



# ASAT COURSE CATALOG

## Winter Session 2024

January 3, 2024 – March 15, 2024

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 Session 2024 REGISTRATION**

- Winter Session Term Begins Wednesday, January 3, 2024
- Winter Session Term Ends Friday, March 15, 2024
- Course Registration should be completed by Monday, December 18, 2023
- No Classes on February 19<sup>th</sup>: Presidents' Day
- No Classes on March 18<sup>th</sup> – 22<sup>nd</sup>: 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](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.**

**Marvelous Mondays: CORE 1st & 2nd Years**

Monday, 9:00-10:00

Location: On Campus

Cost: \$180, or included as part of F/T Residential & 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 a fun way to kick off the week! \* **Residential and Ext. COS students ONLY!**

**Communication Concepts: CORE 1st Years**

Monday, 10:00-11:00

Location: On Campus

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

**Description:** This class is a continuation from the fall CORE social communication class for first year students in the program. However, students interested in enhancing their reciprocal conversation skills are welcome to register for this class, as a major focus will be to apply perspective taking skills in more "natural" contexts, specifically during group discussions and conversations. Initiating, maintaining the topic, shifting the topic, filtering thoughts and conversational turn-taking will be emphasized. Recognizing and reading others' nonverbal signals is an essential component for effective communication, and students will learn how to "repair" conversational faux pas during interactions with other young adults and professionals. In addition, students will develop their awareness of theory of mind concepts by identifying how the media utilizes perspective taking to make impactful messages to the public. \***COS students interested in developing conversational skills are encouraged to register, advising placement only.**

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

**Grocery Check-In: CORE**

Monday, 11:00-12:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming

**Description:** Do you have everything you need for a successful and productive grocery trip? This group check-in before grocery shopping, is designed to serve as a reminder to bring your grocery bags, grocery cart, bus pass, list and money.

**Grocery Shopping: CORE**

Monday, 1:00-3:00

Location: Courtyard/Community

Cost: \$360 or included as part of F/T Residential & 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.

**JCC Open Gym/Swim**

Monday, 5:00-6:00

Location: JCC

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

**Description:** This course allows you to explore a range of activities available at The Jewish Community Center (JCC) in Woodbridge, from utilizing the fitness center to the swimming pool and any group exercise classes. This is open to people of all faiths or religious standing and is offered in conjunction with the JCC. Participation requires a JCC membership (a reduced cost is available for Chapel Haven students).

**\*\*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 Residential Programming.

**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. **\*For on-campus residential students only!**

**Morning Meeting: CORE 1st & 2nd Years**

Tuesday, 9:00-10:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming.

**Description:** Morning meeting is a check-in time for each student to think and share how they are feeling and what is on their mind. During morning meeting, students will discuss social recreation activities, budgeting goals and any programming needs that arise for the day. **\*For on-campus residential students only!**

**Diversity & Social Issues: CORE 1st & 2nd Years**

Tuesday, 10:00-11:00

Location: On Campus

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

**Description:** In this course, students will develop awareness, understanding and skills necessary to live and work in a diverse world. You will examine cultural diversity in the United States. Additionally, you will increase your self-awareness related to worldviews and your own views about diversity and social issues.

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

**Bus Transportation Non-Transfer: CORE 1st Years**

Tuesday, 10:00-12:00

Location: Courtyard/Community

Cost: \$360 or included as part of F/T Residential & 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.

**Relationships & Introduction to Social Problem Solving: CORE 1st Years**

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & 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. In the second half of the term, students will apply their problem-solving skills to a variety of social situations. Social problems involve our interactions with others across settings, and how we choose to respond during these interactions, based on predicted social outcomes. Social problem-solving scenarios will be presented and “solved” by the group, utilizing the problem-solving process and reciprocal conversational skills. Group discussions are an essential element of this workshop, and student participation is expected and encouraged. **\*Advising Placement for other students interested in registering.**

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

**Internet Safety: CORE 1st Years**

Tuesday, 2:00-3:00

Location: On Campus

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

**Description:** This course provides instruction in basic safety principles when using the internet for tasks such as email, online shopping and gaming. Students will learn to protect their personal information and how to recognize the validity of information that is presented on various platforms.

**Organizational Systems: CORE 2nd Years**

Tuesday, 2:00-3:00

Location: On Campus/Community

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

**Description:** In this course, students will develop systems to improve organization of space, belongings and tasks. Staff will provide support in identifying spaces and tasks in need of organization, as well as in developing and maintaining systems that will work for students individually.

**Bus Transportation with Transfers: CORE 1st Years**

Tuesday, 4:00-6:30

Location: On Campus/Community

Cost: \$425, or included as part of F/T Residential & 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 the correct stop, and transferring lines as needed. **\*This is for any residential student who has passed their non-transfer assessment.**

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

**Chess Club**

Tuesday, 6:00-7:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & 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.

