





Supporting Social and Personal Competencies for Students on the Autism Spectrum

Treatment and Research Institute for Autism Spectrum Disorders
Vanderbilt Kennedy Center

TN Department of Education
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	<p>ACADEMICS</p> <p>ALL TENNESSEE STUDENTS WILL HAVE ACCESS TO A HIGH-QUALITY EDUCATION, NO MATTER WHERE THEY LIVE</p>
<p>STUDENT READINESS</p> <p>TENNESSEE PUBLIC SCHOOLS WILL BE EQUIPPED TO SERVE THE ACADEMIC AND NON-ACADEMIC NEEDS OF ALL STUDENTS IN THEIR CAREER PATHWAYS</p>	<p>EDUCATORS</p> <p>TENNESSEE WILL SET A NEW PATH FOR THE EDUCATION PROFESSION AND BE THE TOP STATE TO BECOME AND REMAIN A TEACHER AND LEADER FOR ALL</p>

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Vision

We empower students with autism and other disabilities by honoring their identities across all endeavors. We accomplish this through strengthening direct service and education for all people with disabilities, and by bolstering the support and advocacy of their caregivers, communities, and the professionals who serve them.



TN-TAN TENNESSEE TECHNICAL ASSISTANCE NETWORK
VANDERBILT KENNEDY CENTER
Treatment and Research Institute for Autism Spectrum Disorders



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Background

- Beginning our 23rd consecutive year of partnership w/ TN DOE
- Teachers, Psychologists, SLP's, BCBA's

- VUMC: VKC, Pediatrics/DDM
- Diagnostic Center
- CDC Autism Surveillance
- Early Intervention
- Families First
- Inclusion Network
- Research





<https://kvc.vumc.org/kvc/triad/identity-language/>

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Objectives

- Define TN's Social and Personal Competencies (SPCs)
- Explain how the SPCs are impacted by the developmental differences in ASD
- Learn practical ways to support the SPCs and student resilience in the classroom
- Access additional TRIAD resources to support SPCs for students on the autism spectrum

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What Are Social and Personal Competencies and Why Are They Important?



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The TN Social and Personal Competencies are....

WHAT:

- A set of **skills**
- Grounded in **research**


WHY:

- **Necessary** for students and adults to manage emotions, establish and achieve positive goals, develop and maintain positive relationships, and make responsible decisions
- **Essential** for career readiness by equipping students with skills to pursue their career goals with confidence

WHO:

- **EVERYONE!**

Buffers to the effects of trauma and crucial for helping students to cope with traumatic events

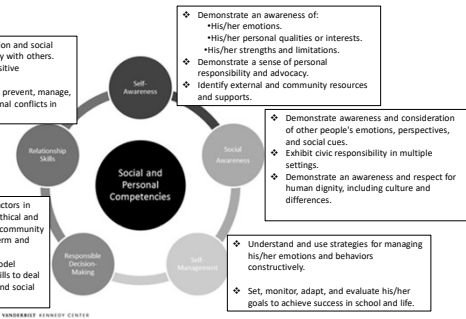


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Social & Personal Competencies (SPCs) Defined



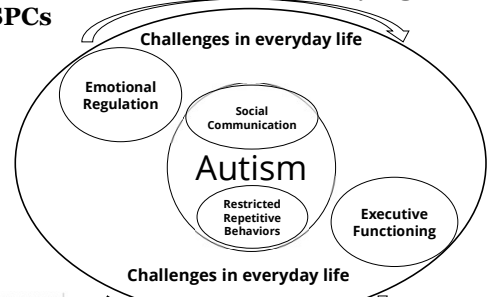
- Self-Regulation:**
 - ◆ Use positive communication and social skills to interact effectively with others.
 - ◆ Develop and maintain positive relationships.
 - ◆ Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.
- Social Awareness:**
 - ◆ Demonstrate an awareness of:
 - His/her emotions.
 - His/her personal qualities or interests.
 - His/her strengths and limitations.
 - ◆ Demonstrate a sense of personal responsibility and advocacy.
 - ◆ Identify external and community resources and supports.
- Self-Management:**
 - ◆ Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues.
 - ◆ Exhibit civic responsibility in multiple settings.
 - ◆ Demonstrate an awareness and respect for human dignity, including culture and differences.
- Responsible Decision-Making:**
 - ◆ Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.
 - ◆ Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.
- Relationship Skills:**
 - ◆ Understand and use strategies for managing his/her emotions and behaviors constructively.
 - ◆ Set, monitor, adapt, and evaluate his/her goals to achieve success in school and life.

