Introduction to University Life: Summer school for students on the autism spectrum. Supporting the transition from School to University for students with Autism Spectrum Disorder (ASD). Provision timetable (may be subject to change):

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<tr>
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<th>Day 1:</th>
<th>Day 2:</th>
<th>Day 3:</th>
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<tbody>
<tr>
<td><strong>9.00: Breakfast</strong></td>
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<tr>
<td><strong>10.00-11.00: Morning session 1</strong></td>
<td></td>
<td>F: Managing Stress and Anxiety</td>
<td>K: Social and friendship skills</td>
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<td><strong>11.00-11.15: Break</strong></td>
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<td><strong>11.15-12.00: Morning Session 2</strong></td>
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<td>F: Workshop (Talking about your Diagnosis)</td>
<td>K: Workshop (Social anxiety and interaction skills practice and research)</td>
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<td><strong>12.00-12.45: Lunch</strong></td>
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<td><strong>12.45-1.30: Free time/ research window</strong></td>
<td>A: Welcome, campus tour including going to bedroom in student halls of residence</td>
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<td><strong>1.30-2.30: Afternoon Session 1</strong></td>
<td>B: Speakers with ASD: An insider’s view</td>
<td>G: Social and cultural aspects of student life</td>
<td>L: Playing to the academic strengths associated with ASD</td>
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<td><strong>2.30-2.45: Break</strong></td>
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<td><strong>2.45-3.45: Afternoon Session 2</strong></td>
<td>C: Using ICT for peer support</td>
<td>H: Clubs and societies at University</td>
<td>M: Humour workshop</td>
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<td><strong>3.45-4.00: Break</strong></td>
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<td><strong>4.00-5.00: Afternoon Session 3</strong></td>
<td>D: Accessing student services at University</td>
<td>I: Go to Sports Training Village</td>
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<td><strong>5.00-6.00: Free time/ research window</strong></td>
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<td><strong>6.00-7.30: Evening meal</strong></td>
<td>√ E: Have a meal and non-alcoholic drink in the student bar.</td>
<td>√ J: Order a take away in Halls of Residence.</td>
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<tr>
<td><strong>7.30-9.00: Evening session (may end 9.30)</strong></td>
<td>√ Open top bus tour of Bath hosted by the Ambassadors.</td>
<td>√ Bath-based quiz hosted by the Ambassadors.</td>
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**Looking after Yourself:**

**Academic practicalities:**

**Campus Life:**

√ = food and drink provided
Session overviews:

A: Welcome, campus tour including going to bedroom in student halls or residence

Aim: An introduction to the University of Bath

What to expect: An outline of the Autism Summer School, then a trip to the Halls of Residence to get you into your bedroom. Then a tour of the campus.

B: Speakers with ASD: An insider's view

Aim: To provide the context of why the sessions at the summer school.

What to expect: A small number of speakers (who have a diagnosis of ASD) discussing their experiences of life at university.

C: Using ICT for peer support

Aim: To use IT in a computer lab.

What to expect: In a computer lab, we will explore how IT can support students at University. Setting up a Facebook group would be an obvious start. We can explore virtual worlds, such as Second Life. It is important to set up mechanisms by with summer school students can stay in touch with each other and with us.

D: Accessing student services at University/ Student Union

Aim: To provide information from Student Services

What to expect: Speakers will outline what types of support can be accessed and how to go about obtaining support.

E: Have a meal in the student bar and a non-alcoholic drink
Aim: To experience typical University catering.

What to expect: We will go to the University bar as a group and choose what to eat (no cost to students). We will also choose a non-alcoholic drink. Students will experience buying their own food and drink in a University bar environment.

F: Managing stress and anxiety (and workshop)

Aim: Life at university is generally a rewarding and fun experience. However there can also be times of increased stress. Learning to manage stress effectively is an essential life skill and will be explored in this session.

What to expect: Triggers for stress can vary from person to person and change over time as we take on new challenges. These sessions aim to look at the nature of stress and anxiety, how it affects each of us as individuals and how we can learn to cope with it so it does not affect our lives in a negative way. We will be looking at prevention as well as intervention strategies.

G: Social and cultural aspects of student life

Aim: To make students aware of issues related to social life at University and potential ways to help people with ASD deal with these situations.

What to expect: Information will be given about social life and social situations that occur while attending University, and what types of problems these may present for those with ASD. To complete a University degree means having to interact with others and having friends on the course can help facilitate learning and enjoyment of University life, and often the social aspects can be the most rewarding aspects of University life. However many people with ASD have difficulties with these aspects of University life and may even dropout because of the social difficulties. Some of the social situations that occur at University will be highlighted and the potential problems for people with ASD. Some strategies to help people deal with these situations and how they may actually benefit from them to enhance their studies and quality of life during University will be discussed.

H: Clubs and Societies at University

Aim: To gain knowledge about the types of clubs and societies you can join when you attend University.

What to expect: Talks about clubs and societies and how to sign up during ‘Freshers week’.

I: Go to Sports Training Village (STV)
Aim: To gain knowledge about the range of activities that are available on campus, the potential health benefits, how to enrol, and to have a ‘taster’ of some of the activities.

What to expect: Information about facilities will be provided by an instructor in the sports training village. The opportunity to try several of the activities will be offered. General health benefits will be considered.

J: Ordering a takeaway

Aim: As a group to be able to negotiate shared requests and to order accordingly.

What to expect: In groups, we will order and eat an evening meal. There is also a supermarket on campus. Ambassadors will be on hand to help out. The challenge is ‘five for a fiver’: Can you make a meal for £5 that contains five fruit and veg portions, as well as the other food groups (protein, carbohydrates)? Planning the meal and sharing costs on some items could be key strategies.

K: Social and friendship skills (and workshop)

Aim: Although anxiety can affect us across a range of situations, anxiety in social situations is something that is often reported by young people and adults with Autism Spectrum Disorders and will be explored in this session.

What to expect: People describe feeling worried and anxious about how they are performing in social situations. This can impact on how much someone enjoys social situations and sometimes lead to a person avoiding social interactions. During this session we will look at how anxiety interacts can happen in social situations and explore strategies to help overcome social worries and concerns.

L: Playing to the academic strengths associated with ASD

Aim: To inform students about the various interactions with academics necessary as part of University activities

What to expect: Information will be discussed about the various situations involving interaction with academics as a necessary part of University life. It will be discussed about what the reasons are for various academic interactions and what academics will be expecting of students and why. Different potential difficulties faced by those with ASD will be highlighted and some advice and thoughts about how best to effectively deal with these situations to facilitate success at University for those with ASD.
M: Humour workshop

Aim: To appreciate different types of humour and when and how to use them appropriately.

What to expect: Humour is used on many occasions in everyday life. We will watch clips of different types of humour to identify different styles of humour – what do you find funny, what don’t you find funny? After this we will work on developing some funny material together, perhaps a sketch show! The humour workshops will be a way of us all getting to know each other whilst we do a fun group activity.

These are the plans. We will let you know of any changes at the beginning of the Autism Summer School.