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# **A Short Checklist for Transitioning Students with Asperger Syndrome to Post Secondary Education and Life after School**

This list is provided for informational purposes only. It does not include every needed skill.

The list is not prioritized. It does not replace other types of assessments.

1. Safety: without this cannot access the environments of the world
  - Safe towards self
  - Safe with others
  - Safe use of objects
  - Safely accessing environments
  - Safe in large and small groups
  - Safe in transportation
  - Social sexual safety
  - Safe behavior to avoid victimization or bullying
  - Safety to avoid being perceived as a dangerous person
  - Safety to avoid the criminal justice system
2. Self- regulate emotions
  - identify internal state, name it and select options
  - Identify level of arousal and take active steps to move to a calmer state
  - Self-calm in acceptable ways in many environments
  - Identify and safely avoid aversive input
  - Explain needs to others and ask for support
  - Know when help is needed and how to ask for it
  - Ask questions to get information clarified
  - Know and understand what Asperger Syndrome is and explain Asperger Syndrome to others
  - Advocate for self: ask for what is needed and provide a simple explanation of why it is needed
3. Interact with a variety of people in small and large groups
  - Know the rules of conduct in various environments
  - Accept and accommodate people of all races and religions without comment, judgment or discrimination
  - Graciously accept input from others
  - Recognize and accept constructive criticism
  - Use “shades of gray” in thinking about others
  - Identify appropriate topics for conversation in a variety of environments with different persons

- Use “getting to know you” skills including showing an interest in others, responding to the content of what others say and giving compliments
  - Maintain conversational relevance and switch topic at the lead of another
  - Solve problems independently and in small groups
  - Shift attention at the lead of another, regardless of “rank”
4. Self- organize
- quickly changing plans without becoming disorganized or upset
  - organize materials
  - organize projects, create timelines, and activity plans
  - use calendars and organizational software
  - meet deadlines
  - prepare for expected events
  - respond calmly to unexpected events
  - keep workplace, home, and materials orderly and clean
  - Self monitor
  - Self motivate
5. Listen and Do: follow instructions given verbally without repeated verbal prompting
6. Read and Do: follow written instructions, asking for clarification as needed