

Welcome!

Congratulations on your admission to CSULB! We are proud to offer this comprehensive program for students with autism spectrum disorders on the CSULB campus.

Please read over this brochure to ensure that the LIFE Project is a good fit for you. We are here to help you be successful in your academic, personal and professional careers. This brochure provides quick and easy information about the LIFE Project.

Disabled Student Services
LIFE Project Team



Interested in LIFE Project?

Come see what we do at the meetings, Fridays, 12pm – 2pm, in the CSULB University Student Union!

Additional Resources:

www.csulb.edu/dss

www.csulb.edu/autism

Check out our  page!

www.facebook.com/csulblifeproject



To learn more about our program, contact

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California State University
Long Beach



Learning
Independence
for
Empowerment

*Taking our students to the next step
towards success*

What is LIFE Project?

The LIFE Project stands for **Learning Independence for Empowerment** and is for students with autism spectrum disorder (ASD), Asperger's Syndrome, social anxiety, or other social-cognitive deficits. Within the weekly LIFE Project meetings, students learn social skills by being a part of workshops, teambuilding exercises, presentations, and interactive games. Students also get to eat lunch and socialize with their peers. The Autism Specialist from Disabled Student Services at CSULB manages the program along with trained interns.



"It has provided many students with some of the most essential tools necessary to interact and interrelate to their peers, family and co-workers."

CSULB DSS Director David Sanfilippo

The program assists in promoting independence and autonomy through social interactions, peer coaching, scripting, as well as role-play.

Here are a few of the topics we cover in LIFE Project meetings...

- Having conversations and listening to others
- Maintaining a healthy lifestyle (in the REC Center)
- Learning how to change your behavior based on other's reactions towards you

- Deciding who to choose as a friend, how to maintain friendships, and how to handle disagreements
- Handling frustration, anger and anxiety
- Grooming and hygiene
- Time management
- Compromising and flexibility...

...many more to come! Our workshops and presentations are designed to help our students be successful in both their academic and personal lives.

