

## Introduction to University Life: Timetable for the Summer school for students on the autism spectrum

Key: Looking after Yourself	Key: Academic practicalities	Key: Campus Life	Key: General Session
		Quiet rooms 10 West 2.01 and 2.02	√ = food and drink provided.
	Day 1 (29/08/2018)	Day 2 (30/08/2018)	Day 3 (31/08/2018)
<b>9.00: Breakfast</b>	<i>**The summer school starts at 12.00, if you arrive early you are invited to take part in research**</i>	√ The Limetree	√ The Limetree
<b>10.00-11.00: Session</b>		<b>F: Workshop: Managing Stress and Anxiety. 10West 2.45/6/7</b>	<b>L: Workshop: Talking about your Diagnosis. 10West 2.45/6/7</b>
<b>11.00-11.15: Break/ time to move between rooms</b>			
<b>11.15-12.00: Session</b>		<b>G: Clubs and societies at University. (SU) 10West 2.47</b>	<b>M: Workshop: Social Relationships. 10West 2.45/6/7</b>
<b>12.00-12.45: Lunch</b> <b>12.45 Parents leave</b>	√ Arrival, welcome and light buffet lunch for everyone 10West 2.47	√	√
<b>12.45-2.00:</b>	<b>A: Campus tour and check into accommodation</b>	<b>H: Lecture: Social and cultural aspects of student life. 10West computer lab</b>	<b>N: Lecture: Playing to the academic strengths associated with ASD. 10West computer lab.</b>
<b>2.00-2.15: Break/ time to move between rooms</b>			
<b>2:15-2.45: Session</b>	<b>B: Lecture: Sample lecture 10West 2.47</b>	<b>J: Lecture: Employment after University: Talk from JP Morgan 10West 2.47</b>	<b>O: Summer School Review 10West 2.47</b>
<b>2.45-3.00: Break/ time to move between rooms</b>		Go to Founders Hall and change into kit and trainers	<b>2.45 Parents to arrive at 10West 2.47.</b>
<b>3.00-4.00: Session</b>	<b>C: Lecture: Speakers with ASD: An insider's view. Student support at University and beyond. 10West 2.47</b>	<b>I: Sports and activities Sports Training Village</b>	<b>3.00 Students to return home.</b>

<b>4.00-4.15 Break/ time to move between rooms</b>		<b>I:</b>	
<b>4.15-5.00: Session</b>	<b>D: Selfie-help: Taking professional photos with your phone.</b>	<b>I:</b>	
<b>Evening meal:</b>	√ <b>E: Wessex House restaurant 5.30pm</b>	√ <b>K: Eat Pizza in the Lime Tree 5pm</b>	
<b>Evening session:</b>	<b>Discussion and games 6.30pm</b>	<b>Visit Roman Baths. (6pm - bus to and from city centre)</b>	

## Session overviews:

### Day 1

**A:** Welcome, campus tour, checking into accommodation.

Aim: An introduction to the University of Bath, a tour of the campus by the student ambassadors, and getting keys to your rooms

What to expect: Welcome and an outline of the Autism Summer School. There will be a tour of the campus and check-in to your bedroom.

Please note, the accommodation office will advise what times we can check-in to the rooms

**B:** Sample Lecture

Aim: To experience a typical university lecture

What to expect: The Bath Autism Summer School is for all students, whatever discipline they want to study – so we do not have specific lectures on Maths, or Physics, or English, for example. However we will have an engaging lecture which will be typical of university lectures.

**C:** Speakers with ASD: An insider's view

Aim: To provide the context of why we have the sessions that we do 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. Student Services will describe the kind of support that is available at the University and beyond and how to go about obtaining support.

**D:** An interactive session on how phones can be used to take better photos. We will have a photo competition!

**E:** Have a meal in the Wessex Restaurant

Aim: To experience typical University catering.

What to expect: We will go to the University restaurant as a group and choose what to eat (no cost to students).

Students will experience typical food and drink in a University environment.

After that, we will go to the University's Arts complex, called 'The Edge' for a fun session on how best to sue mobile phones for taking photos.

## **Day 2:**

**F:** Managing stress and anxiety

Aim: Life at university is generally a rewarding and fun experience but can also be a time of increased stress. You will be working in small groups for this session. You will be asked to complete a brief survey before this session so we can allocate you to the correct group.

What to expect: 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:** 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'.

**H:** 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.

**I:** Go to Founders Hall sports centre on the parade (kit and trainers needed)

Aim: To experience some of the activities that are available on campus and about potential health benefits. During this session **I:** there will also be an introduction to mindfulness as a helpful tool to reduce stress and promote wellbeing.

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

**J:** Employment after university

Aim: A talk from a senior manager at JP Morgan who is on the spectrum, about what kinds of things to do during your time at University that may be advantageous when looking for jobs after university.

What to expect: A lecture from someone from industry, beyond university.

**K:** Have a meal in the Lime Tree Restaurant

Aim: Order food from this campus restaurant that has a range of things to eat.

The university photographer will be there to take photographs, you do not have to be in any photographs if you do not want to.

After that we will take the bus to the city centre and make a visit to the Roman Baths (bus tickets and entry to Roman Baths are provided)

### Day 3:

#### L: Autism identity and talking about your diagnosis

Aim: To discuss the main psychological theories that are relevant to identity and what this might mean for someone with an Autism diagnosis. The decision to disclose or explain your diagnosis can be complicated and this session will also cover this issue.

#### M: Social relationships and situations

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 can impact on people in social situations and explore strategies to help overcome social worries and concerns.

#### N: 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.

#### O: Summer School Review

Aim: To identify what students thought of the summer school. You will be asked to complete an evaluation questionnaire, do please give us your views about the programme and also any suggestions you have to improve it.

These are the plans. We will let you know of any changes at the beginning of the Autism Summer School. We hope you enjoy your time at the summer school.