



ASAT COURSE CATALOG

Summer Session 2025

July 8, 2025 – August 29, 2025

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.

Summer Session 2025 REGISTRATION

- Summer Session begins Monday, July 8, 2025
- Add/drop Period: Monday, July 14, 2025- July 18, 2025
- Summer Session ends Friday, August 29, 2025
- Course Registration should be completed by Friday, June 27, 2028
- No Classes- Labor Day/Spring Break September 1, 2025 – September 11, 2025

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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Grocery Check-In/Shopping: CORE

Monday, 9:00-11:30

Location: On Campus

Cost: \$300, 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 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. 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. 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.

Book Club

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$150, 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 independently, then the class will discuss what they read as a group. The group will talk about relevant events going on in the book as well as any questions the students may have while reading.

Community Safety: CORE 1st Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will recognize actions that increase their safety in the community. They will identify potential dangers and ways to reduce the risk of these dangers. Students will be able to explore the Westville neighborhood and practice necessary safety skills for navigating the community independently.

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Transition Planning: CORE 2nd Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will begin to think about their transition plan from the residential program, to the community and beyond.

Pet Calendar

Monday, 2:00-3:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: Calling all pet lovers! This course is designed to create a 2026 calendar for the ASAT program, featuring staff 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.

Community Gardening

Monday, 3:00-4:00

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**

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Open Gym

Monday, 4:00-5:00

Location: On Campus

Cost: \$120 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.

Morning Meeting: CORE 1st & 2nd Years

Tuesday, 9:00-10:00

Location: On Campus

Cost: \$120 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**

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Life Skills in the Home: CORE 1st Years

Tuesday, 1:00-2:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will learn the basic skills required for cleaning their apartments and maintaining a clean-living space. New skills will be introduced throughout the session and assistance with cleaning tasks will be provided on a nightly basis during evening life skills.

Home Organization: CORE 2nd Years

Tuesday, 2:00-3:00

Location: On Campus

Cost: \$120, 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 needs 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.

Men's Group

Tuesday, 3:00-4:00

Location: On Campus

Cost: \$120, 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.

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Transfer Bus: CORE 2nd Years

Tuesday, 4:00-6:30

Location: On Campus/Community

Cost: \$300, 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!**

Personal & Professional Hygiene: CORE 1st & 2nd Years

Wednesday, 9:00-10:00

Location: On Campus

Cost:\$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will develop effective hygiene practices for their day to day, as well as for in the workplace. 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.

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Summer Smoothies

Wednesday, 10:00-11:00

Location: On Campus

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

Description: Summer is the perfect time for a frosty and delicious smoothie! Students in this class will learn to mix and match a variety of fruits and vegetables to create healthy summer smoothies.

Kitchen Safety: CORE 1st Years

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this class, students will build essential kitchen safety skills for their everyday life. Students will learn how to safely use common kitchen tools and appliances, understand basic food handling rules and practice simple emergency procedures (like what to do in case of a fire or burn). This class encourages confidence, independence and decision-making in the kitchen.

Mitchell Library Readers

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: Libraries can be great resources for so many things! Social groups, research or just taking home a book. Explore all that your local library has to offer! Students will work with staff to get their own library card and will be able to check-out books weekly.

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Emotional Regulation & Management: CORE 1st Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will learn to recognize and label their own emotions. They will learn strategies for regulating/managing their emotions in a variety of situations.

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: \$120, 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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Intro to Problem Solving: CORE 1st Years

Thursday, 9:00-10:00

Location: On Campus

Cost: \$120, or included as part of F/T Residential & Day Programming

Description: In this course, students will begin to 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.

Financial Literacy: CORE 1st Years

Thursday, 10:00-11:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: Having an understanding of basic financial concepts and applying these skills to your own life is important to being financially literate. 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.

Get Out & Go!

Thursday, 11:00-12:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: This is a chance for students to get moving and explore a variety of locations within walking distance from campus. They will discover what is available in the Westville area and become familiar with expected behaviors at these venues.

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Understanding Bills: CORE 2nd Years

Thursday, 1:00-2:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: In this course, students will develop the ability to read and understand bills you may get in the future. This course will discuss the importance of paying bills in a timely manner and the consequences of timeliness of payment will be explored.

Non-Transfer Bus: CORE 1st Years

Thursday, 2:00-3:30

Location: On Campus

Cost: \$180 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.

Grilling 101

Thursday, 4:00-6:00

Location: On Campus/Student Apartments

Cost: \$240 or included as part of F/T Residential & Day Programming

Description: Each student will plan to purchase a grillable item with their weekly groceries and bring it to this group grilling class. Students will learn how to safely operate a grill and learn the proper cooking temperatures for a variety of items.

Banking, Budgeting & Meal Planning: CORE 1st Years

Friday, 9:00-11:00

Location: On Campus

Cost: \$240 or included as part of F/T Residential & Day Programming

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

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.

Banking & Budgeting: CORE 2nd Years

Friday, 11:00-12:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: 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.

Goodwill Volunteer Site: CORE 1st Years

Friday, 11:00-12:30

Location: On Campus

Cost: \$180 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.

Open Studios

Friday, 1:00-2:00

Location: On Campus

Cost: \$120 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.

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First Aid: CORE 1st Years

Friday, 2:00-3:00

Location: On Campus

Cost: \$120 or included as part of F/T Residential & Day Programming

Description: In this course, students will learn principles of basic first aid, taught by CHSC's nurse. 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.

Board Games

Friday, 3:00-4:00

Location: On Campus

Cost: \$120 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!