

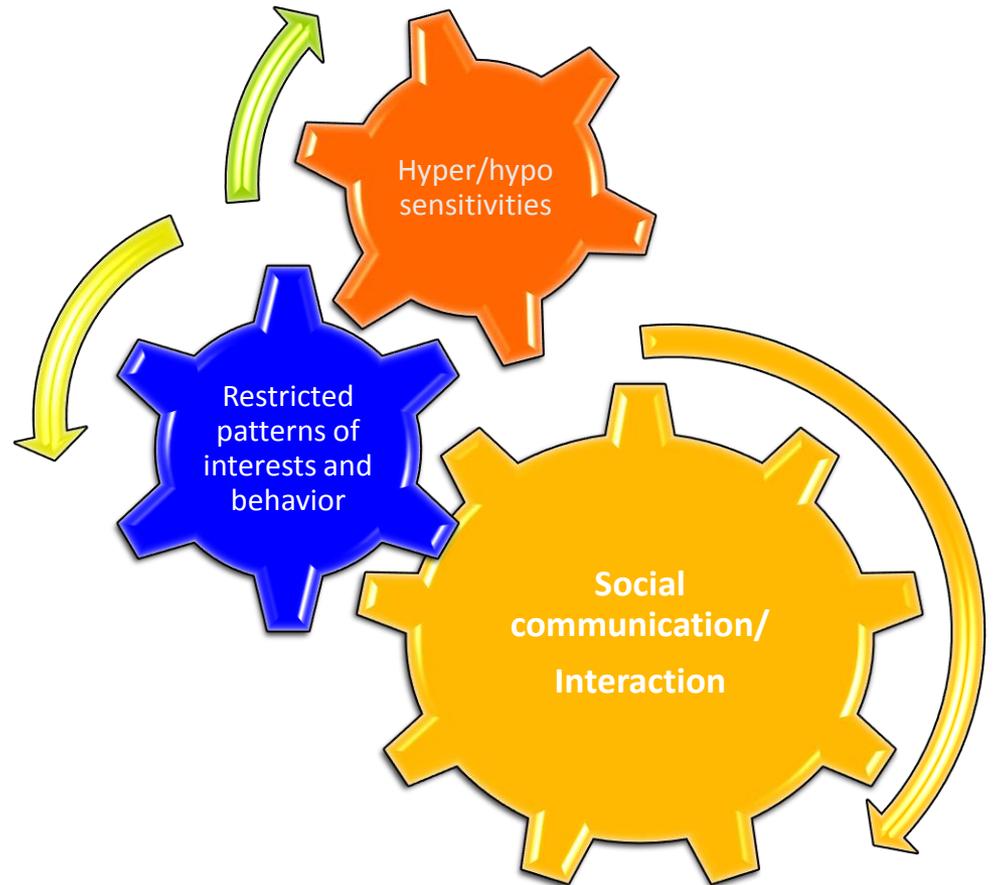
Top 10 Tools to Build Your ASD Toolbox



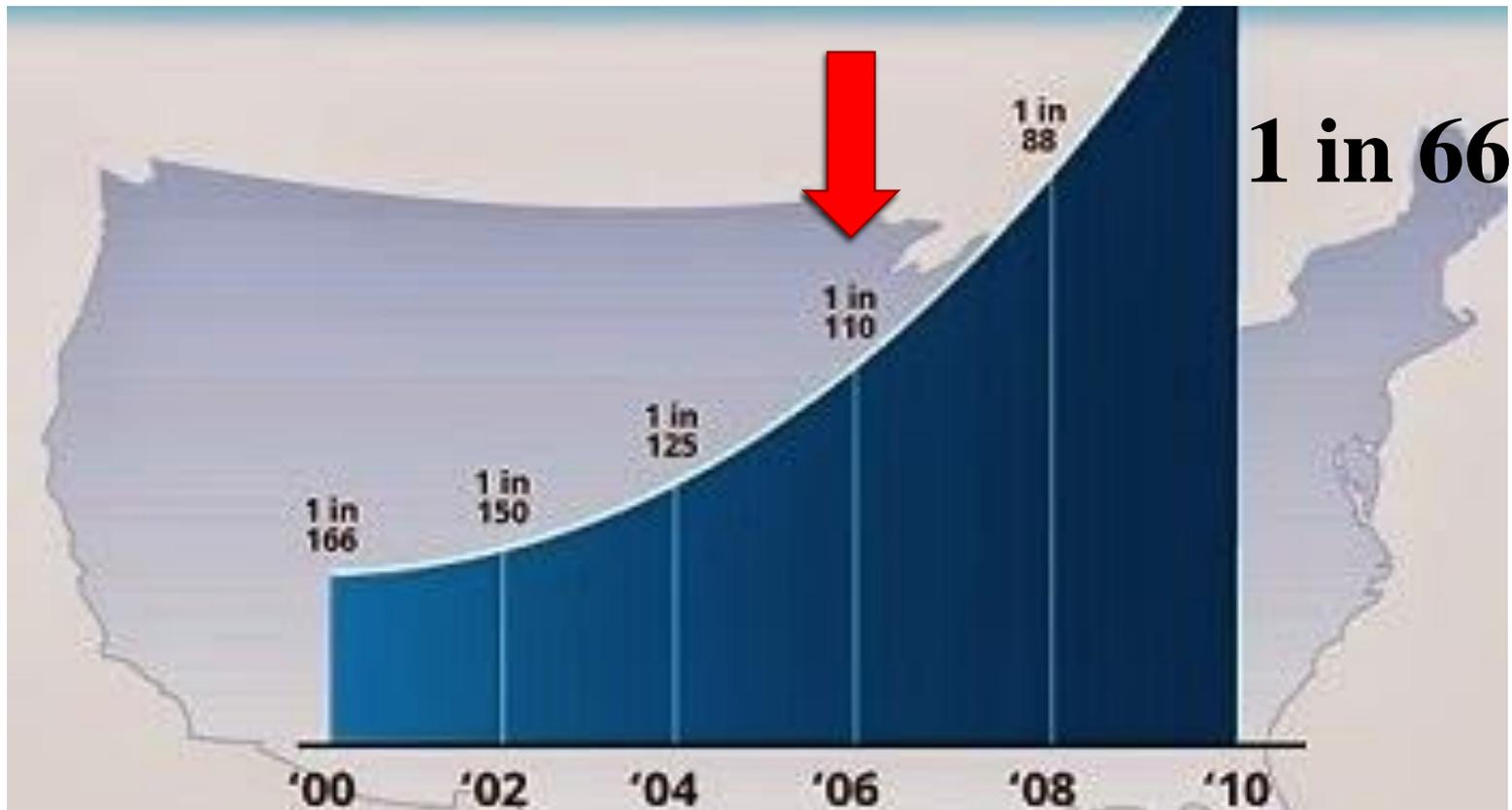
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What is Autism Spectrum Disorder (ASD)?

