



# Spectrum Skills Group

*Improve Your Coping Toolkit*

## Who is eligible?

College, graduate, and professional students who are on the autism spectrum, or whose challenges with social communication have led them to suspect that they may have some autism spectrum / Aspergers traits.

## Consider joining the Spectrum Skills group if you would like to...

- | Ease anxiety felt around other people
- | Become more aware of both your own feelings and other people's feelings, without being overwhelmed by them
- | Improve your ability to "read" other people and pick up on social cues
- | Become more skillful at engaging in back-and-forth conversations or in other interactions
- | Participate in peer mentorship and receive support in a collaborative environment
- | Learn how to apply these strategies in situations applicable to your daily life



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He has over 20 years experience in clinical work and research on autism spectrum disorder (ASD).

**| LEARN MORE**

[med.upenn.edu/aas/services.html](http://med.upenn.edu/aas/services.html)