

Table 9

Domain 3: *Students' Experience of Becoming More Resourceful as a Result of Participating in RAP-A-ASD*

Core idea	Common themes	Importance		Illustrative Quotes
		Unweighted	Weighted	
Positive changes noticed in self	Increased resilience	2	7	<p>I've got the... in my pocket ... I actually carry the RAP [wallet card] around ... with my Go Card and Student id ... I try and take it out if I do have it with me and it just reminds me of [what I learned] ... when it's stressful</p> <p>I was bullied when I was younger and I was put down a little bit by my [younger sibling] ... and one of my friends ... would metaphorically stab me in the back ... but the RAP program helped with boosting self-confidence and identifying what can help ... I find laughter and smiling are probably the best things</p> <p>I had a point where I really didn't want to move [house] because I was just starting to make some more friends and I don't like putting myself out there and making new friends, And the RAP program helped me to cope with that. It help[s] me with situations in society that most people have to deal with but I struggle with</p>
	Increased wellbeing	2	4	<p>I'm generally a bit more positive</p> <p>I've just noticed myself being a bit happier</p> <p>It's really good so far</p> <p>I [have been] feeling something positive after [completing RAP]</p>
Applying knowledge and skills acquired in the program	Managing anger and/or conflict	8	14	<p>It helped me ... calm down a bit [I get angry sometimes]</p> <p>[my facilitator] gave me these cards ... to help me calm down ... that I [can] use to ... remember the steps to ... imagine my happy place and that's helped a lot with ... not ... lashing out so much</p> <p>A girl in my maths class [is] bullying me about my autism... and making fun of me. I ... asked the teacher if I could be moved away ... if ... I could ... go for a walk to get a drink and calm down... normally I would have retaliated by saying something... out of order ... something really offensive back</p> <p>[I've learned about] ownership. Owning up to [my] problems and not just ... blaming them on another person ... I had a fight with my [parent] about the tiniest thing ... and then I said to my [parent] 'I'm sorry... I didn't mean to make it ... a big deal. I should've just done this'</p>

Table 9 continued

Core idea	Common themes	Importance		Illustrative Quotes
		Unweighted	Weighted	
	Problem solving	4	9	[I] got better at things....[such as] problem [solving and] not giving up It has given me more ... ways [to deal with problems. I have] more resources ... ways to deal with [my] problems so it doesn't turn into a bigger problem than it already is Solving problems [I've learned that] there's more ways to deal with your problems than just one ... answer
	Managing stress	4	5	The meditation help[s] to relieve stress I had my English oral yesterday ... it was kind of nerve-wracking... [I used strategies to] keep calm – like deep breaths and stuff and ... how to not get nervous by looking above the heads instead of looking straight at everyone In tests I can think better than I was before ... most of the time ... my mind just shut down and I couldn't remember simple things ... because [of] all the pressure. But now my mind works a little bit and I can remember [because I can calm myself down] [going to my happy place] help[s] me to calm down and just realise that ... it's not as bad as what was happening [before]
	Social skills	2	5	Making friends [the RAP program] has helped me make more friends... [before I did] the RAP program I always did these weird things ... there was these really awkward situations where everyone went silent and I, most of the time I didn't know what to do, so I did these really weird things, and that most of the time ended up in the friendship crumbling. And now I know ... what to do in those situations, and not make it really awkward.
	Perseverance	1	4	Before I just gave up quite a lot; it was too easy [to give up] Don't give up on the test ... keep going and do the best you can Not giving up
	Perspective taking	2	3	It helped me realise ... how my parents were seeing things and other people were seeing things [perspective taking] [I have used perspective taking] when I was having a conversation with someone and ... we were ... having an argument

Table 9 continued

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		Unweighted	Weighted	
	General sense of using skills learned	3	3	All my family's got ... some sort of disability ... [the program has] helped me [to] understand [their perspective] [I think] I'm using a lot [of skills] ... maybe I'm using a lot more than I think I am I've used [the program content] multiple times I learned quite a few things
	Cognitive restructuring	2	2	[I] take [my] thoughts to court ... I was in my head ... saying, 'is this really worth getting embarrassed about?' I had this science test and I was really nervous and I was just like 'Mum, I feel sick: I don't think I can go to school' and she was like 'Go to school, do the science test' and I was really nervous about it. I had to think ... 'It's not really that big a deal ... it's just a test ... I have done really well in Science already ... so I got [the test] back and I got a [sic] A minus. I was so happy. The [thought court] cards ... showedme that it's not that big a deal. I thought ... I'll go and ... give it a try ... I do know a lot of stuff
	Communication	1	1	It helped when I talked to my Mum [about my feelings about moving house]

Note: Themes are presented in order of weighted importance, with higher importance scores presented first.