- ➔ Spectrum of neurodevelopmental disorders that range in severity and impact



Why it is important to build your toolbox now



Tool 1: Using characters in media

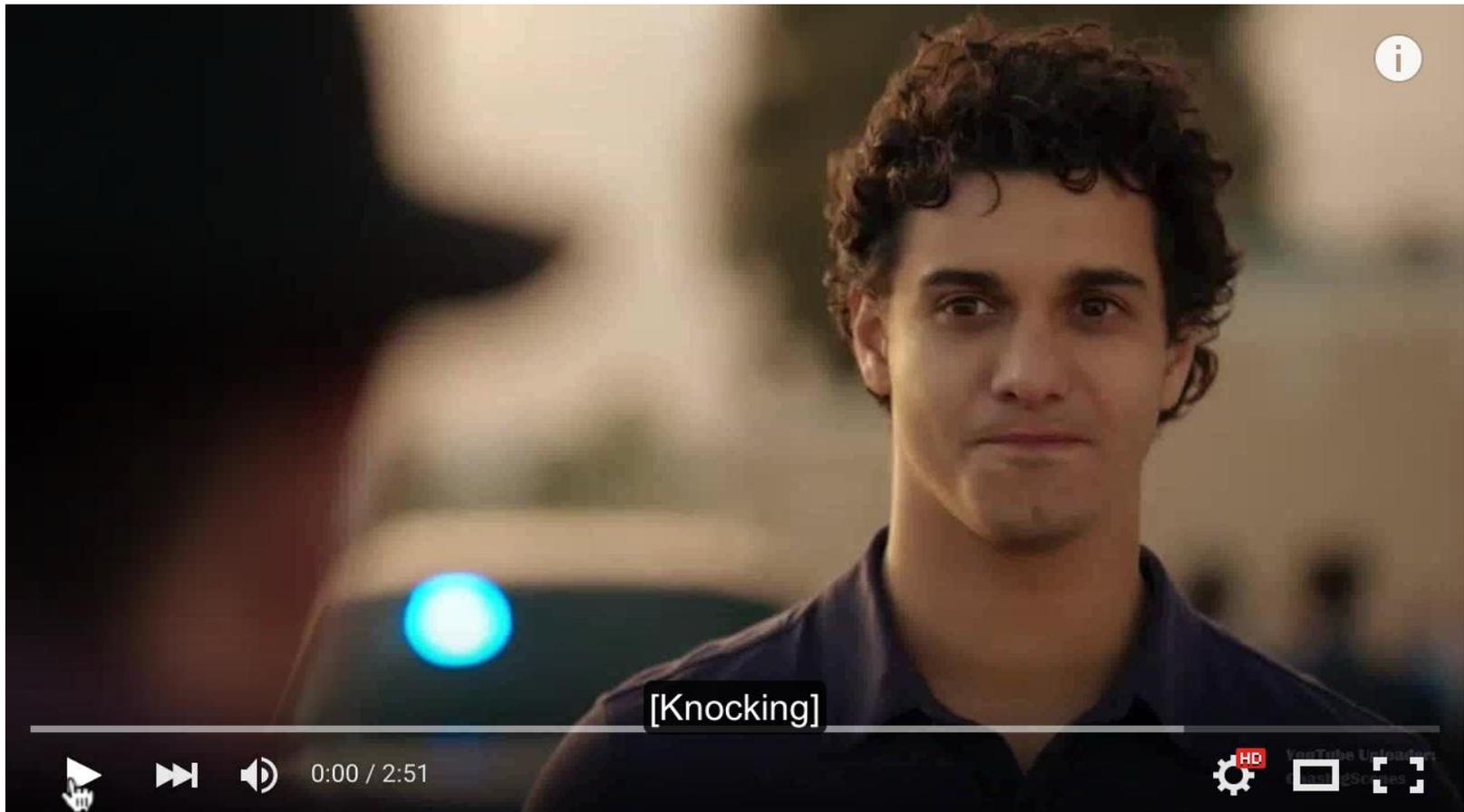
- While it is very important to not perpetuate stereotypes, using characters in the media to educate about ASD can help break down barriers and allow for conversations to take place.

Dr. Sheldon Cooper



Look. You may not be as academically inclined as are we.

Scorpion



The Good Doctor



Tool 2: Transition Preparation

- The transition to Higher Education is difficult for any student, but particularly so for students with ASD.
 - Transition from adolescence to adulthood
 - Transition from dependence to independence
 - Transition from living at home to living in the Res. Hall
 - Transition from super support in K-12 to access in Higher Ed.
 - Transition from routine to uncertainty

Transition Checklist



Transition Checklist

The following checklist is an ideal timetable. Students who do not have as much time as shown should plan in much the same order, using the checklist as a guide. Be sure to check things off as they are completed.

PRIOR TO JUNIOR YEAR

- ___ Get to know your disability and its impact
- ___ Participate in all meetings relevant to your education (IEP, academic coaching, etc.)
- ___ Acknowledge the value in a GPA
- ___ Begin exploring strengths and weaknesses
- ___ Monitor GPA and academic progress
- ___ Be active in selecting your classes
- ___ Begin studying for entrance exams (ACT, SAT, etc.)
- ___ Start exploring the accommodations process for entrance exams
- ___ Practice independent living skills
- ___ Practice discussing possible accommodations
- ___ Connect with a therapist if needed
- ___ Begin practicing self-advocacy skills

