

# Aspect Professional Learning

**A case study to identify the impact of professional learning delivered to North West Professional Development Group (NWPD) and Sydney Catholic Schools (SCS).**

## Background

Aspect was invited to deliver professional learning workshops for two major educational networks in New South Wales, the North West Professional Development Group (NWPD) and Sydney Catholic Schools (SCS).

These sessions were designed for teachers and teachers aides, strengthening their knowledge of autism and provide inclusive strategies for use in both mainstream and supported classrooms.

## Session content

The professional learning sessions were grounded in the neurodiversity paradigm and the social model of disability, emphasising strengths-based, inclusive approaches.

Core content included:

- Understanding autism and co-occurring conditions
- Sensory processing and communication differences
- Behaviour regulation and de-escalation strategies
- Reducing masking and supporting authentic student expression
- Developing neuro-affirming Individual Learning Plans (ILPs)

## Attendees

- NWPD workshops: Over 350 participants from six independent schools, including classroom teachers, specialists, and school leaders.
- SCS workshops: 70 Learning Support Officers, with a focus on practical classroom strategies for autistic students in mainstream settings.



*"Thank you, I feel more confident and have a better understanding of how to teaching students with autism." – TEACHER*

## Valuable supporting resources

Aspect's team introduced and modelled several autism-specific tools and frameworks, including:

- The Five Point Star Profile: A visual tool to support emotional regulation and communication
- Social stories and visual schedules tailored to individual needs
- Universal Design for Learning (UDL) strategies to support both neurodivergent and neurotypical students

Participants highlighted the practicality, clarity, and applicability of these resources with many requesting continued training and ongoing collaboration.

## Positive outcomes

### NWPD feedback (184 responses)

- 95% rated the sessions as highly relevant
- Educators appreciated the balance of theory and classroom application
- Many participants rated the real-life classroom scenarios as valuable to their practice

### SCS feedback (48 responses)

- 100% of respondents rated the sessions relevant

### Key takeaways included strategies for:

- Behaviour management
- Sensory support
- Collaboration between teachers and support staff

Across both networks over 60% of respondents expressed interest in future and ongoing collaboration with Aspect, including the opportunity to host satellite classrooms and accessing more professional learning.

## Conclusion

The overwhelmingly positive feedback from both NWPD and SCS reflects the value educators place on Aspect's professional learning. Participants highlighted the relevance, practicality and impact of the sessions, reinforcing the effectiveness of Aspect's approach.

Grounded in Aspect's extensive experience in autism education and inclusive practice, the professional learning combines evidence-based knowledge with practical strategies and autism-specific resources. Together, this ensures educators are well supported and empowered to strengthen inclusive practice within their own classrooms.



For more information about Aspect's professional learning and consulting visit:

