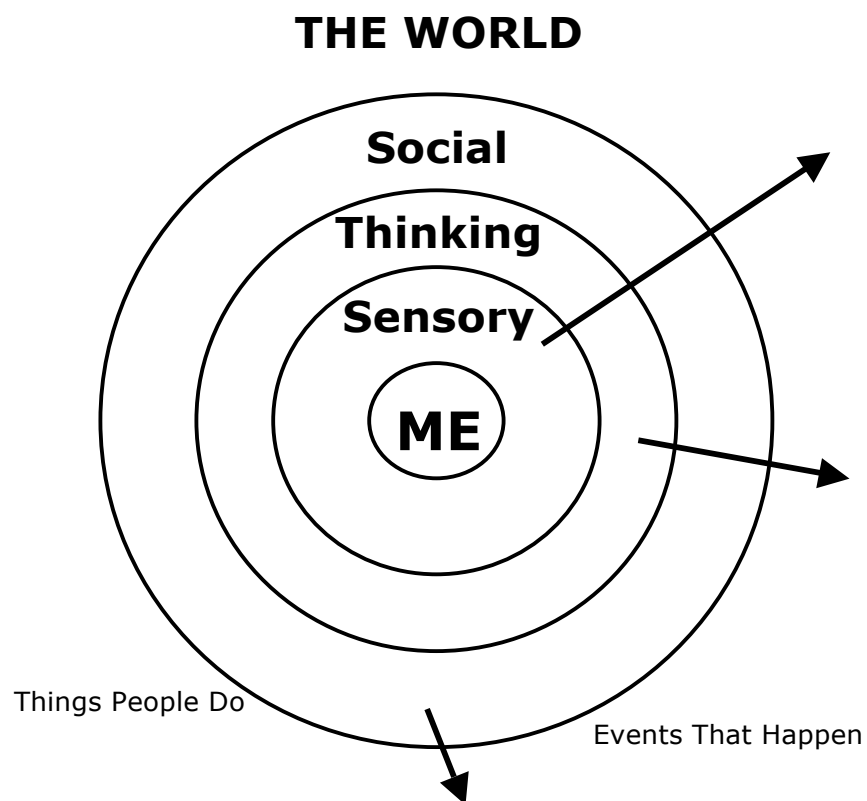


Sensory, Cognitive, and Social Experiences Young Adults with Autism Shared in a Self-determination Class



Sensory Experiences

1. If there is too much stimulation, I shut down.
2. My Sensitivity to smell affects what I like to eat.
3. I can distinguish the separate smells in someone's breath.
4. I love tight spaces, if I am in control of them.
5. I am sensitive to light and to touch.
6. I have 'bionic' senses.
7. Sound sensitivity is the worst. I have pain or fear with some sounds.
8. I am color sensitive, hyper visual.

Cognitive Experiences

1. It's hard when two people tell me to do something at once.
2. I have a strong memory.
3. When too many words are spoken, I get lost, need to write it down!
4. I have to learn by myself, alone.
5. When a lot of information comes in at once it is hard to learn.
6. I am a visual learner.
7. I don't know double meanings, don't understand vague questions.
8. It's hard to make decisions.
9. It's hard to know where to begin.

Social Experiences

1. I have to move when I talk.
2. I can't look at people when I talk. Eye contact is hard.
3. It's hard to understand 'tone of voice'.
4. People [like me] need to know what jobs to avoid [given their own challenges].
5. It's hard to understand sarcasm.
6. I don't enjoy people coming to the house.
7. I am bored with what others are interested in.
8. Social situations can be distracting.
9. It is hard to know who to talk to about what.

10. How do you know when you are being a good communicator?
11. I need time to form what I want to say but this is not always available in a conversation.
12. I get distracted when people roll their eyes.
13. I have been told I interrupt, but I don't know when exactly I do this and how to diminish interrupting.
14. Sometimes when another person says something it sparks a thought of my own [and it is hard not to say it right then]. Another person's talking can activate my brain to talk.
15. It is difficult to hold information in my head long enough while the other person is talking.
16. It is hard to follow a conversation when people talk too fast, engage in what I call "machine gun talk".
17. People don't understand me, they misjudge me.