JUNIOR YEAR FALL SEMESTER

- ___ Create a list of concerns you might have about the college search and college transition
- ___ Create a binder to organize your thoughts, worksheets, and information you gather
- ___ Create a new email address so that all school emails will be in one place and you will have access to this email account after you graduate high school. Make sure this is a professional email address so you can use this as your personal email even as you progress through college and into career
- ___ Draft a list of colleges you are interested in
- ___ Start thinking about potential majors
- ___ Research and gather information using the list you drafted of potential schools. (Refer to college exploration worksheet)
- ___ Determine your budget and shared expenses. Decide who pays for what and start investigating scholarship options
- ___ Consider the idea of a part time job
- ___ Work on controlling impulses
- ___ Schedule a campus visit for a few schools you have listed as possibilities
- ___ Practice and begin studying for entrance exams
- ___ Start exploring assistive technology that could help you be more independent
- ___ Practice preparing a few meals a month
- ___ Start doing your own laundry
- ___ Start developing study strategies
- ___ Start exploring organization systems that implement additional responsibilities at home, school and personal goals
- ___ Start asking questions about dual enrollment and consider this option for Spring semester
- ___ Start to practice sharing space with others (siblings, parents, etc.)
- ___ Consider volunteer work
- ___ Begin to track your free/leisure time
- ___ Create a transition plan with your high school counselor and case worker
- ___ Explore extracurricular options
- ___ Take responsibility for scheduling appointments
- ___ Use your phone to set reminders

JUNIOR YEAR SPRING SEMESTER

- ___ Take the ACT (Don't forget to apply for accommodations. This process takes some time. Check the ACT website)
- ___ Practice driving to obtain your driver's license
- ___ Schedule multiple campus visits
- ___ Start drafting a list of potential majors
- ___ Create a budget and follow it
- ___ Start thinking about opening your own checking account and being responsible for a debit card
- ___ Start taking responsibility for medication refills
- ___ Practice waking yourself up in the mornings
- ___ Develop a relationship with a select few high school teachers.
- ___ Request recommendation letters
- ___ Develop a cleaning routine for your living space and bathroom
- ___ Order the pizza every time your family orders pizza (via phone)

SUMMER BETWEEN YOUR JUNIOR AND SENIOR YEAR

- ___ Make contact with the Vocational Rehabilitation counselor in your area
- ___ Have a state issued ID
- ___ Start talking to your peers about their plans
- ___ Consider retaking any entrance exams if necessary
- ___ Consider volunteering or getting a part time job

SENIOR YEAR FALL SEMESTER

- ___ Start applying to the schools you are really interested in
- ___ Explore housing options and write down when applications open and relevant deadlines
- ___ Connect with your vocational rehabilitation counselor
- ___ Call the schools you are interested in and ask if there are any scholarships available for incoming freshmen
- ___ Start exploring documentation guidelines for disability services at schools you are interested in
- ___ Start asking school counselor for updated documentation if needed
- ___ Create an organization system for all important documents necessary for college admissions
- ___ Take Dual Enrollment classes
- ___ Adjust your study methods for college classes
- ___ Begin applying for financial aid if needed.
- ___ Explore summer transitions programs
- ___ Schedule a meeting with Vocational Rehabilitation counselor, school counselor parents and case worker.
- ___ Take responsibility for your making your own breakfast.
- ___ Work on problem solving
- ___ Begin researching what student aid is available and the different types of loans

Tool 3: Planning/Time Management S



- In the higher ed. setting, a planning and time management system will be vital to not overload the file cabinet in their brains.

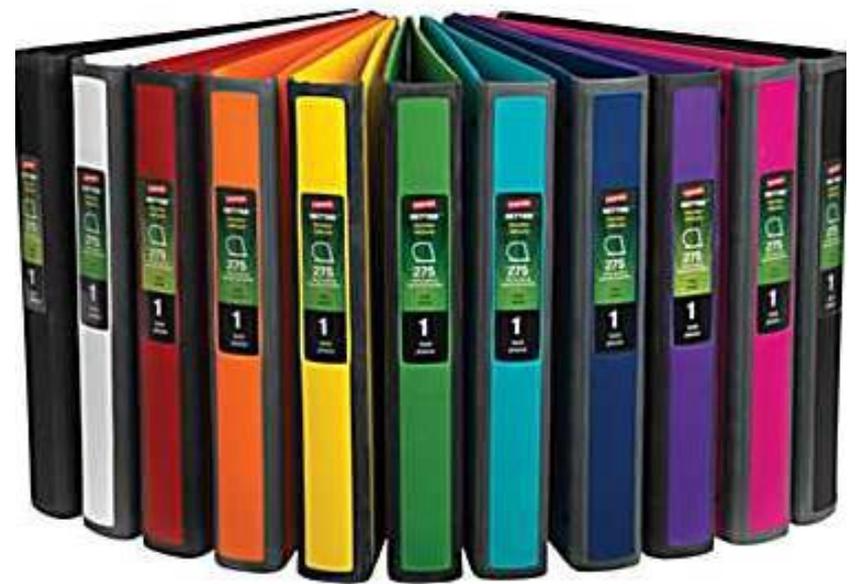
Time Management

- ➔ Being a student is a full time job (40 hours per week)
- ➔ Using time effectively
- ➔ Structuring classes, studying, tutoring sessions around most effective times
 - ➔ Impact of medication
 - ➔ Cognitive tasks
 - ➔ Short term tasks
 - ➔ Long term memory



Organizational systems

- Organization is the key
- May not look the same for everyone
- Folded schedules in pockets
- Full color coded binder systems



Bullet Journaling

MAY LOG

Started Boho Beings bullet journal system. Something new for May. Busy work day. Enjoing W107 tutorial. Busy with family this evening. Nice to spend time together enjoying the lovely sunny day in Healey celebrating Kirsty & Kasper's birthday. Not hot hot! Feeling heavy. Went to see Niall this evening lovely personal work achievement day. Lots of things ticked off my list. Another antenatal class today. Breastfeeding. Not the best class ever. Hot, striding & humid day. Mowed the lawn. Drafted blog posts. Chipping tea for dinner & a slow, long work day. Long tiring day. Got my hair cut. Last one before baby. Saw nan, went for a walk & did my front garden with Nan. Some good blog prep & homework done today so feeling a little smug! Got some good homework done. Made some progress. Final antenatal class today. It was very useful & glad we went. A very busy work day. Medicine appointments done too.

Familial breakfast at treapub. More kitchen work done by the boys. Went to see Nan & set up the garden. Lay back in the front garden. Enjoyed the National Trust today. Travelers Tavern good and good! Dinner two for today for dinner. You can't resist. He's going to be a bit of a busy day. A busy day. Great! Left me feeling very tired. A bath to end the day. Post submitted! Inbox camera arrived & new pens. Day = good! Spent the day bedding up my Mac. Still loads more to do.

