



ASAT COURSE CATALOG

Spring Session 2025

March 31st- June 20th

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.

Spring Session 2025 REGISTRATION

- Spring Session begins Monday, March 31st, 2025
- Add/drop Period: Monday, April 7th, 2025 – Friday, April 11th, 2025
- Spring Session ends Friday, June 20th, 2025
- Course Registration should be completed by Friday, March 28th, 2025
- No Classes on Memorial Day, May 23rd and May 26th

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.*

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Marvelous Mondays: CORE 1st & 2nd Years

Monday, 9:00-10:00

Location: On Campus

Cost: \$135, 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!**

Healthy Cooking, Healthy Lifestyles : CORE 2nd and Extended COS

Monday, 11:00-12:00

Location: On Campus

Cost: \$325, or included as part of F/T Residential & Day Programming

Description: The SLP and special educator team up to co-teach this class. Students who have taken Food Management & Planning classes are expected to register for this class, where safe cooking skills, executive functions related to cooking in a group and meal planning will be reinforced. Healthy lifestyle tips and lessons will also be taught, including calorie intake and management, incorporating healthy ingredients and healthier substitutes in recipes, and how to increase one's activity level. Students will also learn ways to incorporate more protein, fruits and vegetables in their daily meals, supporting a healthier lifestyle overall. Expressive and receptive language skills will be coached and enhanced during group cooking activities, when the student "chefs" will take turns giving and following directions.

Entertaining and Cooking for Friends: CORE 1st Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$135, or included as part of F/T Residential & Day Programming

Description: The SLP and special educator team up to co-teach this class, which combines the social expectations of entertaining as a host and attending as a guest, with party planning and preparation. Students will learn to formally and informally entertain friends and acquaintances in their homes. Students will explore themes and types of celebrations and learn the social expectations for different events and audiences. With

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guidance from staff, students will set-up and prepare the entertainment space before they host events. They will also be expected to provide healthy snacks and fun activities. Mini social communication lessons will be embedded into this course.

Dating and Sexuality: CORE 1st Years

Monday, 2:00-3:00

Location: On Campus

Cost: \$135 or included as part of F/T Residential & Day Programming

Description: Ever wonder how to approach that person you are interested in and strike up a conversation? How about asking that person out on a date? What's considered appropriate flirting and dating behavior, and how do you recognize when someone has "crossed a line?" Learn how to establish boundaries in your relationships, from casual acquaintances to serious romantic partners. Hone your nonverbal communication so you feel and look more comfortable around others – groups and one-on-one! In this course, students will also discuss both the physical and emotional aspects of sexuality. Factual information, as well as concepts related to decision-making will be explored.

Community Gardening

Monday, 3:00-4:30

Location: On Campus/Community

Cost: \$275 or included as part of F/T Residential & Day Programming

Description: Interested in learning how to garden, but not sure where to begin? This is the class for you! At first, you will learn what can grow in this climate, learn what is easy to grow as a seed versus a small plant and then plan out what you would like to grow. After planning, you will then be able to access a local garden to cultivate plants, vegetables and flowers. ***Limited spots available**

Open Gym

Monday, 4:00-5:00

Location: On Campus

Cost: \$135 or included as part of F/T Residential & 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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Morning Meeting: CORE 1st & 2nd Years

Tuesday, 9:00-10:00

Location: On Campus

Cost: \$165 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: \$330, 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**

Figure it Out Language: CORE 1st Years

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & 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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Creative Writing Club: CORE 1st Years

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: Creative Writing Club provides students the opportunity to gather with peers to explore, discuss, read and create unique 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 one another.

Transfer Bus Transportation: CORE 1st Years

Tuesday, 4:00-6:30

Location: On Campus/Community

Cost: \$413, 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.

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!**

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SCC Morning Meeting: CORE 1st ,2nd & Extended COS

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!**

Introduction to the Workplace: CORE 1st Years

Wednesday, 10:00-11:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: This class is an overview of the skills you will need to start in the employment world. This class will teach you about do's and don'ts at work, teamwork, flexibility, communication skills and much more.

Book Club

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: This class will give you a chance to read and discuss a book as a group. Students will read chapters in a book each week, then the class will discuss it during class time. We will talk about relevant events going on in the book as well as any questions the students may have while reading.

Spring Cleaning: CORE 1st Years

Wednesday, 1:00-2:00

Cost: \$165, or included as part of F/T Residential & Day Programming

Description: In this workshop, you will complete a spring cleaning of your apartment. You will organize your belongings, get rid of unneeded items and clean some of the little-noticed areas!

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Mindfulness Through Movement and Art: CORE 1st Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$165, or included as part of F/T Residential & 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 practice mindful movements indoors.

Social Recreation Planning Meeting

Wednesday, 3:00-3:30

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: \$165, 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.

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Advanced Financial Concepts: CORE 1st Years

Thursday, 9:00-10:00

Location: On Campus

Cost: \$165, 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.

Let's Get Ready for the Move!: CORE 1st Years

Thursday, 2:00-3:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: This summer students will be moving to the Emerson buildings. Each week students will work with staff on organization and deep clean skills in their apartments to get ready for this move. Another skill that will be worked on is identifying items students no longer use or wear so they can be donated.

Graduation Planning Committee: CORE 1st Years

Thursday, 3:00-4:00

Location: On Campus

Cost: \$165 or included as part of F/T Residential & Day Programming

Description: Graduation is right around the corner! Each week students will meet to plan out and accomplish tasks associated with ASAT Graduation including the invitation to families, the picture slideshow, and decorations for the event.

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Open Recipe: CORE 1st and 2nd Years

Thursday, 4:00-6:00

Location: On Campus/Student Apartments

Cost: \$330 or included as part of F/T Residential & Day Programming

Description: Each week during meal planning, students will be expected to pick out a new recipe to prepare during this time frame. Staff will be working with students in their apartments on the preparation of their meals. Students are expected to purchase the necessary ingredients.

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

Friday, 9:00-11:00

Location: On Campus

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

Description: 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.

Open Studios

Friday, 11:00-12:00

Location: On Campus

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

Description: During this open studio time, students will be given space and materials to work on their own art. 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.

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ASD Awareness: CORE 1st Years

Friday, 2:00-3:00

Location: On Campus

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

Description: In this course, students will develop an understanding of what Asperger's Syndrome /ASD is, of myths and realities related to public perception and of his/her own individual traits related to ASD. Students will develop the ability to explain ASD to individuals in the community who require an explanation of the diagnosis. This course will also discuss strategies about navigating the real world and provide knowledge about individuals' rights in the workplace and beyond.

Board Games

Friday, 3:00-4:00

Location: On Campus

Cost: \$150 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!