



ASAT COURSE CATALOG

Fall Session 2023

September 5, 2023 – November 30, 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.

Fall Session 2023 REGISTRATION

- Fall Session Term Begins Tuesday, September 5, 2023
- Fall Session Term Ends Thursday, November 30, 2023
- Course Registration should be completed by Friday, September 1, 2023
- No Classes on October 9th – Columbus Day Observance
- No Classes on November 22nd-24th – 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 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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NEW CLASS

Marvelous Mondays: CORE First Years & Second Years

Monday, 9:00-10:00

Location: On Campus

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

Description: Let's start the week off together with different activities each week, but all with a focus on getting us ready to face the week ahead with a mindful and motivated mindset. We will stretch, do some basic yoga moves, go for walks, check in on our emotional wellbeing and play some fun mindfulness games. This will be fun way to kick off the week!

Beardsley Zoo Volunteer Site: CORE First Years

Monday, 10:00 – 1:00

Location: On Campus/Beardsley Zoo

Cost: \$450, 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. This course is designed for students to explore the community they live in and to give back through volunteer work.

***Limited space**

Financial Literacy: CORE First Years

Monday, 1:00-2:00

Location: On Campus

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

Description: Students will be able to learn the understanding of basic financial concepts and apply these skills to their own life. In this class, students will expand their knowledge of financial concepts and terms associated with debt management, credit, spending and saving to help them make better financial decisions.

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Communication Concepts: CORE First Years

Monday, 2:00 – 3:00

Location: On Campus

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

Description: In this introductory class, fundamental theory of mind concepts including perspective taking and reading contextual clues and nonverbal signals will be covered. Students will identify and understand why certain social behaviors and verbalizations can alienate others or enhance their relationships. Students will also learn to better comprehend others' emotional states by reading and recognizing nonverbal signals, and how adapting their communication can improve their interactions with other young adults and professionals. Students will identify socially expected and socially unexpected behaviors and make predictions about social consequences if messages and signals are modified. ***This workshop is a CORE social communication class for first year students in the program.**

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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Morning Meeting: CORE First & Second Years

Tuesday, 9:00-9:30

Location: On Campus

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

Description: Jump start your day in ASAT's morning meeting! We could all benefit from a morning check-in. Students will review plans for the day, check in with staff and peers and identify what is needed to make the day (and week) a success.

Grocery Shopping: CORE First Years

Tuesday, 10:00-12:00

Location: Courtyard/Community

Cost: \$360, 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.

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Enhancing Expressive Language through Visual Literacy: CORE First & Second Years

Tuesday, 1:00-2:00

Location: On Campus

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

Description: Visual literacy is the ability to decipher meaning and value from images. In this course, students will explore how visual literacy enhances one's ability to interpret and discuss messages and situations based on images or artwork presented to the viewer. Taught by the Speech-Language Pathologist, weekly activities will include sketching, drawing, and journaling to develop visual literacy, creative writing and conversation skills. This course is designed to enhance students' expressive language skills by teaching them how to discuss works of art as well as images they are exposed to every day, and images they create themselves. Students will learn to use context as a basis for communicating messages and ideas through a variety of visual modalities (e.g., body language, nonverbal signals, object language, sign and symbol language, logos, graphic art, fine art, etc.).

Telephone and Electronic Communications: CORE First Years

Tuesday, 2:00-3:00

Location: On Campus

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

Description: Students will learn how to use the telephone effectively for social and professional phone calls, and for 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. ***Advising placement for those other than first years interested in registering for this class.**

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Fitness Sampler

Tuesday, 3:00-4:00 and/or

Wednesday, 3:00-4:00

Location: On Campus

Cost: \$180 each, 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.

Chess Club

Tuesday, 6:00-7:00

Location: On Campus

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

Description: Whether you like to play competitively or casually, get ready for some chess-playing fun! No chess experience necessary, staff will pair students up for a fun and educational chess playing experience. You are sure to walk away with working knowledge of the game and maybe even some new strategies.

Current Events: CORE First & Second Years

Wednesday, 9:00-9:30

Location: On Campus

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

Description: Students will review what is going on during the week in the news in the community, state, country, and world. Staff will provide articles and stories for discussion, but students will also have a chance to share news stories of interest from the week.

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VITAS Volunteering

Wednesday, 9:30-12:00

Location: On Campus

Cost: \$425, 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 to complete an application and training **prior** to the placement. This can be done with staff if not completed already.

Kitchen Skills & Food Safety: CORE First Years

Wednesday, 1:00-2:00

Location: On Campus

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

Description: In this course, students will learn and practice different kitchen skills such as chopping, shredding, grating, peeling and more. Students will also learn how to safely prepare food in the kitchen, including following expiration dates, ensuring meat is fully cooked and cleaning up properly.

Stress Management: CORE First Years

Wednesday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will continue to develop the ability to regulate and manage their emotions. Specifically, students will manage negative emotions such as stress and frustration and cope with these in a way that allows for growth and development.

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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.**

Bus Transportation Non-Transfer: CORE First Years

Thursday, 9:00-11:00

Location: Courtyard/Community

Cost: \$360, 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.

Actions and Consequences: CORE First Years

Thursday, 11:00-12:00

Location: On Campus

Cost: \$180, 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.

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Clothing Management for the Workplace: CORE First Years

Thursday, 1:00-2:00

Location: On Campus

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

Description: This course provides instruction in clothing management beyond basic laundry skills; including clothing selection, and care of a variety of types of clothing, specific to the workplace. This class will review specific clothing types (professional, business casual, formal, casual,etc) and understand the setting each clothing type is fit for.

Study Group

Thursday, 1:00-2:00

Location: On Campus

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

Description: This class is tailored towards students that will be taking college level classes in the fall, or are interested in enrolling in college in the future. Assistance with class preparation, managing assignments and study tips will be discussed.

Men's Self Care: CORE First Years

Thursday, 2:00-3:00

Location: On Campus

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

Description: This casual men's group will discuss everything from how to tidy up your beard, to how to smell nice on a date. The class will focus on men's self-care. Staff will share tips and tricks to look and feel your best without leaving the house. Students who have taken this class before are encouraged to continue to participate and new students are always welcome.

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Home Organization: CORE First Years

Thursday, 3:00-4:00

Location: On Campus

Cost: \$180, 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.

Healthy Fall Baking & Fall Meals

Thursday, 4:30-6:30

Location: On Campus

Cost: \$360, or included as part of F/T or P/T Day Programming

Description: The purpose of healthy baking will be to learn healthy alternatives to everyone's favorite classic desserts and sweets. Students will learn to work with various healthy ingredients, such as vegetable and fruit shreds, gluten-free flour and dairy free products. Students will also be informed of and encouraged to discuss the concept of nutritional value and issues of food and eating (such as obesity, diabetes and allergies). Students will be expected to participate in class by helping to bake and find recipes, as well as understanding the nutritional content of their recipes. Students will also be expected to complete a class project, which is to find and execute a healthy, fall recipe.

Meal Planning: CORE First Years

Friday, 9:00-10:00

Location: On Campus

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

Description: In this course, students will plan healthy, 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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Open Studios

Friday, 10:00-11:00

Location: On Campus

Cost: \$180, 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 time, 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.

Banking & Budgeting: CORE First Years

Friday, 2:00-3:30

Location: On Campus

Cost: \$200, 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.

Creative Writing Club

Friday, 3:30-4:30

Location: On Campus

Cost: \$180, 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 with others.

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