PROJECTS

- YOUTUBE VIDEOS
 - X TN PASSPORT SET-UP
 - HOW I USE MY TN'S
- X EMA TO BE SUBMITTED
- X CLEAR OUT
 - FINISH BACKING UP PHOTOS ON HD + DELETE FROM LT
 - DECIDE ON FINAL OUMODULE
 - REGISTER FOR IT

Tool 4: Daily Living Systems

- As students with ASD transition into more independence, they must develop living systems to help regulate daily tasks
 - Medication management
 - Healthy eating habits
 - Wellness routine
 - Sleep monitoring
 - Clean living environments
 - Remembering tools for the day

Integrated medication reminders

➤ Easy Setup

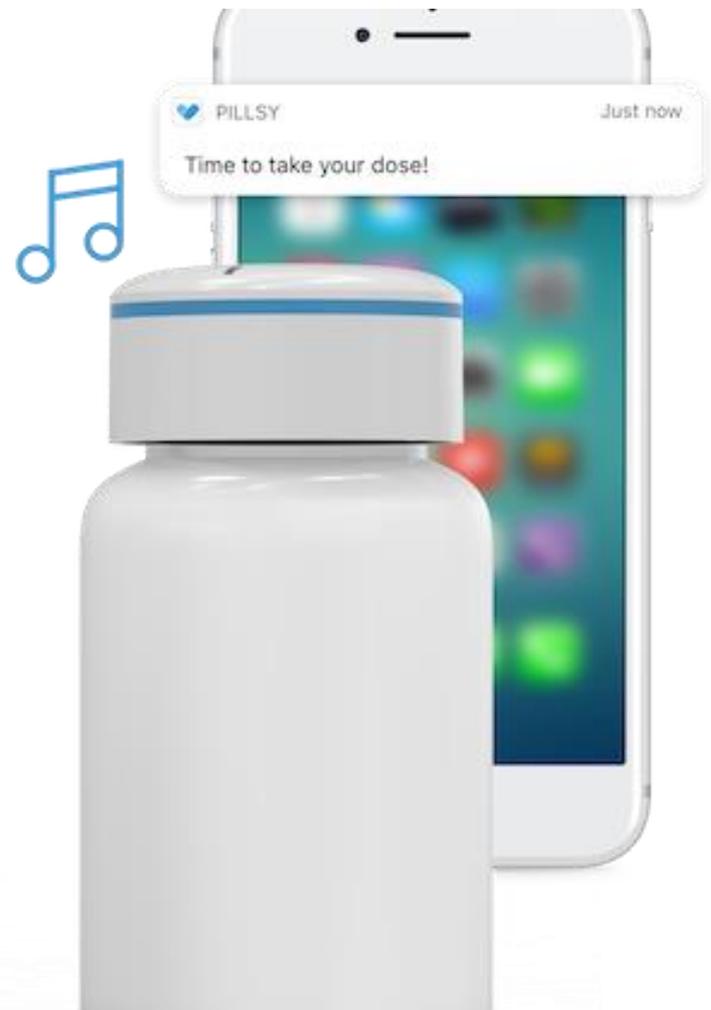
Connect your Pillsy Cap and enter your schedule in 1-2 minutes.

➤ Get Smart Reminders

If you forget, Pillsy Cap will beep and blink and the Pillsy app will remind you too.

➤ No More Worries

Pillsy helps you take control of your health and care for loved ones



Track-R

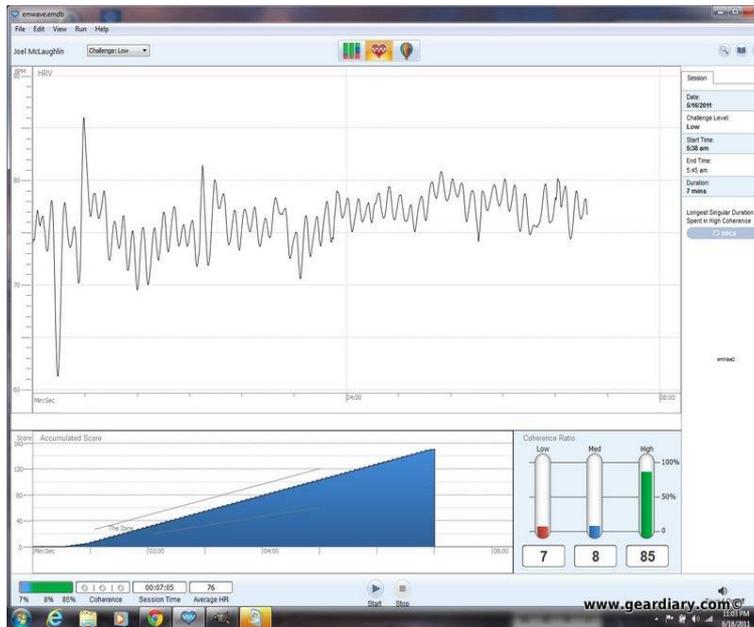


Tool 5: Technology

- ➔ The world of technology is an area where many students with ASD feel comfortable. Many pieces of technology can be particularly helpful for this population of college students and may be the difference between independence and dependence on others

Biofeedback

Both measure Heart Rate Variability (HRV) and Coherence



The screenshot shows the 'iom Grapher' software interface. It features three main graphs: 'Heart Response' (top), 'Heart Rate' (middle), and 'Skin Response (SCL) Graph' (bottom). The 'Heart Response' graph shows a fluctuating line. The 'Heart Rate' graph shows a bar chart. The 'Skin Response (SCL) Graph' shows a line graph with a peak. Annotations with red arrows point to various elements: 'breathing butterfly' points to a butterfly icon; 'SCL spectrum: Blue = High HRV, Green = Medium HRV, Yellow = Low HRV' points to a color-coded bar; 'Average Heart Coherence: The score will be between 0 and 1, with 1 being perfect HRV.' points to a dial; 'Heart Rate Variability (HRV) Graph' points to the top graph; 'Heart Rate' points to the middle graph; and 'Skin Response (SCL) Graph' points to the bottom graph.

