



# ASAT COURSE CATALOG

## Spring B 2023

April 3, 2023 – May 12, 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 B 2023 REGISTRATION**

- Spring B Term Begins Monday, April 3, 2023
- Spring B Term Ends Friday, May 12, 2023
- Course Registration should be completed March 31, 2023

### **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](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).*

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

**Mindfulness through Movement: 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:** Enjoy the exercise and peace of quietly moving through the community with mindful walking. On warm weather days the class will complete outdoor walking meditations, during rainy days, the group will benefit from mindful movements indoors.

**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.

**Figure it Out Language & Humor: 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:** Adults are expected to understand implied and indirect language, but this can be tricky if you are a literal thinker or have trouble thinking about language in a flexible way. Adults use a variety of language forms which are not always easy to understand. In this workshop, various forms of figurative language and humor will be explored. Students will learn ways to ask for clarification when they haven't "figured it out" during conversations.

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**Men's Group**

Monday, 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 to discuss all topics pertinent to young men and their everyday lives; from personal hygiene to relevant topics associated with their peer group or potential romantic relationships.

**Personal Health & Hygiene**

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 effective hygiene practices. Students will understand the use of a variety of hygiene and grooming products. With staff support, students will develop effective plans for establishing and maintaining their daily routines.

**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!

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**Staff Assisted Cooking: CORE**

Monday, 5:00-6:30 **Second Years**

Wednesday, 5:00-6:30 **First Years**

Location: On Campus/Community

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

**Description:** During this time, students will be able to try advanced recipes and cooking techniques, prepare and plan meals for the week or make larger meals that can be shared with friends. *Students should have a step-by-step recipe in mind and ingredients that they purchased themselves. Each student will work on their own preferred recipes with staff support. \*Residential Students ONLY!*

**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.

**The Big Picture: 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:** A key skill in successfully solving problems is the ability to see the “big picture.” In this class, we will break down the different facets involved in trying to solve problems and why it is important to take on an increasingly larger role in finding appropriate solutions.

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

**\*NEW CLASS\***

**Edgerton Community Gardens**

Tuesday, 10:00-11:30 **First Years**  
Thursday, 4:00-5:30 **Second Years**

Location: Edgerton Park

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

**Description:** This gardening group will take place primarily at The Edgerton Community Gardens, where the ASAT program & CLP has a shared garden plot. Students will learn about gardening, while actively tending to the plot.

**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.

**Deep Cleaning: 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 class, students will learn a variety of cleaning tasks that need to be performed periodically to maintain a clean and healthy living environment. The first part of this class will be instruction in particular skills, and the second part will be completing the tasks discussed in class.

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

**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.**

**What's Happening**

Wednesday, 9:00-9:30

Location: On Campus

**Description:** Cost: \$45, or included as part of F/T or P/T Day Programming

Let's talk! Whatever is on your mind, we can discuss it. Relationships, love, fear, and self-esteem - you name it. We will focus on developing a positive attitude towards life's struggles and work toward developing an upbeat outlook to overcome fear and failure. Students will be encouraged to share their hopes, dreams, and worries with understanding, non-judgmental peers and to practice active listening and empathy as their peers share their own. Developing a network of understanding friends is an important ingredient in living a healthy, happy life. This class is a great start.

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

**Exploring New England: CORE First Year**

Wednesday, 9:30-10:30

Location: On Campus

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

**Description:** Whether it's visiting Mystic Seaport, skiing in Vermont, or shopping at Quincy Market, New England has a lot more to offer than you think! Learn about things to do and places to go in this cozy and unique corner of the United States.

**VITAS Volunteering**

Wednesday, 9:30-11:30

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.

**Writing Club**

Wednesday, 10:30-11:30

Location: On Campus

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

**Description:** Creative Writing Club provides students the opportunity to gather with peers to explore, discuss, read and create writing samples. Students will be able to participate in writing activities and exercises, offer tips and information about the process and share their work.



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**Internet Safety: 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:** This course provides continued instruction in safety principles when using the internet for tasks such as emailing, accessing social media platforms safely and shopping. Students will learn to protect their personal information and to recognize the validity of information presented on websites.

**Public Speaking: 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:** Interested in honing your public speaking skills? Motivated to overcome your fear of speaking in front of others? Ready to apply all that you've learned in your social communicative competency ("SCC") classes this year? Then this workshop is for you! Taught by the Speech Language Pathologist, students will learn and rehearse communication tips and techniques to be a more effective public speaker. All participants will prepare, rehearse, and present a speech to the group as a final project. An individual coaching session with the SLP is included with this workshop.

**CORE CLASS FOR ALL FIRST YEAR STUDENTS – ADVISING PLACEMENT FOR OTHER STUDENTS AND GRADUATES**

**Transition Planning – Budgeting: 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:** This class will introduce students to a spreadsheet method for tracking cost of living expenses. Students will be expected to start and maintain their own spreadsheets with the intention of using them to track expenses and pay bills when they begin to live independently. This course is designed for students who plan to move out into the community within the next six months.

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**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.**

**Advanced Bill Pay: 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 begin to develop the ability to read and understand bills they may receive. Students will discuss the importance of paying bills in a timely manner, and the consequences of timeliness of payment will be explored.

**Beardsley Zoo: Volunteer Site**

Thursday, 10:00 – 12:30

Location: On Campus/Beardsley Zoo

Cost: \$225, 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**

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

**Workplace Behavior**

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

**Home & Personal Safety**

Thursday, 2:00-3:00

Location: On Campus/Community

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

**Description:** Being safe in the home and while out in the community are lifelong skills we all need to continually work on. In this course, students will discuss what it means to have and live in a safe home and how being aware of your surroundings applies to our daily lives.

**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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**Art Journaling**

Friday, 9:00-10:00

Location: On Campus

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

**Description:** Art Journaling is about expression, both written and visual. An art journal is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, and a safe container for your emotions. It can also be a place to play with art materials and enjoy the art process. It is a place where you can turn off your inner critic, experiment and make mistakes. The class will include samples of artist's journals and a variety of assignments to enhance your own process of exploration.

**Book Club**

Friday, 9:00-10:00

Location: On Campus

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

**Description:** Join our group of book lovers to participate in weekly thought-provoking conversations about our next book, which is TBD, but will be voted on during our first class according to your interests! You will be expected to read our selected book independently and come back ready to discuss during class each week, with occasional snacks/refreshments provided.

**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.

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**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.

**CVS Mock Store: Volunteer Site**

Friday, 1:00-2:00

Location: On Campus

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

**Description:** Come practice your customer service skills in Chapel Havens on campus Mock CVS store! In this class, students will practice working with customers, manning the cash register, and all of the other skills required to work in retail. You don't want to miss this opportunity.

**Basketball**

Friday, 2:00-3:00

Location: On Campus/Community

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

**Description:** Basketball is a fun way to get some fitness time into your week! In this class, you will practice shooting hoops and play a variety of basketball-related games. Plan to meet at the Chapel Haven basketball court for the first class.

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**Spring Salads**

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 class will focus on the fresh, bright flavors we associate with Spring. A variety of salads will be made; from a classic house salad to a fresh pasta salad. The opportunities are endless!

**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.