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Autism and the Skills Underlying all SPCs



Challenges in everyday life

Emotional Regulation

Social Communication

Autism

Restricted Repetitive Behaviors

Executive Functioning

Challenges in everyday life

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Underlying Skills & Strategies to Support the SPCs for Students with ASD
Emotional Processing Skills

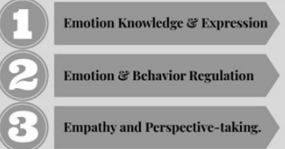


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Emotional Processing Skills

- **Emotional Knowledge:** Ability to recognize, understand, and label emotions in self and others and express one's emotions in appropriate ways.
- **Self-Regulation (emotional & behavioral):** Ability to use strategies to manage emotions and behaviors in socially appropriate ways.
- **Empathy & Perspective Taking:** Ability to understand and respond to another person's emotions.




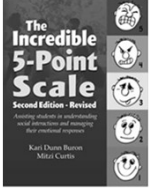
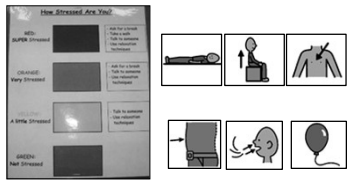
11

Emotional Processing Skills & ASD

<p>Social-Communication</p> <ul style="list-style-type: none"> • Social environments/activities may be confusing/anxiety-provoking • Challenges with expressive and receptive communication 	<p>Restricted Interests/Repetitive Behaviors</p> <ul style="list-style-type: none"> • Atypical sensory responses • Need for sameness • Intense interests 	<p>Personal Influences</p> <ul style="list-style-type: none"> • Cognitive abilities • Physical/medical needs • Co-occurring mental health concerns • Trauma and ACEs 	<p>Early Childhood</p>
			<p>School Age</p>
			<p>Transition</p>

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Strategies to Support Emotional Skills in ASD

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Underlying Skills & Strategies to Support the SPCs for Students with ASD

Social/Interpersonal Skills




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Social/Interpersonal Skills

- **Understanding Social Cues:** The ability to use and understand verbal and nonverbal cues to respond and interact effectively in social situations.
- **Social Problem Solving:** The ability to develop and act upon a plan to solve a social problem or situation.
- **Prosocial Skills:** Broad skills used to develop and navigate social relationships (e.g., conversation skills, turn-taking skills, etc.).



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Social/Interpersonal Skills & ASD

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Strategies to Support Social/Interpersonal Skills in ASD

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Underlying Skills & Strategies to Support the SPCs for Students with ASD

Executive Functioning Skills

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Social/Interpersonal Skills

- **Working Memory:** Ability to hold information in memory while performing complex tasks.
- **Organization:** Ability to create a roadmap to reach a goal or to complete a task.
- **Inhibition:** Ability to think before acting and control urges or impulses related to distractions or desires.
- **Flexibility:** Ability to shift from one task, idea, activity, or topic to another, as needed.



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Executive Functioning Skills & ASD

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Strategies to Support Executive Functioning Skills in ASD



Backwards Planning

Flexibility



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TRIAD SPC Resources

VANDERBILT KENNEDY CENTER
Treatment and Research Institute for Autism Spectrum Disorders

Home About Resources Our Team Research Resources Training News/Events FAQ Search

Families Educators and Service Providers Community Organizations Self-Advocates

Social and Mental Health Resources for Autism

Download our guide to resources provided by the Kennedy Center. Resources include the services, programs, and tools to assist in social and mental health. Resources include the services, programs, and tools to assist in social and mental health. Resources include the services, programs, and tools to assist in social and mental health.

If you need materials in an accessible format, please contact us at (615) 325-3333.

Sign up for free newsletters and learn about TRID services, free training, latest research findings and professional development opportunities for educators, service providers, and caregivers. Sign up now.

