

Developing Workplace Skills for Young Adults with Autism Spectrum Disorder The BASICS College Curriculum



**DEVELOPING
WORKPLACE SKILLS
for YOUNG ADULTS
with AUTISM SPECTRUM
DISORDER**

THE BASICS COLLEGE CURRICULUM

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BOOK DETAILS

- Author : Michelle Rigler
- Pages : 224 Pages
- Publisher : Jessica Kingsley Publishers
- Language : English
- ISBN : 1849057990

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BOOK SYNOPSIS

The BASICS College Curriculum presents a hands-on approach to learning essential independence and life skills for students and new graduates with Autism Spectrum Disorder (ASD). The fourth book helps young adults to develop strategies for successfully managing workplace challenges, both before they enter the workplace and during employment. Students or recent graduates are shown how to identify and develop strategies to overcome common challenges associated with ASD in the workplace. These include communication and social interactions with colleagues, working in a team, proactively and successfully managing workload, dealing with stress, and managing their emotions. Ideal for graduates to use independently or for students in their last year of college, each chapter has a lesson-based progressive structure, providing valuable information and advice for the student, useful diagrams, practical exercises and workbook components that can be filled in at home or in class. Self-assessment tools ensure the skills from each chapter can be reviewed and adjusted as necessary. The book can be used on its own or in conjunction with the other books in the BASICS curriculum for a complete program of self-development.

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