

## **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