

## FALL 2024 BRIDGE COMMUNITY COURSES

### FIRST YEAR STUDENT SCHEDULE

*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.*

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#### YEAR 1 - Fall 2024

Introduction to College Life I	Public Speaking Forum I
Introduction to Employment I	Fitness I
Introduction to Technology I	Financial Planning I
Nutrition I	First Year Experience (FYE)*
Goal Setting for Success I	UMSV College-Level Elective**
Intimacy & Adult Relationships I	

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

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

# **FALL 2024 COURSE DESCRIPTIONS**

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## **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*

## **INTRODUCTION TO EMPLOYMENT I**

This course is designed for college students who are preparing to enter the workforce. Students will learn about the different stages of the employment process and the skills and knowledge necessary to be successful in the workplace. The course will also give students the opportunity to practice job search and interviewing skills. 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*

## **INTRODUCTION TO TECHNOLOGY I**

This course provides a comprehensive overview of technology, its impact on society, and its potential for shaping the future. Students will explore various technologies, including computing devices, networks, software applications, and emerging technologies. Throughout the course, students will develop critical thinking skills, problem-solving abilities, and an understanding of the ethical and social implications of technology.

*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*

## **GOAL SETTING FOR SUCCESS I**

This course will focus on the development of strategic objective-setting strategies and the competencies necessary to achieve personal, academic, and professional success. Students will learn to identify their principles, formulate SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) objectives, and create a plan for their accomplishment. The course will cover topics such as motivation, time management, and obstacle mitigation.

*Prerequisite: None*

## **INTIMACY AND ADULT RELATIONSHIPS I**

The course addresses a 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*

## **PUBLIC SPEAKING FORUM I**

This course is designed to provide students with the necessary knowledge, skills, and confidence to become effective public speakers and to develop leadership skills.

*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 UMSV card balances.

*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 and 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*

## **UMSV 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 UMSV 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*