



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 2

Semester 1: Fall I

Employment Seminar III
Mindfulness I
Cooking I
Peer Social Skills III
Adult Living I
Student Forum III
Fitness III
Employment Lab II
Independent Study I
CMSV College-Level Elective**

Semester 2: Spring II

Employment Seminar IV
Mindfulness II
Cooking II
Peer Social Skills IV
Adult Living II
Student Forum IV
Fitness IV
Employment Lab III
Independent Study II
CMSV College-Level Elective**

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

FALL COMMUNITY COURSE DESCRIPTIONS

EMPLOYMENT SEMINAR III

The course addresses an individual's career plan. The students will create a career portfolio including: Career Skills-Summary and Action Plan, updated resume, template of a cover letter and updated list of references. Students will strengthen the workplace etiquette skills developed in Introduction to Employment I & II. Students will begin developing their hard skills such as practicing interview skills. Students will become self-advocates by learning about workplace disclosure and how to ask for workplace accommodations. In collaboration with Employment Lab II, this course includes opportunities for personal reflection to discuss each students' current work experiences.

Prerequisite: Introduction to Employment I & II

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

COOKING I

This seminar explores the basics and fundamentals of cooking nutritious and affordable meals. Students will understand preparing a meal from start to finish, including selecting a new recipe each week and purchasing necessary ingredients within their budget. Students will practice and demonstrate light cooking techniques while understanding safety skills in the kitchen.

Prerequisite: None

PEER SOCIAL SKILLS III

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: Peer Social Skills I & II

ADULT LIVING I

This course is designed to maximize independence and self-determination in students. The first part of this 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: None

FITNESS III

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

Prerequisite: Fitness I & II

STUDENT FORUM III

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

Prerequisite: Student Forum I & II

EMPLOYMENT LAB II

This practicum builds upon skills learned in Employment Seminar I. This lab section 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: Internship Seminar I

INDEPENDENT STUDY III

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

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

EMPLOYMENT SEMINAR IV

This course applies the tools and strategies developed in Employment Seminar I to support students in their search for different jobs in their communities and prepare for interviews. In collaboration with Employment Lab II, this course includes opportunities for personal reflection to discuss each students' current work experiences.

Prerequisite: Employment Topics 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

COOKING II

This seminar builds upon skills learned in College Life Cooking I. Students will fully understand how to prepare food while incorporating basic nutrition into their daily diets. This course offers a deep dive into proper food storage, safety skills, sanitation in the kitchen, serving sizes and proper use of advanced equipment and appliances.

Prerequisite: College Life Cooking I

PEER SOCIAL SKILLS IV

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: Peer Social Skills III

FITNESS IV

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

Prerequisite: Fitness III

STUDENT FORUM IV

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

Prerequisite: Student Forum III

EMPLOYMENT LAB III

This practicum builds upon skills learned in Employment Seminar II. This lab section 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: Employment Lab I

INDEPENDENT STUDY IV

Independent Study IV 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 III

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