Strategies to Support Resilience: The 3 Cs

The following resources provide information and easy-to-implement strategies for promoting student resilience in the daily struggle with life's demands. Click the arrow to access a visual infographic video and download the infographic and resources for continued learning.

Quick Tip Video

Infographic

<https://vkc.vumc.org/vkc/triad/asd-mental-health-resources/>

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Additional TRIAD Resources

VANDERBILT KENNEDY CENTER
Treatment and Research Institute for Autism Spectrum Disorders

Home About Resources Our Team Research Resources Training News/Events FAQ Search

Families Educators and Service Providers Community Organizations Self-Advocates

Welcome to Vanderbilt Kennedy Center TRIAD Online Learning

Click here for Early Intervention Services

Click here for Early Childhood Services (Pre-K)

Click here for Kindergarten Services (K-2)

Click here for Computer

Click here for Other Languages

Click here for Telehealth Resources

www.vkclearning.org

My Courses -> TRIAD Training -> School Age -> Executive Functioning Skills

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TRIAD Service Spotlight: Foundations Strategy Coaching

- FREE
- Delivered remotely
- Professional development in about 30 minutes per week
- Schedule meetings with coach on YOUR time
- High level of teacher control and input about topics
- Online learning can be completed on YOUR TIMELINE
- Flexible timeline and duration

Key Components

- Online coaching
- Viewing online modules about EBPs independently
- Video Self-Reflection

Timeline

- Minimum of 8 weeks
- Maximum of remainder of the school year

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Thank you!

- Email for more information about resources related to Social and Personal Competencies, Mental Health, Executive Functioning & ASD: Verity.Rodrigues@vumc.org
- Online Learning Portal: www.vkclearning.org
- Printable Infographics about SPCs & Autism: <https://vkc.vumc.org/vkc/triad/asd-mental-health-resources/>
- Find out more about additional professional development opportunities: <https://vkc.vumc.org/vkc/triad/programs/>





