



ASAT COURSE CATALOG

Spring A 2023

February 13, 2023 – March 31, 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.

Spring A 2023 REGISTRATION

- Spring A Term Begins Monday, February 13, 2023
- Spring A Term Ends Friday, March 31, 2023
- Course Registration should be completed by February 10, 2023
- No Classes on Monday, February 20, 2023 – Presidents Day
- No Classes March 13th - 17th - Spring 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 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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Mindfulness through Yoga: 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: Want to start your 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.

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.**

Games for Visual Literacy: 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: 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 CLASS FOR FIRST YEAR STUDENTS, BUT OPEN TO ALL STUDENTS AND GRADUATES – *CLASS LIMIT 8 - (no class on 2/20 Presidents Day or 3/13 ASAT Spring Break)**

Appearance in the Workplace: 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 learn how to put their best foot forward in interviews and on the job. Learn how to tailor your wardrobe to the work environment and present yourself in a way that screams “I’m a professional!” All students will participate in a work wardrobe makeover. For residents, this class will include a personalized assessment of your current wardrobe. The class will shop online and in store for workplace essentials with the option to make purchases if their budget allows.

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

NEW CLASS

Weekly Newsflash

Monday, 3:00-4:00

Location: On Campus

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

Description: Breaking news! ASAT will now have a class dedicated to bringing local, national, and world news to its entire community! Join us as we create a weekly newsletter sharing important news stories for all to read. Be sure to bring your laptop to class each week as this will be a class project to complete each week. Also don't forget to bring your creative, artistic, and investigative talents to class too!

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.

Be On Time!: 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 manage their time in order to effectively participate in Chapel Haven activities, vocational, educational, social and independent living activities.

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.

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

Wants vs. Needs: 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: Need a new phone? Car? Boat? With big purchases like this it can be difficult to even know where to start! This class will discuss goals, large and small, help students to break them into smaller steps, prioritize, and make an action plan to get what they want. The focus will be on saving for big purchases and how to determine exactly what it is that we want and how to get it!

Bus Transportation with Transfers: CORE First Years

Tuesday, 3:00-6:00

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.**

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

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.

NEW CLASS

History of Monarchies

Wednesday, 9:30-10:30

Location: On Campus

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

Description: Hear ye! Hear ye! In this class we will explore the rise and the impact on the world of some of the most famous monarchies throughout history. We will focus on a different one each week through discussions, videos, and activities. Some that will be discussed are the still active British monarchy, French monarchy, Spanish monarchy, Russian tsardom, and Ottoman Empire. Crowns optional.

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.

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

Poetry Slam

Wednesday, 10:30-11:30

Location: On Campus

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

Description: This course will allow you to explore your creative side! You will be watching others perform, and writing/performing poetry yourselves. This course will take place at Chapel Haven, although you will also look for poetry slam events in the community to attend.

Intro to Online Social Networking: 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 to use the internet for social networking. Students will learn safety tips for meeting others online, and will explore a variety of social networking websites. Social networking for friendship, professional and dating relationships will be explored. There will be further discussion on identifying others' perspectives based on what is seen online, and on giving the intended impression to others.

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

The Taking Game: 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: As a follow-up to last term's Reciprocal Conversations workshop, students will continue to enhance their conversation skills by utilizing perspective taking skills, maintaining a topic, shifting a topic and interrupting others "gracefully" during group discussions. Students will be expected to read others' nonverbal signals to identify when they are to take a turn in the discussion or when others wish to add a comment, change the topic, etc. Tabletop games may be included in a few of the class meetings to enhance turn taking skills. **CORE CLASS FOR FIRST YEAR STUDENTS, BUT OPEN TO ALL STUDENTS CLASS LIMIT 8 –(NO CLASS ON 3/15 - SPRING RECESS)**

Locating Housing: 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 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.**

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.**

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

NEW CLASS

On Beyond Ramen!

Wednesday, 5:00-6:30

Location: On Campus

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

Description: It's not only noodles! This workshop will focus on exploring Asian cuisine by creating dishes from Southeast Asia, China, Japan and more with 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 with the instructor and utilize new skills for planning dinners with friends.

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

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NEW CLASS

Actions & Consequences: CORE First Years

Thursday, 11:00 – 12:00

Location: On Campus

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

Description: Every action, no matter how big or how small, has a consequence. Learning about how those consequences will impact us in the short or long term is a big part of our everyday lives. Come prepared to share your experiences and learn from each other.

Entertaining Friends: CORE First Years

Thursday, 1:00 – 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 entertain friends in their home, for both formal and informal events. Students will explore a variety of types of events that they may want to host. They will learn the expectations involved with having others in their apartment, will learn how to ensure that everyone has fun, and will also explore how to respond if a guest is behaving in an unexpected way.

Fitness Sampler

Thursday, 3:00-4:00

Location: On Campus/Community

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

Description: This course allows you to explore a range of fitness opportunities available at Chapel Haven. Some activities will be selected by the instructor and some by the class participants. You will be encouraged to reflect after each class on your reaction to the activity.

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Sociology

Thursday, 3:00-4:00

Location: On Campus/Community

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

Description: This course will look at society, patterns of social relationships, social interaction and the culture of everyday life. Students will critically analyze their knowledge of social order, social acceptance, and social change/evolution.

NEW CLASS!

Be Kind to Your Mind

Friday, 9:00-10:00

Location: On Campus

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

Description: Our mental health is just as important as our physical health! Come learn about fun, alternative ways to incorporate positive psychology into your daily routine in order to combat overwhelming feelings, such as stress and anxiety, and feel much happier.

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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.

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.

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

Spring Cleaning: 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: This class will focus on skills needed for seasonal cleaning tasks such as sanitizing, swapping out bedding, cleaning windows and vacuuming out heating ducts. Students will refresh their apartments for the changing season.

Get Out and Go!

Friday, 2:00-3:00

Location: On Campus/Community

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

Description: This is a chance for students to get moving and explore a variety of locations within walking distance from campus. They will discover what is available in the Westville area and become familiar with expected behaviors at these venues. They will visit some local businesses and window shop. A focus on increasing safety in the community and identifying potential dangers and ways to reduce the risk of these dangers will also be incorporated.

Book Club: I Captured the Castle by Dodoe Smith

Friday, 2:00-3:00

Location: On Campus

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

Description: “I write this sitting in the kitchen sink. That is, my feet are in it; the rest of me is on the draining-board, which I have padded with our dog’s blanket and the tea-cosy”. This is the diary of Cassandra Mortmain, which tells of her extraordinary family and their crumbling castle home. Cassandra’s father was once a famous writer, but now he mainly reads detective novels while his family slide into genteel poverty. Her sister Rose is bored and beautiful, and desperate to marry riches. Their step-mother Topaz has a habit of striding through the countryside wearing only her Wellington boots. But all their lives will be soon transformed by the arrival of new neighbors from America, and Cassandra finds herself falling in love...

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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.