



Individual Student Schedules

Definition:

A visual system that organizes tasks or activities in a specific sequence to promote student independence.

Purpose:

- **Organizes** the sequences of events
- **Increases the** understanding of what comes next
- Simplifies and makes a students day more predictable which reduces anxiety

When to Use it:

- Picture schedule
- Written schedule
- Routine schedule
- Digital schedule
- Calendar
- Object schedule
- Photo schedule
- First-then schedule

Examples:

- [First/Then](#)
- [Daily schedule](#)
- Timers
- Routines (dressing, handwashing, toileting)
- [Social Narrative](#)

Resources:

- <https://theautismhelper.com/10-types-visual-student-schedul>
- <https://www.youtube.com/watch?v=Jr56lhhZ4Os>

