

## FALL 2024 BRIDGE COMMUNITY COURSES

### SECOND 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 2 - Fall 2024

Social Psychology I	Public Speaking Forum I
Employment Topics I	Fitness III
Cooking I	Independent Finances I
Goal Setting for Success I	UMSV College-Level Elective**

*\*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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## **SOCIAL PSYCHOLOGY I**

This practicum course analyzes the principles of human behavior and relationships, supporting all students in developing interpersonal communication skills. Students examine factors influencing interpersonal communication such as language, perception and nonverbal behavior. Experiential education opportunities will foster greater student independence in interacting with the greater community.

*Prerequisite: None*

## **EMPLOYMENT TOPICS I**

This course provides students with an understanding of the workforce, including an understanding of the ADA, reasonable accommodations, self-advocacy, legal rights, and the technical skills of applying for work. Students will build and expand upon skills through project-based exercises, reinforced by role-play, job simulation, presentations, and classroom instruction.

*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*

## **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*

## **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 III**

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

*Prerequisite: Fitness II*

## **INDEPENDENT FINANCES I**

This course will prepare students to navigate independent finances while living on a college campus and in preparation for post-graduation. Weekly and monthly budgeting tools, online banking and debit card utilization will provide students with the money management skills needed for post-college life. The course teaches students about how to manage money, instead of money managing you.

*Prerequisite: Financial Planning II*

## **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*