



ASAT COURSE CATALOG

Fall Session 2024

September 3, 2024 – December 13, 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. Please see below for important dates, policies and contact information.

Fall Session 2024 REGISTRATION

- Fall Session Term Begins Tuesday, September 3, 2024
- Add/drop Period: Monday, September 9, 2024 – Friday, September 13, 2024
- Fall Session Term Ends Friday, December 13, 2024
- Course Registration should be completed by Friday, August 23, 2024
- No Classes November 27th – 29th – Thanksgiving Break
- No Classes December 20th – January 3rd – Winter 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
- 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.*

****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: \$210, or included as part of F/T Residential & Day Programming

Description: Let's start the week off with a mindful and motivated mindset. Students will stretch, do some basic yoga, go for a walk, check in on their emotional wellbeing and play some fun mindfulness games. This is a fun way to kick off the week! ***Residential and Extended COS students only!**

Grocery Shopping: CORE 1st Year

Monday, 10:00-12:00

Location: On Campus

Cost: \$420, or included as part of F/T Residential & Day Programming

Description: Do you have everything you need for a successful and productive grocery trip? This check-in before grocery shopping is designed to serve as a reminder to bring your grocery bags, grocery cart, bus pass, list and money. In this course, students will continue to hone procedures for managing their grocery shopping, shopping based on their list, staying within a budget and practicing relevant money-saving techniques.

Food Management & Planning II: CORE 2nd Years

Monday, 10:00-11:30

Location: On Campus

Cost: \$300, or included as part of F/T Residential & Day Programming

Description: The ASAT SLP and Special Educator team-up to teach this class in a reality-show style. A CORE class for second year students and offered to Community Members as an elective, students will continue to learn how to make "on-the-spot" meals from ingredients, leftovers and lonely items found in their refrigerators and apartments. Students will learn how to problem-solve in the kitchen as head chefs, as cooking teams and food managers. Food inventories and advanced meal planning will be highlighted and healthy food options and cooking techniques will be taught to the group as they prepare to purchase their weekly groceries after this class is held. ***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.**

Communication Concepts: CORE 1st Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$210, or included as part of F/T Residential & Day Programming

Description: This workshop will review communication concepts that are important to successful communication for young adults in a variety of settings. Topics will include elements of nonverbal communication, making a positive first impression, professional electronic communication (i.e. emailing), asking for clarification, repetition of information and requesting assistance, among others.

Diversity & Social Issues: CORE 2nd Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$210, or included as part of F/T Residential & Day Programming

Description: Let's talk about culture! In this course, students will develop an awareness and appreciation of cultural differences among individuals and how this affects our perspective. Students will be able to dive into their own cultural background and understand how this shapes their own attitudes, opinions and beliefs on various topics.

Assessing Financial Goals: CORE 2nd Years

Monday, 2:00-3:00

Location: On Campus

Cost: \$210, or included as part of F/T Residential & Day Programming

Description: In this course, students will begin to identify their personal financial goals, discussing both long term and short term goals, and develop a plan to achieve those goals.

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JCC Open Gym and Swim

Monday, 4:30-6:30

Location: JCC

Cost: \$420 or included as part of F/T Residential & Day Programming

Description: This course allows students 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. Participation requires a JCC membership (a reduced cost is available for Chapel Haven students).

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 this morning meeting, students will discuss social recreation activities, budgeting goals and any programming needs that may arise throughout the day. ***For on-campus residential students only!**

Vitas Volunteer Site

Tuesday, 10:00-12:00

Location: On Campus

Cost: \$400 or included as part of F/T Residential & Day Programming

Description: At this staff 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 must complete an application prior to the placement. ***Limited spots available**

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Telephone & Electronic Communication: CORE 1st Years

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & Day Programming

Description: Students will learn how to use the telephone effectively for both social and 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.

Personal Finance: CORE 1st Years

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & Day Programming

Description: In this course, students will begin to explore their personal finances. Financial concepts and issues beyond basic day to day banking will be introduced. Students will be able to understand the concept of a credit score, describe the different types of taxes and learn about the various types of insurance policies.

Men's Group

Tuesday, 3:00-4:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & 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.

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

Non-Transfer Bus Transportation: CORE 1st Years

Tuesday, 4:00-6:00

Location: On Campus/Community

Cost: \$450, or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to use the bus to travel to locations on non-transfer routes within the New Haven area. Students will continue their exploration of the New Haven transit system.

