



## Teen Aspirations Curriculum Summary

Topics	Brief Summary of Objectives for Group Members
<b>Week One Introduction</b>	Understand others share their diagnosis, strengths and weaknesses. Recognize each group member has things in common with one another. Understand that Aspirations is somewhere they can be themselves and feel comfortable. Gain insight in to how ASD affects those in the group, including themselves.
<b>Week Two Problem Solving</b>	Identify and describe important life affecting problems group members are experiencing and things they are worried or concerned about. Identify problem solving strategies specific to their experiences. Increase self-worth by suggesting helpful strategies to others.
<b>Week Three Social Communication</b>	Gain insight in to what ways their behavior influences others' opinions of them. Recognize their own methods of forming opinions regarding others and how accurate they are. Understand the importance of non-verbal body language.
<b>Week Four Reading Other People's Minds</b>	Learn about the importance of reading other people's emotions and thoughts. Practice identifying people's feelings and the causes of those feelings.
<b>Week Five Social Event (Potluck)</b>	Practice social skills discussed in previous sessions such as initiating and maintaining conversations. Get to know each other better in a relaxed environment, make friends, and have fun.
<b>Week Six Friends</b>	Identify characteristics of a good friend and describe appropriate behaviors in a friendship relationship. Learn skills for finding, keeping, and enjoying friendship. Identify difficulties that arise during relationships and learn strategies to overcome or avoid those difficulties.
<b>Week Seven Independence</b>	Recognize the importance of moving towards greater independence in their lives. Recognize in what ways they are independent and in what ways they are dependent on others. Discuss how to reach goals of becoming more independent in certain areas of their lives.
<b>Week Eight Conclusion</b>	Review skills learned over the course of the program. Describe plans for utilizing new skills in their personal and professional lives. Review the Aspirations program.