

# AUTISM NEWSLETTER

## 10 Critical Components for Success in the Special Education Classroom

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Summarized from Chapter 3

### Component #3 - Schedules

- **Rationale**

Schedules provide structure, consistency, and accountability. They help organize the day, have the ability to indicate any daily changes, facilitate transitions, help to understand the passage of time, and teach life skills.

- **Three types of schedules**

- ~ Daily Classroom Schedule

This schedule shows the flow of activities within the room for that specific day. It is a visual reminder of the beginning and ending time of a specific activity, serves as a vehicle to show changes, and helps to keep everyone on task. The schedule should be posted some place in the classroom where everyone can see it.

- ~ Staff Assignment Schedule

It is important for all staff to know what their assignments are and with which students they will be working. The schedule includes each staff person's name, times of day, students with whom they are working, staff rotation, and location. This schedule should also be posted so that it can be accessed by everyone.

- ~ Individual Student Schedules

Each student needs to have and use his or her own schedule. By using a schedule students learn to move from one activity to another, are able to visually see changes to the routine, and become more independent.

- **Reflection**

Schedules should be used for each student throughout the day, for the classroom and for each staff member. They are time-consuming to create and constantly changing, but they are necessary and beneficial. Consistent use of schedules help students learn how to use their schedules, staff are held accountable to their assigned duties, the classroom will run more smoothly and effectively, the classroom will be calmer and students will be more productive.



## Executive Functioning Skills

### The Autism Helper

**Response Inhibition:** The skill of thinking before you act and resist the urge to say or do something and consider the consequences.

**Working Memory:** Ability to retain and draw upon information while completing a task.

**Emotional Control:** Manage emotions to complete tasks and direct behaviors.

**Sustained Attention:** Ability to continue to pay attention to a task or event despite distraction or fatigue.

**Task Initiation:** Ability to begin tasks efficiently.

**Planning:** Creating a roadmap to complete a goal or a task and prioritizing what should be included and what shouldn't.

**Organization:** Ability to create and maintain systems to keep track of information and materials.

**Time Management:** The skill of being able to estimate how much time one has and how to allocate that time.

**Persistence:** Following through on the completion of a goal.

**Flexibility:** The ability to revise a plan and adapt to changing conditions.

**Metacognition:** Self-monitoring and self-evaluation skills.



Autism Speaks is teaming up with Cherry Hill Partners to offer 500 sensory-friendly Santa Cares events in locations across the U.S. starting December 4, 2022. Hosted by an autism-friendly Santa and staff who can support those with special needs and their families, most events will occur outside of normal business hours and will have reduced lighting and music. Hear from parents who describe how great the experience was for them and their child, including from one mother whose son had never been able to visit Santa before. Advanced registration is required. For a list of participating Santa Cares locations and to book your reservation, visit - [www.autismspeaks.org/events/sensory-friendly-santa](http://www.autismspeaks.org/events/sensory-friendly-santa)

Some sites are: Apache Mall, Southdale Center, Ridgedal Center, Northtown Mall, and Oakwood Mall.

### Upcoming events:

- Practical Trauma-Informed Strategies to Reduce Anxiety in Students - Dec. 1, 2022 <https://aepconnections.com/webinar-registrations/practical-trauma-informed-strategies-to-reduce-anxiety-in-students-2/>
- Strengthening the Core: The Roles of Mental Process in Social Cognition and Narrative Discourse (Virtual Only) - Jan. 26, 2023 9 AM - 3PM <https://web.cvent.com/event/237975ef-9f1e-465f-be1b-05b717ca4cc5/summary>
- Charting the C's - Virtual - Jan. 20 - 21, 2023
- State Autism Conference - April 26 - 28, 2023