Onenote

- Intuitive note taking system
- Organized in folders
- Images, videos, audio, notes can be stored
- Many apps and devices have OneNote as an option for storage
- Can be accessed easily and on many devices
- Easily searchable
- Create To-Do Lists
- Share everything with friends and family easily



FM Systems

- **Personal Frequency Modulation Systems**
- **Intended for people with hearing loss**
- **Transmitter-faculty Receiver-student**
- **Tunes out extraneous noises in classrooms**
- **Allows students to focus on lecture**



Echo Live Scribe Pens



- **Records everything students hear, say and write**
- **Replays recording from specific locations by tapping notes**
- **Can sync all notes and pencasts**
- **Accessories mimic all other paper products used**

Emerging Technologies

Mindset headphones

Available 12/17



Spire



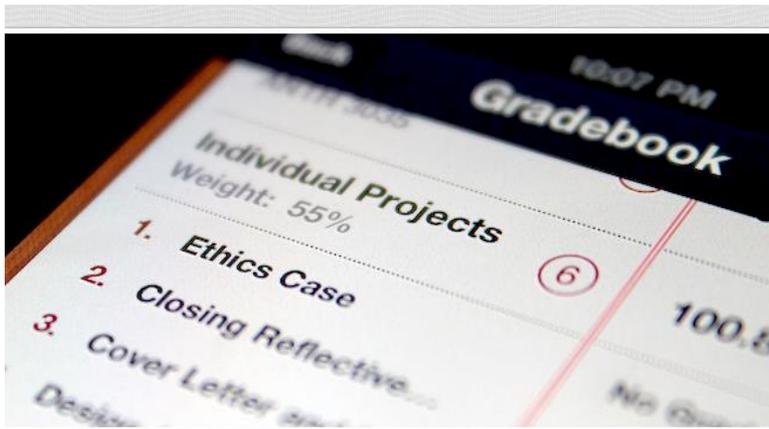
Tool 6: Apps

- Many apps are designed specifically for students with ASD. Others are designed for general use but can be particularly helpful for students with ASD. Some of the most popular apps are highlighted.

Erudio

<http://erudio.monospacecollective.com/>

- Manage courses with dates, times, locations and current grade
- Weekly timeline manages class meeting times, group projects, study groups, due dates, appointments, etc.
- Grade tracking monitors weighted grades
- Task lists displays prioritized list of things to accomplish. Completion shown with a checked box
- Intuitive and synced



Updates your grades live—updated as you enter each assignment. No more waiting for the grades on your report card to come as a surprise.

Gradebook	Research Paper	Homework
98.2%	Extraterrestrial Life	Weight: 20%
92.3%	COMPLETED	1. Homework 1
	Research Paper Rough Draft	2. Homework 2
	Extraterrestrial Life	3. Homework 3
	95%	4. Homework 4

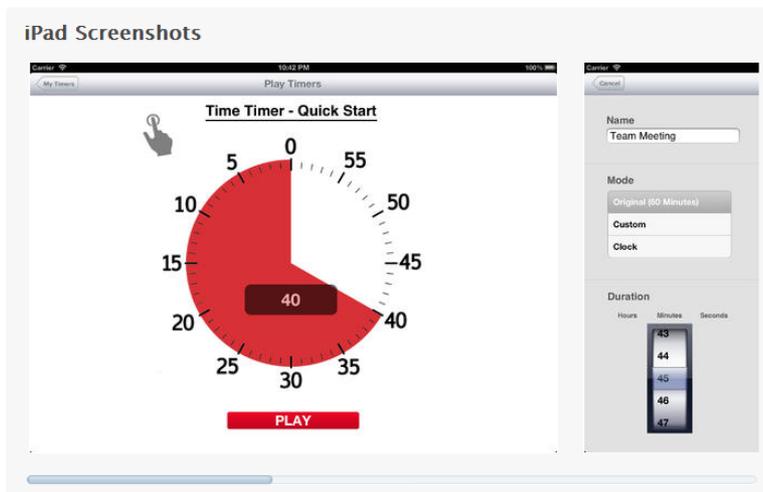
For each of your assignments on a class, reveal the grade by assignment and

With Erudio, completed tasks become your grades—check off an assignment when you turn it in and enter its grade when it's handed back. Erudio handles the rest.

Weighted grading? No problem. Erudio handles assignment categories and grade calculations a thin

Timers

Time Timer

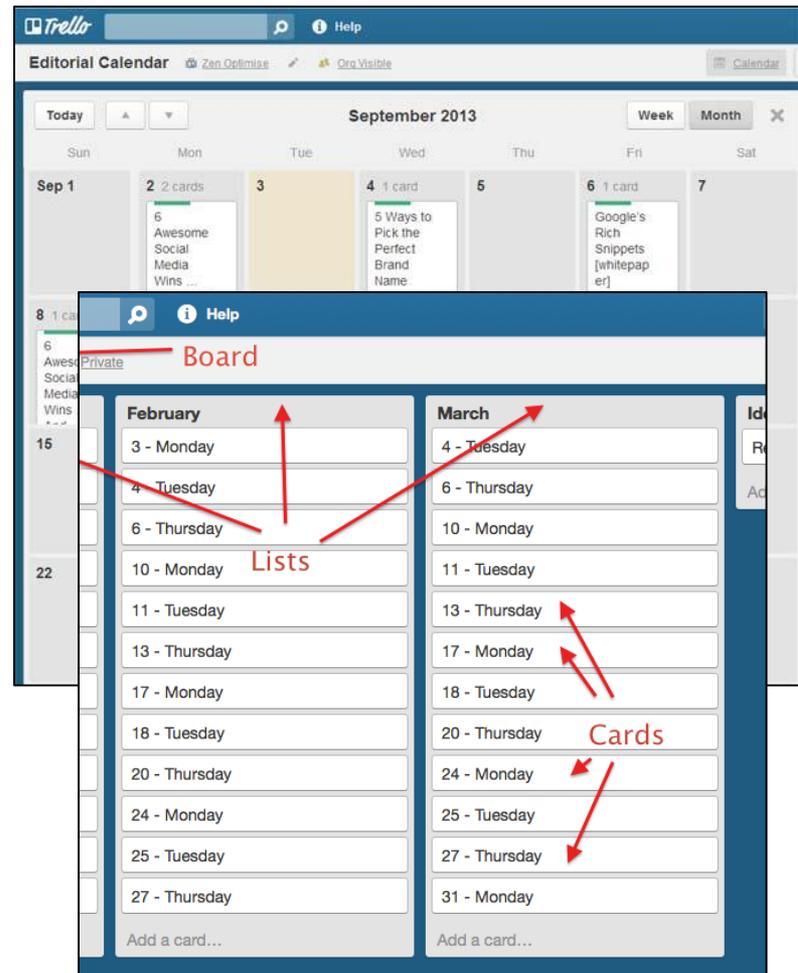


Hours



TRELLO

- It's FREE
- Visual representation of task progression
- Very interactive
- Collaborative efforts
- Flexibility training tool
- Supportive responsibility



