

# Welcome!

DIVISION OF  
STUDENT  
AFFAIRS

Congratulations on your admission to CSULB! We are ecstatic to have you at our institution and are proud to offer this resourceful program for students with *autism spectrum disorders* on 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, and personal life. We are also committed to assisting you to the best of our abilities in *expanding your professional career opportunities* and look forward to your achievements! This brochure provides quick and easy information about the LIFE Project.

BMAC  
LIFE Project Team



**LONG BEACH**  
STATE UNIVERSITY

## Interested in Life Project?

Check out our meetings:

FRIDAYS 12:00PM -  
2:00PM (Room- TBA)



**For more information:**

[www.csulb.edu/autismservices](http://www.csulb.edu/autismservices)

**Check out our Facebook page:**

[facebook.com/CSULBLIFEProject](https://facebook.com/CSULBLIFEProject)

**Contact Us!**

[lifeproject.csulb@gmail.com](mailto:lifeproject.csulb@gmail.com)

**Questions about the program?**

Contact BMAC

[BMAC@csulb.edu](mailto:BMAC@csulb.edu)

(562) 985-5401



BOB MURPHY ACCESS CENTER  
(BMAC)

PROUDLY SUPPORTS THE  
LEARNING INDEPENDENCE  
FOR EMPOWERMENT  
PROGRAM

*Guiding students to success!*

# What is LIFE Project?

**L- Life**  
**I- Independence**  
**F- For**  
**E- Empowerment**

The LIFE Project stands for Learning Independence for Empowerment and is for CSULB students with Autism Spectrum Disorder (ASD), Asperger's Syndrome, social anxiety, and other social cognitive deficits. Within the weekly LIFE Project meetings, students learn social and career development skills by being a part of resourceful workshops, team-building exercises, presentations, and interactive games. Students also get to eat lunch and socialize with their peers. The Autism Specialist from BMAC at CSULB manages the program along with trained interns.



“The students can greatly benefit from the opportunities given through this program steering them towards a job”  
-CSULB Autism Specialist  
Shauna Hagemann

## OUR APPROACH

The program assists in promoting independence and autonomy through social interactions, peer coaching, scripting, as well as role-play. Our workshops are tailored to gearing students towards a career after college and their individual goals.

Some topics we cover are:

- Communication Skills
- Resume
- Writing
- Job Interview Tips
- Conflict Resolution
- Disability Resources
- Handling frustration, anger, and anxiety
- Maintaining healthy lifestyles  
Time/ Stress management
- Budget Spending
- Social Skills and friendships

...and more! We hope these presentations will help the success of students after college.