TN-TAN

TENNESSEE TECHNICAL
ASSISTANCE NETWORK



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BEST FOR ALL

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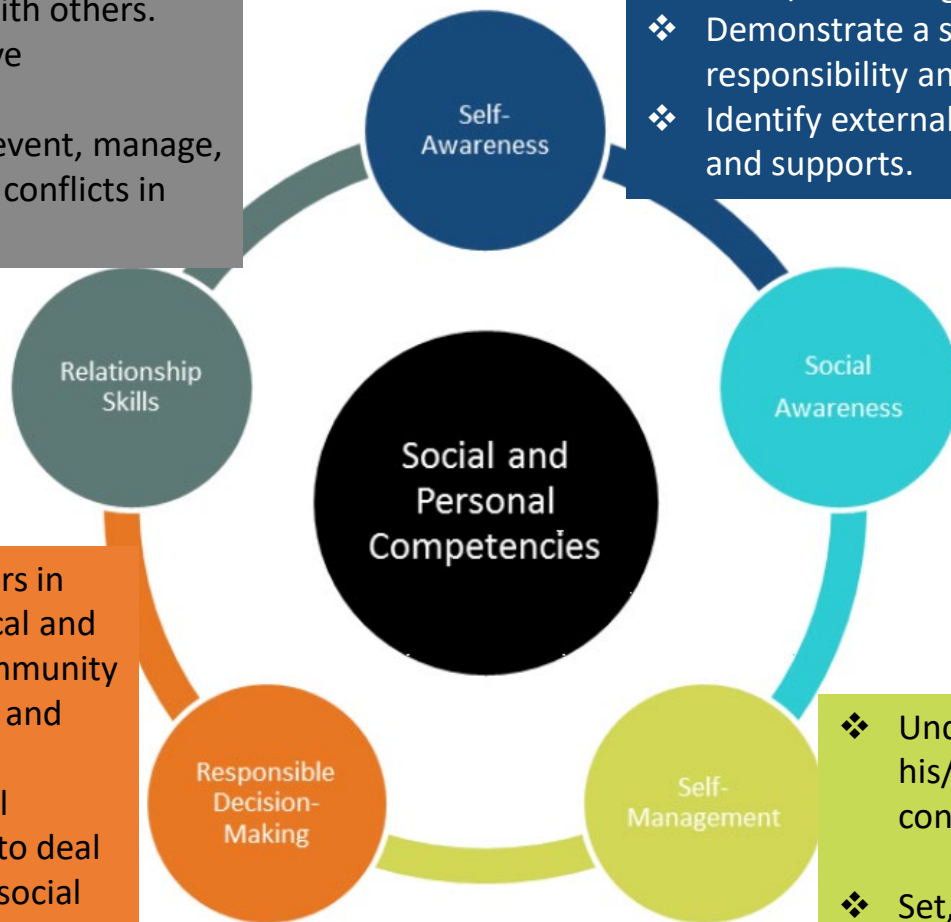
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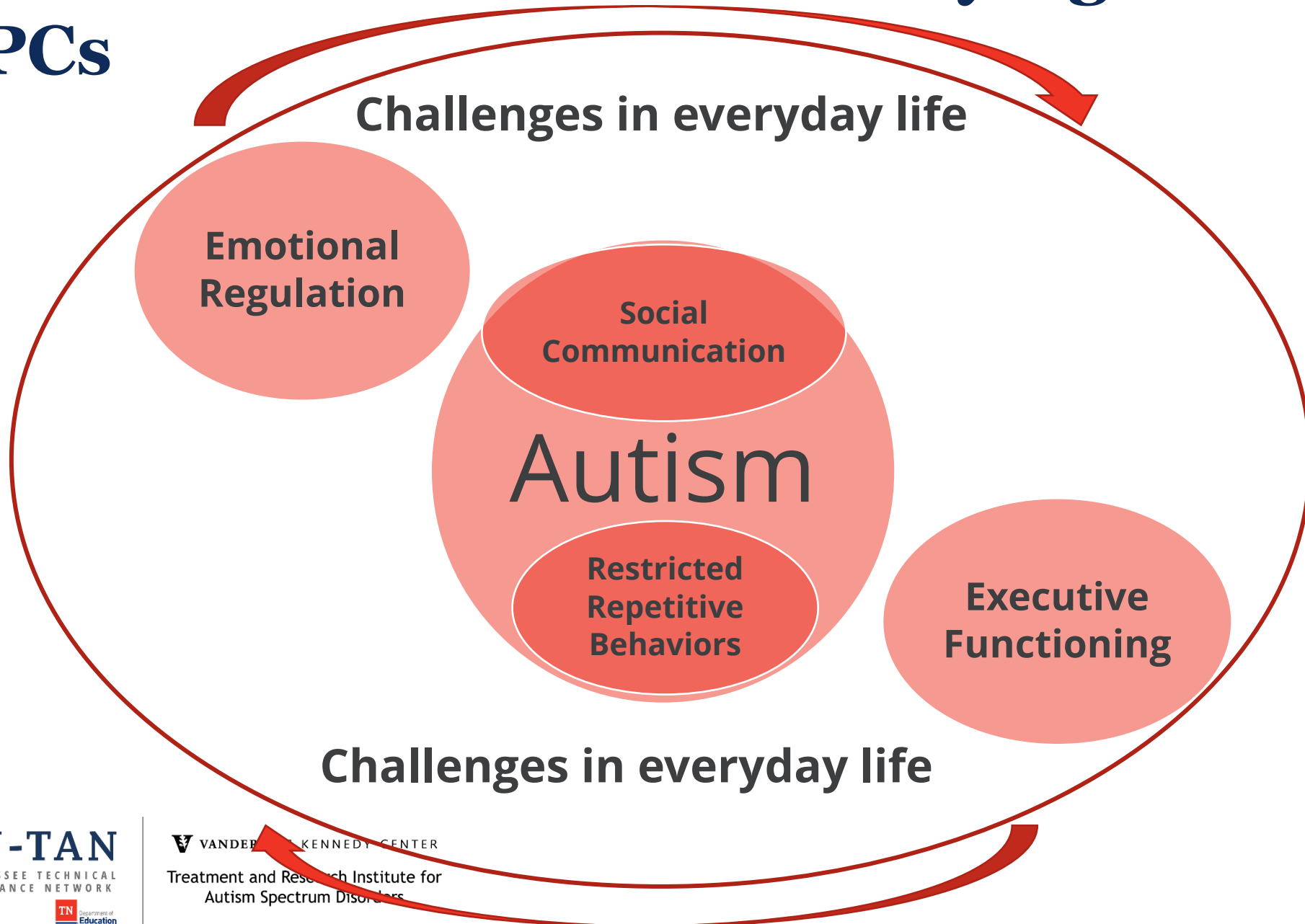
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Autism and the Skills Underlying all SPCs





