



Independence, Social, and Study Strategies for Young Adults with Autism Spectrum Disorder: The BASICS College Curriculum

Amy Rutherford, Michelle Rigler, Emily Quinn

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The BASICS College Curriculum presents a hands-on approach to learning essential life and study skills for college students with Autism Spectrum Disorder (ASD). This book focuses on the transition to college, developing key academic skills, navigating campus social life, and living away from home for the first time.

Ideal as a textbook for ASD college programs run by disability support services and suitable for students to use for self-study, it teaches independence skills, self-advocacy, organization, stress management, and social skills. Each lesson provides valuable information and advice for the student, useful diagrams, practical exercises and workbook components that can be filled in at home or in class, and self-assessment tools.

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