

**The Comprehensive
Autism Planning
System (CAPS) for
Individuals with
Asperger Syndrome,
Autism, and Related
Disabilities**

*Integrating Best Practices
Throughout the Student's Day*

Shawn A. Henry
Brenda Smith Myles

Foreword by Ruth Aspy and Barry Grossman

Priming. Priming refers to the process of preparing the student for an activity that he will be expected to complete in the near future. Priming is strictly a preview of activities and an overview of assignments or schedule changes, instead of a time for teaching the academic content. Specifically, the student may be presented with the actual materials that will be used in class, such as a worksheet or outline for a group project, so that he knows what he will be working on in an upcoming class (Wilde, Koegel, & Koegel, 1992).

Given an opportunity to preview activities before they will occur, the student is often less likely to experience anxiety and stress about what lies ahead. With anxiety and stress at a minimum, the student can focus his efforts on successfully completing assignments and other activities.

Priming should occur close to when the target activity will occur. Priming may take place the day before an activity, the morning of the activity, the class period before, or even at the beginning of the class period during which the activity will be completed. It can occur at home or in school. Anyone can help the student with priming, a teacher, a parent, or peer. Priming should occur in short, concise time periods in an environment that is relaxing for the student with ASD.

Multiple and Common Methodologies

CAPS is methodology-friendly. That is, it has the built-in flexibility to be used with almost any intervention approach. The categories within CAPS are directly related to research on the characteristics of children with ASD and effective interventions. In addition, the