Oct 19th, 12:00 AM

Support Program for Students with Autism in Postsecondary Education

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SUPPORT PROGRAM FOR STUDENTS WITH AUTISM IN POSTSECONDARY EDUCATION

Amanda Thompson, Accommodation Services Coordinator
Arlene English, Educational Coach
Elissa Teets, Educational Coach
FOCUSED SKILL TRAINING PROGRAM (FST)

• Kirkwood Community College

• Support Program for students with Autism Spectrum Disorder (ASD)

• Support above and beyond just academic accommodations for classes

• Pilot in Fall 2011, Established Spring 2012
FUNDING

• Applied for Grant in 2010/2011

• Funded through Kirkwood

• Received a grant for $3,000 from Iowa Student Loan for the 2017-2018 academic year
Comparison of Number of Students served in the FST Program

Number of Students

Academic Year

2013-2014: 28
2014-2015: 22
2015-2016: 27
2016-2017: 27
2017-2018: 33
## WHO ARE THE FST STUDENTS?

<table>
<thead>
<tr>
<th>Year</th>
<th>Liberal Arts</th>
<th>CTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-2014</td>
<td>12</td>
<td>17</td>
</tr>
<tr>
<td>2014-2015</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>2015-2016</td>
<td>9</td>
<td>18</td>
</tr>
<tr>
<td>2016-2017</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td>2017-2018</td>
<td>12</td>
<td>21</td>
</tr>
</tbody>
</table>

- **21 Students Graduated**
  - 6 Transferred to University
  - 3 Continued for further certifications at Kirkwood

Due to part-time enrollment, we provide services to students over longer periods of time.
PROGRAM OVERVIEW

• 1 Coordinator, 2 Educational Coaches (part-time)

• Coaches provide individualized support on a weekly basis to help students develop their academic and social skills through FST Skill Curriculum

• Expectation that students have the academic ability to complete college-level coursework (or developmental coursework offered at the college)
Free for the student!

PROGRAM OVERVIEW CONTINUED

- Communication via Text, Phone or Email
- Crisis Management
- Advance Knowledge of Fire Alarms/Weather Alerts

- Staff is available M-F 8:00 to 4:00 pm
- No off campus support (no dorms, no apartment support)
- Students must secure their own housing and transportation arrangements
INTAKE PROCESS

• Must be registered in Kirkwood credit classes
• Request accommodations through Learning Services and submit supporting documentation
• Meet with FST staff to learn more about the program and complete intake paperwork
• Assigned to work with an Educational Coach
Mission

To provide appropriate academic and social supports to Kirkwood students with ASD in preparation for their future goals.
STRATEGIES/TOOLS FOR COLLEGE STUDENTS WITH AUTISM SPECTRUM DISORDER
SKILL CURRICULUM

• Researched-based
  – Dr. Jed Baker, Preparing for Life
  – Michelle Garcia Winner
  – Valerie Gaus, Living Well on the Spectrum
  – Hidden Curriculum
  – Other

• Academic
  – Time Management
  – Organization
  – Executive Functioning

• Social/Personal
  – Conversation Skills
  – Relationship Skills
  – Job Skills
  – Daily Living Skills
  – Self Advocacy
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 10/9</th>
<th>Tuesday 10/10</th>
<th>Wednesday 10/11</th>
<th>Thursday 10/12</th>
<th>Friday 10/13</th>
<th>To Do:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6:00</td>
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<tr>
<td>7:00</td>
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</tr>
<tr>
<td>8:00</td>
<td>8:00-8:55 College Alg. with Limits</td>
<td>8:00-8:55 College Alg. with Limits</td>
<td>8:00-8:55 College Alg. with Limits</td>
<td>8:00-8:55 College Alg. with Limits</td>
<td>8:00-8:55 College Alg. with Limits</td>
<td>Exam today</td>
</tr>
<tr>
<td>9:00</td>
<td>Review 4.5 and do practice problems</td>
<td>Group Activity Homework? Study for Test</td>
<td>Group Activity Homework? Study for Test</td>
<td>Exam today</td>
<td>Intro to Chemistry</td>
<td>Read Chapter 8</td>
</tr>
<tr>
<td>10:00</td>
<td>10:00 Meet with Elissa</td>
<td>Study for Math Test</td>
<td>Study for Math Test</td>
<td>Study for Chemistry Test</td>
<td>Intro to Chemistry</td>
<td>Exam 2 (Ch. 4-7) Thursday</td>
</tr>
<tr>
<td>11:00</td>
<td>Get lunch or snack?</td>
<td>Get lunch or snack?</td>
<td></td>
<td></td>
<td>Intro to Chemistry</td>
<td>Ask Joe if there are any Pearson assignments</td>
</tr>
<tr>
<td>12:00pm</td>
<td>12:20-1:15 PA Writing</td>
<td>12:20-2:20 Intro to Chem</td>
<td>12:20-1:15 PA Writing</td>
<td>12:20-1:25 Intro to Chemistry</td>
<td>12:00 Lunch</td>
<td>Elements of Writing</td>
</tr>
<tr>
<td>1:00</td>
<td>1:25-2:20 Elements of Writing</td>
<td>1:25-2:20 Elements of Writing</td>
<td>1:25-2:20 Elements of Writing</td>
<td>Exam 2 (Ch. 4-7)</td>
<td>1:25-2:20 Elements of Writing</td>
<td>Ask Don about any assignments</td>
</tr>
<tr>
<td>2:00</td>
<td>Lunch</td>
<td></td>
<td></td>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td>Study for Chemistry Test</td>
<td></td>
<td></td>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00</td>
<td>Study for Chemistry Test</td>
<td></td>
<td></td>
<td>Study for Math</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00</td>
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<td></td>
</tr>
<tr>
<td>6:00</td>
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</tr>
</tbody>
</table>

