



Bridge Community Course Overview

Please note, all Bridge Program community courses are non-credit bearing. Bridge Program community classes are open to the larger campus community and not specific for students with disabilities. Any Mount Saint Vincent undergraduate student may enroll in Bridge Program community classes and workshops.

YEAR 1

Semester 1: Fall I

Introduction to College Life I
Independent Living I
Nutrition I
Introduction to Technology I
Intimacy & Adult Relationships I
Student Forum I
Fitness I
Financial Planning I
Employment Seminar I
Peer Social Skills I
Mindfulness I
Independent Study I
First Year Experience (FYE)*
CMSV College-Level Elective**

Semester 2: Spring II

Independent Living II
Nutrition II
Introduction to Technology II
Intimacy & Adult Relationships II
Student Forum II
Fitness II
Financial Planning II
Employment Seminar II
Peer Social Skills II
Mindfulness II
Independent Study II
CMSV College-Level Elective**
CMSV College-Level Elective**

**First Year Experience (FYE) is a CMSV college-level class.*

***Students are encouraged to register for CMSV college-level courses for credit or for audit.*

FALL COMMUNITY COURSE DESCRIPTIONS

INTRODUCTION TO COLLEGE LIFE I

This course offers tools and strategies to efficiently manage college courses, campus and student life for a successful college experience. Students will participate in project-based activities to promote task initiation, prioritization, flexibility, and self-management. The learning objectives support the skills necessary for independence.

Prerequisite: None

INDEPENDENT LIVING I

This course will help students get acclimated to living independently on a college campus for the first time. The course covers dormitory living, safety and emergency tips, support networks and understanding and accessing the campus community and resources available.

Prerequisite: None

NUTRITION I

This course will help students make healthy nutritional food choices. The skills learned will include dynamic equilibrium, digesting food, burning calories, understanding food intake, investing in physical activity, establishing and implementing food goals, understanding diseases related to poor nutrition, and planning a nutritious meal.

Prerequisite: None

INTRODUCTION TO TECHNOLOGY I

Since students will need to use technology skills throughout their lives, this course will teach students to navigate the CMSV system and understand other aspects of critical technology.

Prerequisite: None

INTIMACY AND ADULT RELATIONSHIPS I

The course addresses student's understanding of intimate relationships and sexual health. The concepts addressed are anatomy, emotional closeness, connectedness, mutual trust, caring, acceptance, taking emotional risks, and varying degrees of sexuality.

Prerequisite: None

STUDENT FORUM I

Student Forum is a workshop intended for students to connect with peers and engage in activities. The activities include discussing topics of interest, providing useful information about the program and college offerings, participating in student-led presentations, and listening to guest speakers.

Prerequisite: None

FITNESS I

Fitness class focuses on Zumba and Cardio & Strength Training, with the intention of building overall physical fitness, endurance, flexibility, and aerobic exercises.

Prerequisite: None

FINANCIAL PLANNING I

This course will prepare students to navigate independent finances while living on a college campus. The course covers budgeting for school activities, managing meal card dollars and debit card spending. The course will provide knowledge of online banking services, weekly and monthly budgeting tools. Students will meet individually to review debit and CMSV card balances.

Prerequisite: None

EMPLOYMENT SEMINAR I

This course addresses the importance of understanding the rationales for employment such as: income, building skills, socialization, contribution, intellectual stimulation, benefits, career progression and self-esteem. The course also provides an overview of transferable skills, hard vs. soft skills, the career continuum, exploring career choices, and goodness of fit.

Prerequisite: None

PEER SOCIAL SKILLS I

This practicum is designed to create meaningful relationships and strengthen social skills within the campus community and identify areas of interest and engagement within student life. The objective is to help participants socialize in the future and present in various environments. The practicum provides opportunities for campus and social engagement, as well as building knowledge of the offices, supports and activities available.

Prerequisite: None

MINDFULNESS I

The course helps students pay attention to the present moment and offer alternative stress reduction strategies. Understanding and implementing a variety of techniques to help deal with challenging emotions and behaviors, is a critical component of the course, with the outcome of reducing mental and physical issues.

Prerequisite: None

INDEPENDENT STUDY I

An Independent Study course explores in-depth topics of interest under the supervision of a Bridge faculty member. The topics could include exploring independent living skills in one's own neighborhood, self-advocacy, communication, socialization, and other areas of interest. The course includes direct readings, applied work, and independent projects, all related to a student's specific future living and working situations.

Prerequisite: None

First Year Experience (FYE)

A college-level course offered at the College. FYE is a mission-focused introduction to college life, academic expectations and support systems, including a community service project as well as a basic introduction to critical thinking and information literacy. The goals of the course derive from the College Motto: "Teach me Goodness, Discipline and Knowledge."