**SCC in the Morning: CORE**

Wednesday, 9:00-10:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming

**Description:** During this class, mini social communication lessons will be embedded during Wednesday morning meetings. **\*For on-campus residential students only!**

**Copycat Fast Food Recipes**

Wednesday, 10:00-12:00

Location: On Campus

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

**Description:** Do you enjoy making yourself a quick meal? Do you enjoy going out for fast food? Then this class is for you! This class is designed to take different fast-food meals and make copycat recipes from the comfort of your own apartment. From preparing a healthier version of Taco Bell's Crunchwrap Supreme to McDonalds Hotcakes, the possibilities of what you can make are endless. Students will plan each week what fast food they are going to make. Students will also have to budget for the preparation of this meal. **\* For on-campus residential students only!**



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

**Vitas Volunteer Site: CORE**

Wednesday, 10:00-12:30

Location: On Campus

Cost: \$425 or included as part of F/T Residential & 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.

**First Aid: CORE 1st Years**

Wednesday, 1:00-2:00

Location: On Campus

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

**Description:** In this course, students will learn principles of basic first aid. They will explore how to identify the seriousness of an injury/illness, how to treat basic injuries at home, and when to seek medical assistance.

**Transition Planning: CORE 2nd Years**

Wednesday, 1:00-2:00

Location: On Campus

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

**Description:** In this course, students will plan their transition following graduation from Chapel Haven's residential program. You've looked at your options, now is the time to solidify your plans!

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

**Anger Management: CORE 1st Years**

Wednesday, 2:00-3:00

Location: On Campus

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

**Description:** Anger management will help students learn to recognize their feelings of anger and learn different ways to manage their anger. We will discuss the role of negative self talk and how it impacts our actions and our reactions to different people and events. Students will learn how to rate their anger and pair appropriate behaviors with their anger rating. The class will cover relaxation techniques, impulse control techniques, learning to substitute words and actions, using mental metaphors, recognizing the signs of anger in yourself and others and rewarding yourself for positive self control.

**Social Rec Planning Meeting**

Wednesday, 4:00-4:30

Location: On Campus

Cost: Included as part of F/T Residential, 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.**

**Meal Planning & Budgeting: CORE 1st Years**

Thursday, 9:00-10:30

Location: On Campus

Cost: \$200 or included as part of F/T Residential & 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. 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.**

**Goodwill Volunteer Site: CORE**

Thursday, 10:30-12:30

Location: Goodwill

Cost: \$360 or included as part of F/T Residential & 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.

**SCC in the Workplace: CORE Second Years**

Thursday, 11:00-12:00

Location: On Campus

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

**Description:** This class is a continuation from the fall CORE social communication class for second year students in the program and for students entering the workforce. Many of these classes are conducted in a virtual meeting format; students interested in honing their professional presentation for Zoom and other remote meeting formats are encouraged to register for this class. During the winter term, students will be introduced to developing healthy professional relationships and how to identify, respect and how to maintain “boundaries” at work. Students will continue to learn how to utilize perspective taking skills at work for successful interactions and as a powerful communication tool. Various social expectations at work and “hidden” rules of the workplace will be examined and discussed as well.

**\*Advising Placement for COS Members**

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

**Functional Math: CORE 1st Years**

Thursday, 1:00-2:00

Location: On Campus

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

**Description:** In this course, students will practice math skills needed for tasks of everyday living. They will apply these skills to banking, budgeting and cooking tasks.

**Study Group**

Thursday, 1:00-2:00

Location: On Campus

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

**Description:** This class is tailored towards students that are taking college level classes. Assistance with class preparation, managing assignments and study tips will be provided.

**Open Studios:**

Thursday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & 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 this time, students will be given space and materials to work on their own art. Storage will be available for your works-in-progress. Those without ideas will be given assistance in coming up with original meaningful projects.

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

**Problem Solving Processes: CORE First Years**

Thursday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & 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.

**Souper Recipes**

Thursday, 4:00-6:00

Location: On Campus

Cost: \$360 or included as part of F/T Residential & 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 and hot beverages. You will learn at least one recipe each week and will have a chance to sample the results.

**Morning Meeting: CORE 1st & 2nd Years**

Friday, 9:00-10:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming

**Description:** Morning meeting is a check-in time for each student to think and share how they are feeling and what is on their mind. During morning meeting, students will discuss social recreation activities, budgeting goals and any programming needs that arise for the day.\* **For on-campus residential students only!**

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

**Advanced Financial Concepts: CORE 2nd Years/Ext. COS**

Friday, 10:00-11:00

Location: On Campus

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

**Description:** In this course, students will explore topics related to financial planning, banking and investing. Students will continue to expand their knowledge of financial concepts and terms associated with debt management, credit, spending and saving to help them make better financial decisions.

**My Career Plan: CORE 1st Years**

Friday, 2:00-3:00

Location: On Campus

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

**Description:** Do you have a career in mind but are unsure about where to begin? In this course, students will define where their interests and hobbies lie and begin to make the first steps in what it takes to become employed. Students will be able to take a career interest inventory, work on updating their resume and begin exploring local job postings.

**Home and Maintenance Repairs: CORE 1st Years**

Friday, 3:00-4:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & 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.