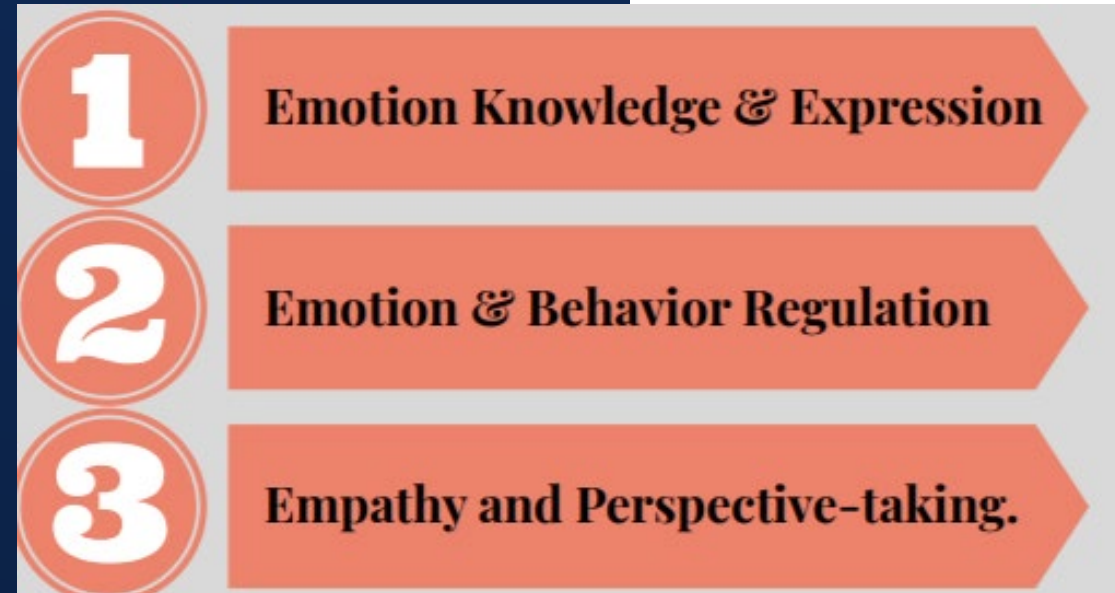
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Underlying Skills & Strategies to Support the SPCs for Students with ASD

Emotional Processing Skills

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Emotional Processing Skills & ASD

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Personal Influences

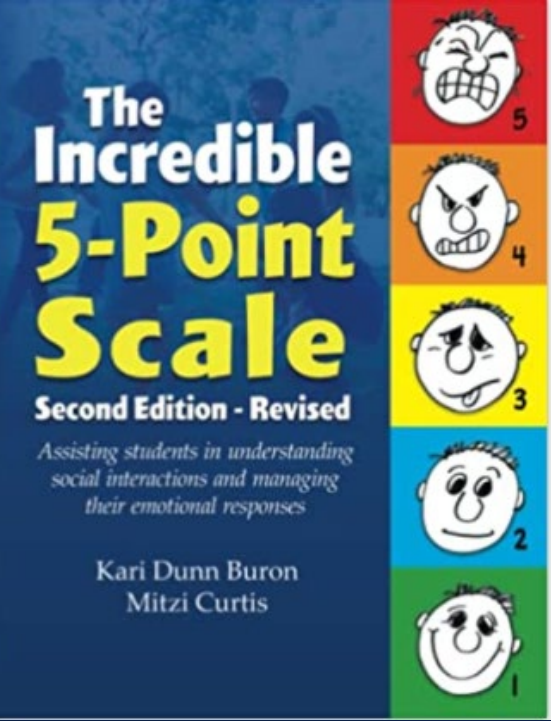
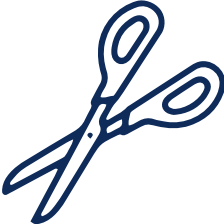
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- Physical/medical needs
- Co-occurring mental health concerns
- Trauma and ACEs