Weekly Recap

Tuesday, 7:00-8:00

Thursday, 7:00-8:00

Location: On Campus

Cost: Included as part of F/T Residential Programming

Description: This evening get together is a time for on-campus students to meet as a group and connect. Students will debrief about their weeks, discuss ASAT news and information, play games and bond with their peers. ***For on-campus residential students only!**

SCC Morning Meeting: CORE 1st & 2nd Years

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!**

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Cooking for One, the Basics: CORE 1st Years

Wednesday, 10:00-12:00

Location: On Campus

Cost: \$450 or included as part of F/T Residential & Day Programming

Description: Party of one? In this class, students will learn some easy, basic meals for breakfast, lunch and dinner in the ASAT teaching kitchen. Students will also learn basic kitchen safety and cooking skills to get in touch with their inner chef!

Deep Cleaning: CORE 1st Years

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & Day Programming

Description: In this course, 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 in student apartments.

Stress Management: CORE 1st Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & 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 Recreation 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. Students will look up activities, present them to the group and vote on when to offer the selections presented.

Chess Club

Wednesday, 6:00-7:00

Location: On Campus

Cost: \$225 or included as part of F/T Residential & Day Programming

Description: Whether you like to play competitively or just for fun, get ready for a solid game of chess. Experience is not necessary. Staff will pair students up for a fun and educational chess playing experience. Students will be sure to walk away with working knowledge of the game.

Current Events: CORE 1st & 2nd Years

Thursday, 9:00-10:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & 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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Goodwill Volunteer Site

Thursday, 10:00-12:00

Location: Campus/Beardsley Zoo

Cost: \$450 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.

My Career Plan: CORE 1st Years

Thursday, 1:00-2:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & Day Programming

Description: In this course, students will work on skills needed to be a member of today's workforce. Students will focus on resume building, draft a cover letter and discuss what to wear to an interview.

Problem Solving Processes: CORE 1st Years

Thursday, 2:00-3:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to learn and apply the problem solving process in different social situations; such as personal relationships, professional relationships and in different settings.

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ASAT Pet Calendar

Thursday, 3:00-4:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & Day Programming

Description: Calling all pet lovers! This course is designed to create a 2025 calendar for the ASAT program, featuring staff's and student's pets. Students will use their creativity to generate themes for each month and include different events that may occur throughout the year.

Men's Group

Thursday, 3:00-4:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & 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.

Dinner and a Movie

Thursday, 4:00-6:00

Location: On Campus

Cost: \$450 or included as part of F/T Residential & Day Programming

Description: This course will offer a combination of socializing, cooking tasty meals and watching movies! Students will plan the meals and movies each week with staff and utilize new skills in planning dinner with friends. Come prepared with favorite meals and movie selections! ***Limited space! COS members, please consult with your advisors before registering to see if there are any open slots.**

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Meal Planning & Budgeting: CORE 1st & 2nd Years

Friday, 9:00-11:00

Location: On Campus

Cost: \$450 or included as part of F/T Residential & Day Programming

Description: In this course, students will plan healthy and 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 prep their meals throughout the week. Students will continue to 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.

Mural Making

Friday, 11:00-12:00

Location: On Campus

Cost: \$210 or included as part of F/T Residential & Day Programming

Description: Students will continue to work in a group to create a large-scale masterpiece using paint, markers, pencils and more on paper.

Community Exploration: CORE 1st Years

Friday, 1:00-3:00

Location: On Campus

Cost: \$450 or included as part of F/T Residential & Day Programming

Description: In this course, students will explore a variety of locations in the New Haven area. They will become familiar with the community and explore expected behaviors in a variety of venues. ***For on-campus residential students only!**

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Home Organization: CORE 2nd Years

Friday, 2:00-3:00

Location: On Campus

Cost: \$210, or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to work on organizing their personal space and personal belongings. Each week, students will identify an area that is in need of organization and develop a plan for organization and maintenance. Various methods of filing papers and documents, setting up living arrangements and products to assist with organizing the home will be discussed.

Board Games

Friday, 3:00-4:00

Location: On Campus

Cost: \$210, or included as part of F/T Residential & Day Programming

Description: There's nothing like a fun, relaxing Friday afternoon game time with your friends. Pick from one of ASAT's games or bring a board game from home to share with others. Life, Ticket to Ride, Phase Ten; the choice is yours!