Prerequisite: None

CMSV College-Level Elective(s)

Students can register for a college-level course for credit or audit. Auditing a course means that students receive no academic credit for it and are not responsible for tests or homework. Students taking a CMSV college-level class for credit will be expected to successfully complete the coursework with college-level accommodations. Students have taken classes in the following subjects: communication, media studies, psychology, art history, sociology, math, fine arts, music, astronomy and more.

Prerequisite for audit: None

Prerequisite for credit: Varies by class

SPRING COMMUNITY COURSE DESCRIPTIONS

INDEPENDENT LIVING II

The course continues building upon the skills learned in Independent Living I. The course covers self-advocacy, understanding boundaries, making informed decisions, personal growth, understanding and accessing the larger community and resources available, and conflict resolution.

Prerequisite: Independent Living I

NUTRITION II

This course builds upon skills learned in Nutrition I. The course covers meal planning, shopping, food safety, eating disorders, physical activity, and health maintenance. The course will expand to include student food choices while eating in the cafeteria.

Prerequisite: Nutrition I

INTRODUCTION TO TECHNOLOGY II

This course builds upon skills learned in Introduction to Technology I. The course covers specific emailing skills including sending mass emails, organizing emails, attaching files to emails, social media, video conferencing, online safety, and use of data management tools.

Prerequisite: Introduction to Technology I

INTIMACY AND ADULT RELATIONSHIPS II

The course builds upon the student's understanding of intimate relationships and sexual health. The concepts addressed are types of relationships, dating, romantic relationships, bullying, online dating, safety in relationships, consent, and healthy relationships.

Prerequisite: Intimacy and Adult Relationships I

STUDENT FORUM II

This course will build upon Student Forum I. The course covers student presentations, community service projects, art projects, and group work skills.

Prerequisite: None

FITNESS II

Fitness class focuses on Zumba and Cardio & Strength Training, with the intention of building overall physical fitness, endurance, flexibility, and aerobic exercises.

Prerequisite: Fitness I

FINANCIAL PLANNING II

This course builds upon skills learned in Financial Planning I. The course will continue to cover budgeting for school activities, managing meal card dollars and debit card spending. The course will introduce students to concepts needed upon graduation such as paying bills, an introduction to credit and understanding paychecks. Students will continue to meet individually to review debit and CMSV card balances.

Prerequisite: Financial Planning I

EMPLOYMENT SEMINAR II

The course will continue with the work completed in Introduction to Employment I. The course addresses “goodness of fit” which encompasses: employer fit, environmental fit, sensory fit, social fit, intellectual fit and emotional fit. The course will also explore in depth the eight skills employers look for: communication, teamwork, problem solving/critical thinking, initiative and leadership, planning and organizing, self-management, willingness to learn, and technology. In collaboration with Internship Seminar I, this course includes opportunities for personal reflection to discuss each students’ current work experiences.

Prerequisite: Introduction to Employment I

EMPLOYMENT LAB I

This practicum builds upon skills learned in Employment Seminar I. This seminar connects the classroom to the workplace, allowing students to transfer theory to application. Students participate in experiential internships on campus to develop and strengthen their hard and soft skills for their future careers. Such experience allows students to explore various career industries, enhance their resumes, and establish professional connections.

Prerequisite: None

PEER SOCIAL SKILLS II

This practicum builds upon skills learned in Peer Social Skills I. The course continues to address on-campus engagement, making new connections, and attending social events. This course continues to build upon maximizing independent and self-determination in students. The course supports students in managing their own affairs, gaining independent skills, ensuring their choices are respected and providing equal opportunities and access in life.

Prerequisite: Peer Social Skills I

MINDFULNESS II

The course helps students pay attention to the present moment and offer alternative stress reduction strategies. Understanding and implementing a variety of techniques to help deal with challenging emotions and behaviors, is a critical component of the course, with the outcome of reducing mental and physical issues.

Prerequisite: Mindfulness I

INDEPENDENT STUDY II

Independent Study II expands upon the individual goals that each student developed in Independent Study I. An Independent Study course explores in-depth topics of interest under the supervision of a Bridge faculty member. The topics could include exploring independent living skills in one's own neighborhood, self-advocacy, communication, socialization, and other areas of interest. The course includes direct readings, applied work, and independent projects, all related to a student's specific future living and working situations.

Prerequisite: Independent Study I

CMSV College-Level Elective(s)

Students can register for a college-level course for credit or audit. Auditing a course means that students receive no academic credit for it and are not responsible for tests or homework. Students taking a CMSV college-level class for credit will be expected to successfully complete the coursework with college-level accommodations. Students have taken classes in the following subjects: communication, media studies, psychology, art history, sociology, math, fine arts, music, astronomy and more.

Prerequisite for audit: None

Prerequisite for credit: Varies by class