Early
Childhood

School
Age

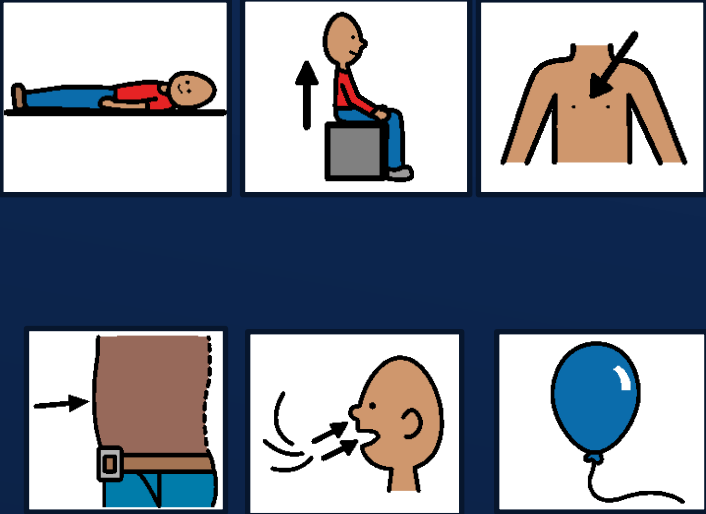
Transition

Strategies to Support Emotional Skills in ASD



How Stressed Are You?

RED: SUPER Stressed		<ul style="list-style-type: none"> - Ask for a break - Take a walk - Talk to someone - Use relaxation techniques
ORANGE: Very Stressed		<ul style="list-style-type: none"> - Ask for a break - Talk to someone - Use relaxation techniques
YELLOW: A little Stressed		<ul style="list-style-type: none"> - Talk to someone - Use relaxation techniques
GREEN: Not Stressed		





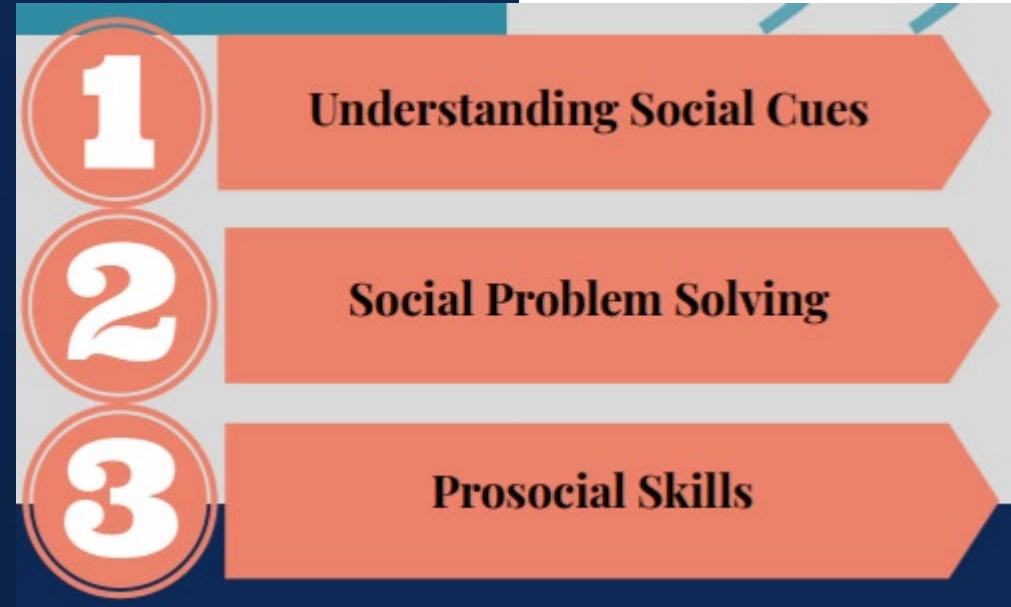
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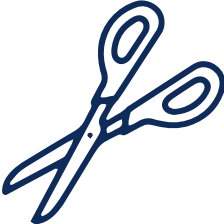
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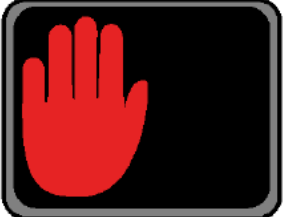
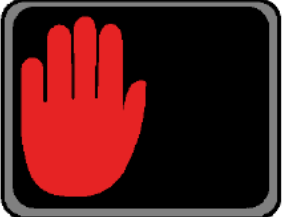

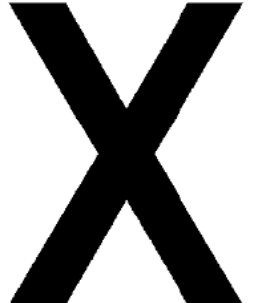

Early
Childhood

School
Age

Transition

Strategies to Support Social/Interpersonal Skills in ASD



<p>my turn</p> 	<p>wait for my turn</p> 	<p>wait for my turn</p> 
<p>pass this way</p> 	<p>wait for my turn</p> 	<p>wait for my turn</p> 
<p>Do you have _____?</p> 		<p>Go Fish</p> 



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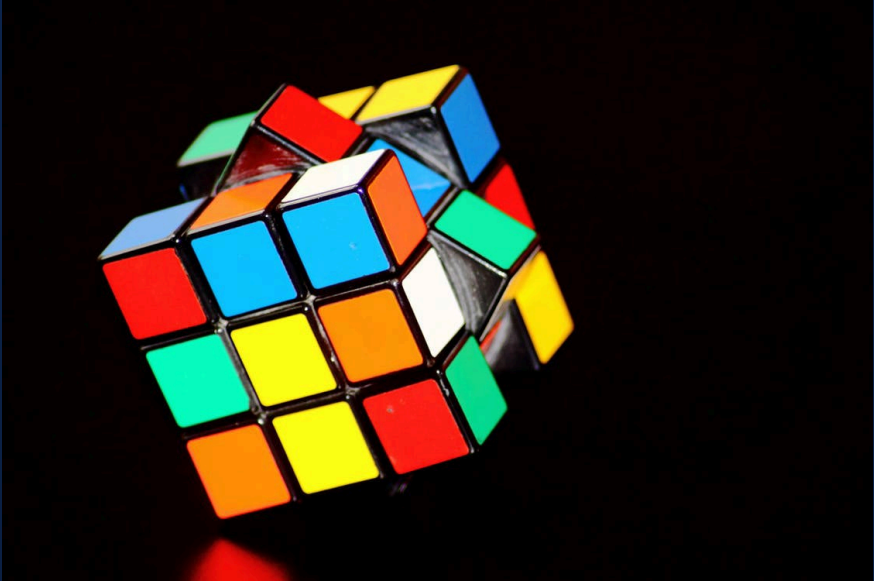
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Strategies to Support Executive Functioning Skills in ASD



Flexibility

Backwards Planning



TRIAD SPC Resources



Home Autism Resource Line Our Team Research Resources Training News/Events VKC Search

- Families
- Educators and Service Providers
- Community Organizations
- Self Advocates

Social and Mental Health Resources for Autism

Download and print resources produced by VKC TRIAD. Resources include free access videos, infographics, and tip sheets designed to expand awareness, skills, attitudes, and practices related to social skills, emotional and behavioral regulation, and mental health for all students, including autistic and neurodivergent students.

If you need materials in an accessible format, please contact kc@vumc.org or call (615) 322-8240.

Sign up for free newsletters and learn about TRIAD services, live trainings, basic online trainings and professional development opportunities for educators, service providers, and caregivers. [Subscribe here](#)

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Quick Tip Video ▾

Infographic ▾



<https://vkc.vumc.org/vkc/triad/asd-mental-health-resources/>



Additional TRIAD Resources



www.vkclearning.org

Welcome to Vanderbilt Kennedy Center
TRIAD Online Learning



Click here for
Early Intervention
Services



Click here for
Early Childhood
Services (Pre-K)



Click here for
School-Age Services
(K-12)



Click here for
Caregivers



Click here for
Archived Webinars



Click here for
Other Languages



Click here for
Telehealth Resources

My Courses →
TRIAD Training → School Age →
Executive Functioning Skills

TRIAD Service Spotlight: Foundations Strategy Coaching



- FREE
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