pursuit, Jeopardy, and other trivia games will be discussed and played. Do you have what it takes to make it to the head of the class?

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.**

Comfort Foods & Conversations

Wednesday, 5:00-6:30

Location: On Campus

Cost: \$150, or included as part of F/T or P/T Day Programming

Description: A twist on our popular "dinner and a movie" class; this class will focus on healthier versions of your favorite comfort foods. Students will then engage in light conversations in the lounge while enjoying their homemade meal. Residential students should expect to participate in this fun casual cooking class.

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Healthy Breakfast Options: 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 learn to prepare a variety of breakfast foods, such as eggs, pancakes, French toast, oatmeal, smoothies, muffins, etc. Students then eat breakfast together and practice their social skills.

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.

College Preparation: 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 continue to explore local colleges of interest. Students that have already applied and been accepted to any school will learn to write at the college level; in order to complete assignments, exams and papers.

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Job Search Processes II: 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: This course will be a continuation of Job Search Processes. The students will continue working on the steps involved in searching for and applying for jobs. Students will take their updated resumes, create professional profiles and discuss what the next steps are once a job is applied for. The focus will be on keeping an organized search.

NEW CLASS!

Using Small Appliances: 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 discuss and learn about various small kitchen appliances and what types of foods can be made with each appliance. This course will touch on using an air fryer, Instapot, George Foreman grill, waffle maker, griddle, etc. Students will be able to share recipes associated with each appliance to expand their cooking skills.

ASAT Pet Calendar

Thursday, 3:00-4:00

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.

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Psychology

Thursday, 3:00-4:00

Location: On Campus

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

Description: Learn the fundamentals of psychology and human behavior. This class will help your understanding of behavior and you'll learn the many theories that explain the complexities of human interactions. The class will introduce theorists and contributions of Pavlov, Skinner, Freud, and many more.

NEW CLASS!

Books and Bagels

Friday, 9:00-10:00

Location: On Campus

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

Description: This course is a seasonal take on the Traveling Book Club. Students will be able to explore ASAT's library or swap personal books with one another. Students will be able to try a different bagel and various toppings each week, and discuss their favorite reads or authors.

Open Studios

Friday, 9:00-10:00

Location: On Campus/Community

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

Description: An open studio is a studio or work room that is open to all, where artistic or creative work can be viewed and created on your own or collaboratively. During open studio times, you will be given space and materials to work on your own art. Storage will be available for your works-in-progress. Self expression is encouraged, and students will be given assistance with projects as needed. Those without ideas will be given assistance in coming up with original meaningful projects. A time will be reserved at the end of each class to discuss the artwork as a group. An open studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement and freedom of expression.

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Meal Planning: CORE First Years

Friday, 10:00-10:30

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, 10:30-11:30

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.

Organize My Life!: CORE First Years

Friday, 1:00-2:00

Location: On Campus

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

Description: Start the new year off right by honing your organizational skills! In this course, students will work with staff to organize their space and their belongings. Students will identify a specific organizational goal to focus on. Students will develop systems to improve organization of their space, belongings and tasks.

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

Edgewood Park Walking Group

Friday, 2:00-3:00

Location: On Campus/Edgewood Park

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

Description: Even when the weather gets colder, it's important for all to get some fresh air. Put on your gloves and layers and get out for a weekly winter walk through Edgewood Park!

The Dark Side of Folk and Fairy Tales

Friday, 2:00-3:00

Location: On Campus

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

Description: Cinderella, Snow White, Beauty and the Beast...Do these fairy tale titles conjure up sweet memories from your childhood? In this class, students will explore some of the original versions of these tales in all of their horrific glory. Students will learn about the oral tradition of folk tales and how these turned into the first fairy tales.

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.