

AuSM On the Town (ages 14-26)

How will I benefit from this class?

AuSM On the Town gives participants a chance to attend a variety of activities with staff support. There is also opportunity to interact with peers and improve social skills with staff guidance.

What learning format(s) will be used in this class?

- Lecture
- Group Discussion
- Role Playing
- Hands-On Involvement/Doing Something/Touching Something
- Other _____

Since this class meets in a new location each week, the structure will depend on the activity. However, typically there won't be a lot of lecture or even instruction. You will spend the majority of the time engaging in the activity of the location. For example, if we go to the zoo we'll spend more than half the time walking around and looking at animals; if it is at Skyzone, we will jump the majority of the time.

Where will this class take place?

- Inside
- Outside
- Inside and Outside
- Other _____

Once again, this depends on the location. The AuSM staff will let you know prior to class if you can expect to be outside that week.

How will I be positioned during the class?

- Sitting
- Sitting and Standing
- Sitting, Standing, and Moving
- Walking/Moving
- Riding in a vehicle or public transportation such as a tram
- Other _____



autism society of minnesota

Most locations will involve at least some moving around and some will involve a lot of walking and other movement.

Class Environment:

Noise

- Quiet
- Conversation Level
- Louder than Conversation
- Loud, Unexpected Loud Noises
- Other _____

The noise level will depend on the place. We have gone to libraries where it is very quiet; however, we have also gone to malls where it is quite loud.

Lighting

- Typical Classroom Lighting
- Low Lights/Darkened Room
- Outdoor, Natural Lighting

Depends on the location.

Olfactory

- Food
- Animals
- Other _____

We will sometimes go to the zoo or parks. Most locations we go to have food available and we typically plan to stop there as part of the class for those who want snacks.

If I need to take a break during the class, where can I go?

Most locations we choose have an easily accessible break place. Your instructor can show you or help find a break place at the beginning of class or when you need a break.

Can I bring fidgets and/or electronics to this class?

- You can bring a fidget.



2380 Wycliff St. #102 • St. Paul, MN 55114

Phone: 651.647.1083 • Fax: 651.642.1230 • Website: www.ausm.org • E-mail: info@ausm.org



autism society of minnesota

- Cell phones are allowed and can be used.
- Texting is discouraged and distracting.
- No texting.
- Electronics such as iPads are allowed for communication purposes.
- Electronics such as iPads are not allowed.
- Use of any electronics is not allowed

Our instructors will have a few fidget options but you are free to bring your own. Just note that we will be out in public so keep track of what you bring so it doesn't get lost. Cellphones and electronics can be used, but we want to make sure they used to help us have a successful trip and not to hinder or distract from the activity or socializing with peers.

Is photography allowed?

- Yes
- No

Most locations allow photography. Be sure if you are taking photos you have the permission of the people in the photos.

Where do I go when I get to the class location?

Prior to class, the AuSM instructor will give directions for drop-off and pick-up. Typically, it will be at the main entrance of the location.

Will someone from AuSM be there when I arrive?

Yes. All participants must sign-in and sign-out each class. This should be done by your parent/caregiver/guardian if you have one.

What do I do if I arrive late?

If you let the instructor know you're running late, they can wait for you or tell you where to meet. If you arrive at the location and the group has already moved away from the entrance, you should call the instructor.

What do I do if I can't come to class one day?

Please let the AuSM staff member know as soon as possible.

childhood  adolescence  transition  adulthood

2380 Wycliff St. #102 • St. Paul, MN 55114

Phone: 651.647.1083 • Fax: 651.642.1230 • Website: www.ausm.org • E-mail: info@ausm.org

If someone gives me a ride to the class, where do they go while I am in class?

Many places have areas where a person could wait. Let our instructors know if you have concerns about this and we can help with suggestions.

Where should I park?

Depends on the locations.

Is there public transportation nearby? If so which kind?

Metro Bus

Light Rail

Public transportation is not near the class site.

This will depend on which location. During the summer all of our locations are easily accessible from the light rail.

Rules for the class location:

Stay with the group.

Have fun.