- **Weekly Schedule**
- **iStudiez/My Homework Apps**
- **To-Do List**
- **Assignment/Study Log**
SOCIAL / RELATIONSHIP SKILLS

Meeting New People
• Introductions
• Safe Questions
• Phone Number/Facebook
• Social Cues and Reciprocity
• Where to meet people
<table>
<thead>
<tr>
<th>Skill</th>
<th>Name</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>During Conversation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sustains Eye Contact</strong></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Never</td>
<td>Sometimes</td>
<td>Often</td>
</tr>
<tr>
<td>Shows interested and welcoming social cues</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Never</td>
<td>Sometimes</td>
<td>Often</td>
</tr>
<tr>
<td># of conversation exchanges</td>
<td>0-1</td>
<td>2-3</td>
</tr>
<tr>
<td># of Questions Asked</td>
<td>0-1</td>
<td>2-3</td>
</tr>
<tr>
<td><strong>After Conversation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td># of new things remembered about partner</td>
<td>0-1</td>
<td>2-3</td>
</tr>
<tr>
<td>Scoring</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
SOCIAL / RELATIONSHIP SKILLS

Empathetic Listening/Showing You Care

- Identify what it is (Videos)
- Try it (Role Play & Scenarios)
- Practice!
- Leads into Conflict Resolution

Strategies

- Video Examples
- Practice with Coach
- Conversation Rubric
- “Assignments”
JOB SKILLS MODULE

• Job Application Process

• Interview Process

• Hidden Curriculum “On the Job”

• Collaboration with Career Services
DAILY LIVING SKILLS

• Driver’s Licence
  – Current situation, anxiety, study apps

• Personal Hygiene

• Money Management/Budgeting

• Grocery Shopping/Meal Planning
SELF ADVOCACY

• Highly Personalized
  – Self Awareness
  – Communicating with Professors/Authority Figures
    • Help setting up meetings
    • Help writing emails
    • Attend
      – Model effective behaviors and effective conversations
  – Finding the Sweet Spot
  – Living Skills
    • What can they do?
    • What do they want to learn?
    • Where can they get instruction?
    • Independent Living?
• Balance school, social, work & family
  – What can be handled
• Make an education plan
  – How many hours
  – Rate the classes
  – What mix of classes
  – Additional supports?
  – Selling it to Mom & Dad

1. Student attends class but can sleep through it, not read the textbook, has minimal interest in the subject and still passes the class.

2. Student must attend class, read the textbook, has marginal interest in the subject, and does not need any additional study time outside of class.

3. Student must attend class, read the textbook, probably needs a tutor 2 hours per week, has a mild dislike for the subject and needs between 3-5 additional hours of study time per week.

4. Student must attend class, read the textbook, probably needs a tutor 2 hours per week, has a mild dislike for the subject and needs between 3-5 additional hours of study time per week.

5. Student would rather go to the dentist than class, gave up reading the textbook after the first few weeks of class, tutoring and extra help from the instructor feel like a waste of time, detests the subject matter and spending 3-4 hours per day studying is not helping with comprehension.
FST SOCIAL EVENTS

An opportunity to practice skills...
OUR LEARNING CURVE

• On Campus Recreational
  – 2-3 per academic year
    • Ice breaker
    • Group activity and/or games
    • Snacks/drinks
  – Same 5-10 participants

• On Campus Instructional
  – 2-3 per academic year
  – 0 interest/participation

• On Campus Unstructured
  – 2 per academic year
  – 0 interest participation
• Off Campus Recreational
  – 1 event 2016-7 academic year
    • Sign up to RSVP
  – Enthusiastic Reviews
  – 10 Participants

How much did you enjoy the FST Bowling Event?
8 responses

A great deal: 75%
Quite a bit: 12.5%
Somewhat: 12.5%
Very little: Not at all
2017-2018 ACTIVITIES & PLANS

On Campus Quick Hits
• 2-3 per Academic Year
• Welcome Event
  – Everything’s Better with Pizza!
  – 23 Participants
• Lunch Plans
  – Brown Bag
  – Various Topics
• Midterm/Finals Event
  – Tuesday/Thursday Activity Hour
  – Pizza with Bacon?

What’s the fastest way to get a student’s attention?

Free pizza!!!!
Miniature Golf at Local Course

• 1st event this year
  – Sign up to RVSP

• 10-15 participants

• Survey to gauge response/success
IN THE PLANNING STAGES

• More On Campus Quick Hits
  – Mid-Term/Finals Pizza
  – Lunch Plans
    • Various Topics

• Another Off Campus Recreational
  – Spring Semester
  – Bowling or Escape Room?

• Volunteer Activities
  – Group Activity
  – Spring Break Timeframe?
  – Individual Activity
  – Resume Builder
SUPPORTING FACULTY

Build Awareness - What does it look like from the front of the classroom
  – See Strategies and Resources for Working with College Students with Autism Spectrum Disorders
  – Annual Professional Development at KCC
    • Collaborative Learning Days
    • KCELT - Faculty Training Staff

Promote Use of Support Systems

Set up meetings/discussions
  – Interpret/Advocate
CAMPUS COLLABORATION

• Counseling
• Career Services
• Tutoring
• Assistive Technology
• Other support programs
COMMUNITY RESOURCES

- Iowa Vocational Rehabilitation Services
- Grantwood Area Education Agency
- REM
- Goodwill
- Systems Unlimited
FUTURE?

- Peer Mentoring
- More support for transitioning to the Job and/or students transferring to University
DISCUSSION AND QUESTIONS
REFERENCES/RESOURCES

• Michelle Garcia Winner: https://www.socialthinking.com/
CONTACT US!

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