HABITICA-Your Life; The RPG



Tool 7: Writing Support Strategies

- We have all heard “Once you have met one person with Autism, you have met one person with Autism”
- This is true, but one of the areas of difficulty that we see shared among many college students with the struggle with the writing process
- We have developed many practical strategies that can be very helpful

Index Card System

- Color coded index cards
 - So much information in the brain about specific topics
 - Helps to keep thoughts narrowed
 - Organize thoughts
 - Help with outlining
 - Manipulate the cards physically to arrange the paper
 - Cut and tape from one card to another as a method for drafting

Using Technology

- Voice-recognition software
 - Type rather than hand-write
 - Assists verbal students who tend to talk-out ideas
- Reading software
 - Allows the student to self-edit, as much as possible
 - Assists student in getting material in a variety of ways, which can help with focusing and comprehension

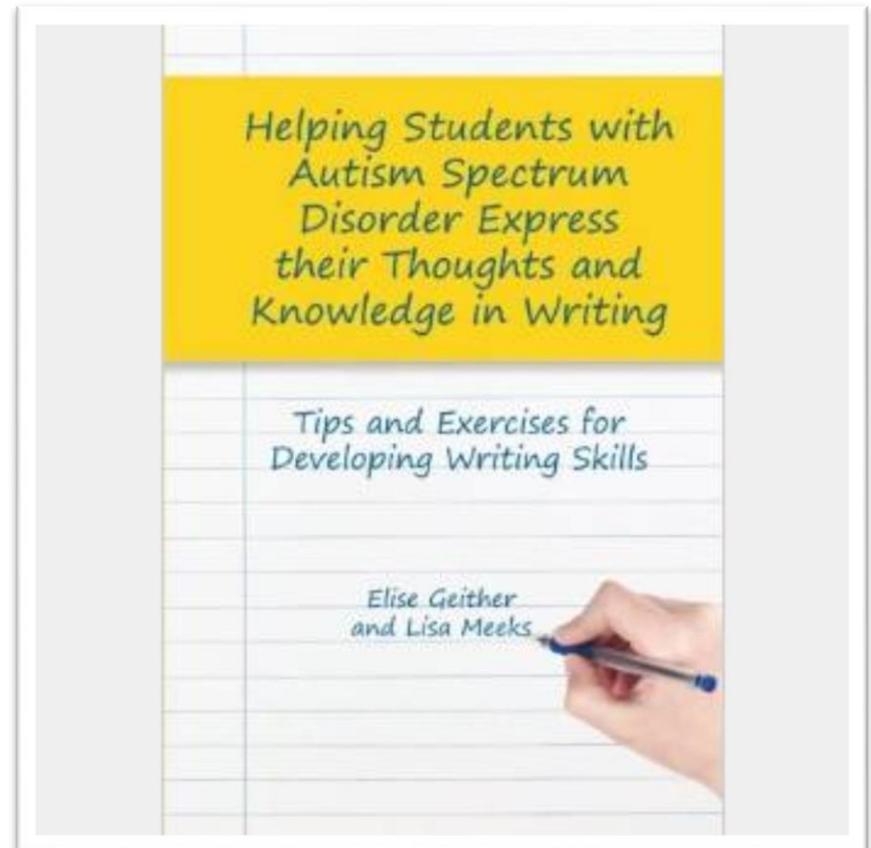
Dragon Naturally Speaking

- **Speech Recognition Software**
- **Helps with the impact of Dysgraphia and other written expression disabilities**
- **Turns talk into text**
- **Can help in brainstorming ideas**
- **Works well with most voice patterns**
- **Just released the App in 2013**



Tool for your Toolbox

- ➔ *Helping Students with Autism Spectrum Disorder Express Their Thoughts and Knowledge in Writing* by Elise Geither and Lisa Meeks



Tool 8: Communication Strategies

- Another area that causes confusion and frustration is the ability to accurately express and interpret messages through social communication.
- Some of the most important aspects of relationship building and maintenance is through social communication

Correspondence

- Email template
- Scripts
- Bulleted lists for phone conversations
- Rules of engagement
 - Topics for phone vs. email
 - Texting?
 - No-Go topics of conversation

Sims University

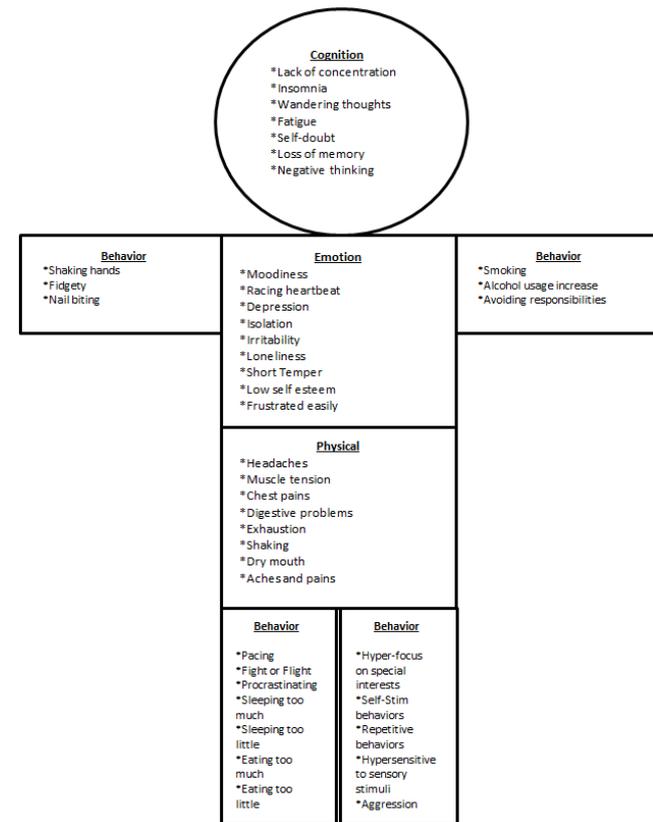


Tool 9: Anxiety Management

- ➔ Because college students with ASD consistently feel like they are observing and performing to try to decipher the social rules of college, they often experience heightened levels of anxiety. Recognizing the symptoms of anxiety and tools for managing the anxiety is vital in the Higher Education environment.

