

Simple Strategies that Work (For more able students with Autism & Asperger Syndrome)

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Smith Myles, B., Adreon, D., & Gitlitz, D. (2006). Simple Strategies That Work, helpful hints for all educators of students with Asperger Syndrome, high-functioning autism, and related disorders. Autism Asperger Publishing Co. Kansas: Shawnee Mission. With permission.

These strategies are a good general guideline when providing support for students but they are also important to remember at home and in other settings.

1. Operate on Asperger time

- a. Twice as much time, half as much done
- b. Modify requirements – focus on essentials
- c. Reduce or eliminate handwriting
- d. Avoid rushing

2. Manage the environment

- e. Prepare for change
- f. Incorporate the student's preferences
- g. Build in relaxation
- h. Provide choices

3. Create a balanced agenda that conserves energy

- a. Monitor demands
- b. Engage the student in a familiar or calming activity early in the school day to prepare him or her for work
- c. Incorporate special interests into assignments
- d. Alternate difficult and less difficult tasks as well as interchange non-preferred and preferred activities

- e. Provide “down time” in the schedule
- f. Use calming and alerting activities

4. Share the agenda

- a. Use visual supports to provide information and encourage independence

5. Simplify language

- a. Watch for literalness
- b. Teach the “hidden curriculum” (unwritten social rules)

6. Set a calm, positive tone

- a. Model acceptance

7. Live out loud

- a. Verbalize your actions

8. Be generous with praise

- a. Foster attribution and understanding (for the student)

9. Listen to the words

- a. Seek and offer clarification

10. Provide reassurance

- a. Reduce uncertainty