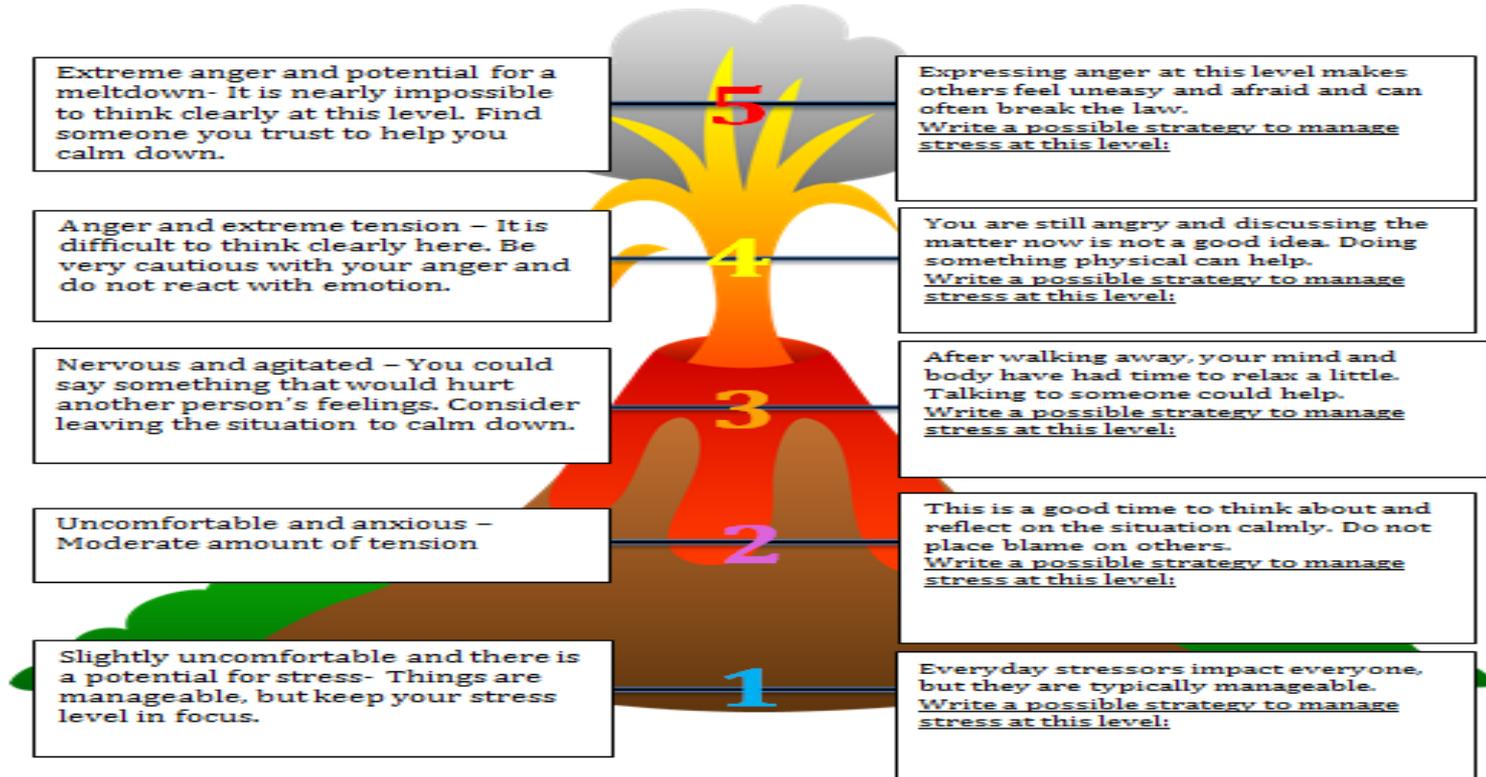
Identifying Stress Indicators

➔ People with ASD often times have difficulty associating the physical symptoms of their body systems with stress. Using something as simple as a visual or something as complex as Biofeedback is helpful



Know Your Boiling Point

KNOW YOUR BOILING POINT: A SCALE TO KEEP YOUR COOL



What are some of your identified hot spots? What are some cooling methods?

Tool 10: BASICS College Curriculum

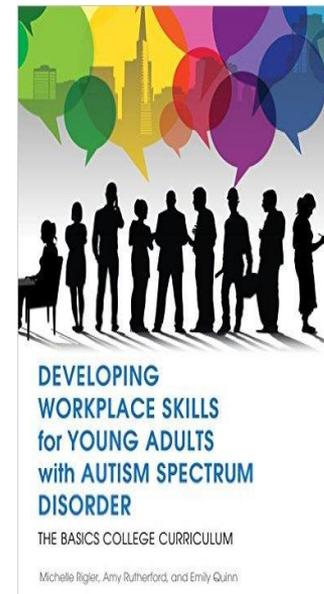
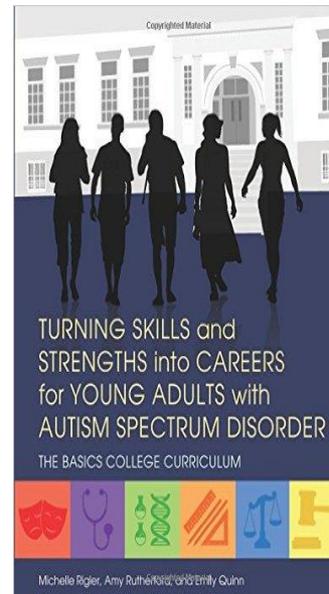
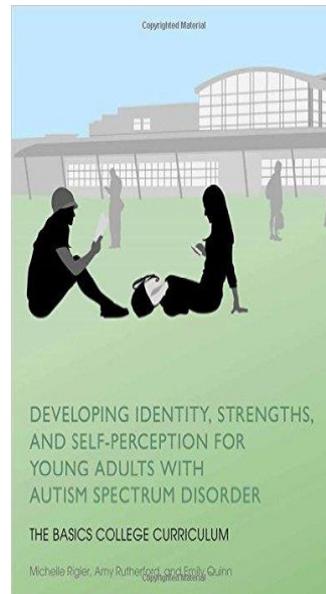
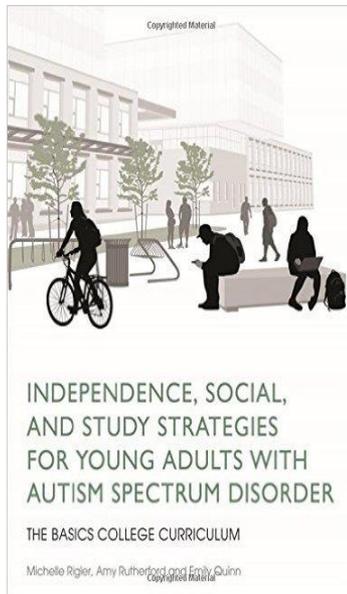
- ➔ The number of specialized programs on college campuses to support students with ASD is growing each year. One of the most difficult aspects of developing and growing a program effectively is to adopt an effective curriculum. The BASICS College Curriculum has been developed and published by the Administrators of the Mosaic Program at The University of Tennessee at Chattanooga in partnership with the students for which it was developed.

Curriculum

- Best advice from Dr. Jane Thierfeld-Brown
- All components of the program attached to letter grade for the course
- Cohort based creates a sense of community
- Each year builds on the previous, but students can enter any year
- Curriculum developed by Amy Rutherford, Emily Quinn and Michelle Rigler

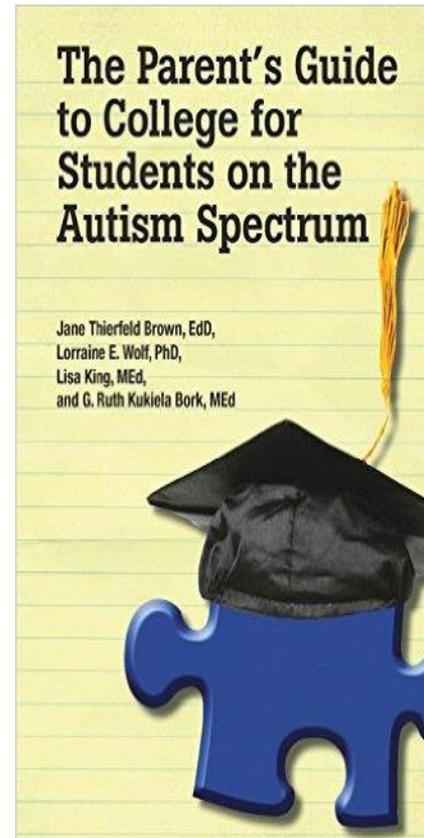
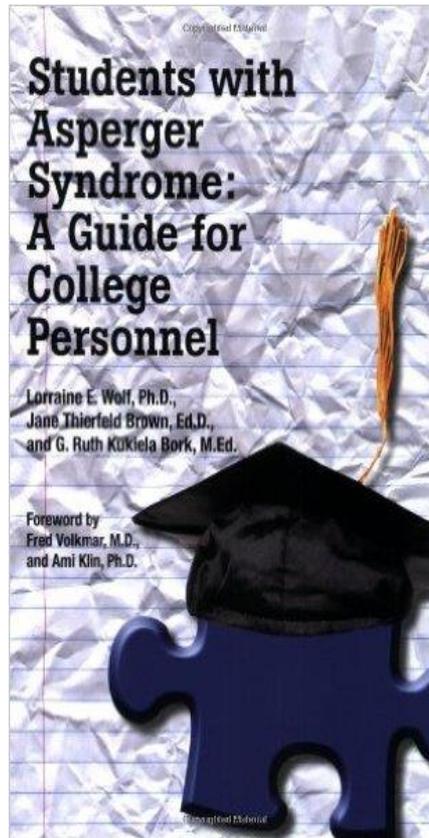
Books

Michelle Rigler, Amy Rutherford & Emily Quinn



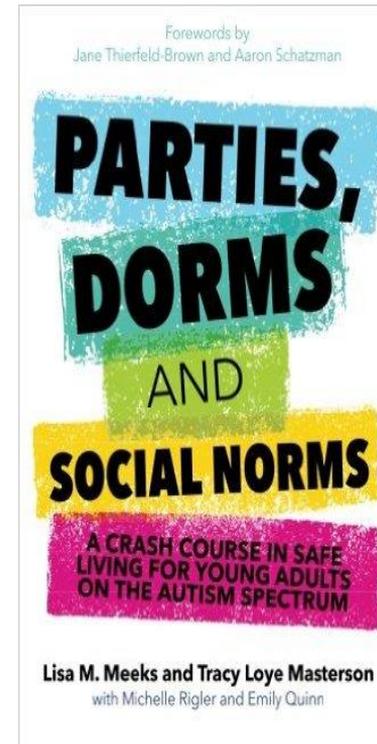
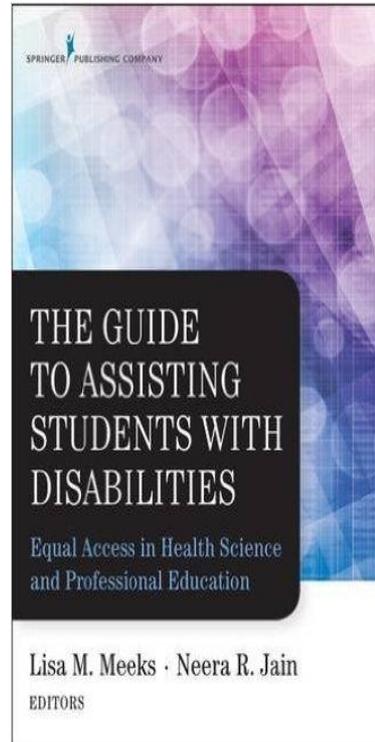
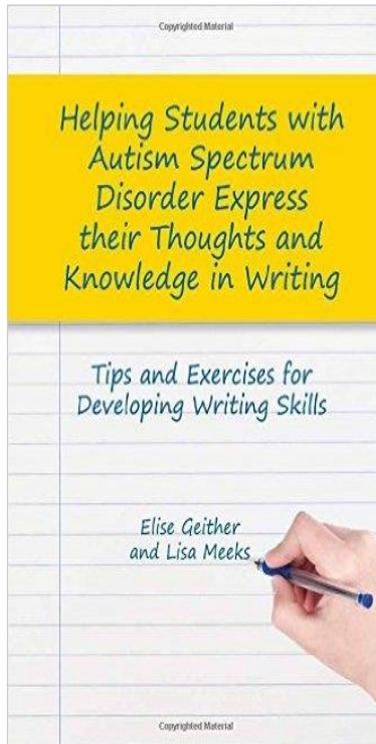
Books

Jane Thierfeld-Brown



Books

Lisa Meeks



Questions?

- What would you suggest?
- What has been helpful in your opinion?
- What can we add to our toolbox?