

UNIVERSITY OF MOUNT SAINT VINCENT

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.

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	

YEAR 1 – Spring 2025

Introduction to Employment II	Public Speaking Forum II
Introduction to Technology II	Fitness II
Nutrition II	Financial Planning II
Goal Setting for Success II	First Year Experience (FYE)*
Intimacy & Adult Relationships II	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

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

SPRING 2025 COURSE DESCRIPTIONS

INTRODUCTION TO EMPLOYMENT II

This course builds upon Introduction to Employment I and addresses the soft skills one needs to be successful in a job. The following areas will be explored: check-in/check-out routines, communication, enthusiasm and attitude, teamwork, self-management, initiative, planning/organizing, critical thinking, and professionalism. Students will also engage in self-assessments and SMART Goal setting. All topics will be directly tied to their current internship placement.

Prerequisite: Introduction to Employment I

INTRODUCTION TO TECHNOLOGY II

This course builds upon skills learned in Introduction to Technology I. The course covers specific hard 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

NUTRITION II

This course is a continuation of the fall semester's Nutrition I course. The following concepts will be reviewed: the digestive system, vitamins/minerals and their connection to human health, the nutritional fact label, food journaling, and strategies to modify dietary habits to match health goals. We will study

and analyze campus food offerings to promote healthy food choices (foods to increase and foods to decrease). We will visit the gym and discuss the role of exercise in the body's energy equilibrium. We will explore the different food groups and a balanced food plate, as well as an introduction to meal planning.

Prerequisite: Nutrition I

GOAL SETTING FOR SUCCESS II

This course builds upon Goal Setting for Success I. Students will continue to develop 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 with an emphasis on preparing for the second year of the program.

Prerequisite: Goal Setting for Success I

INTIMACY AND ADULT RELATIONSHIPS II

The course builds upon the student's understanding of intimate relationships and sexual health. This section focuses on various types of relationships, dating, romantic and platonic relationships, bullying, online dating, safety in relationships, consent, and healthy relationships.

Prerequisite: Intimacy and Adult Relationships I

PUBLIC SPEAKING FORUM II

This course builds upon skills learned in Public Speaking Forum I. In this section, students will dive deeper into strategies that make them more effective public speakers. Students will learn how to research a topic and use credible sources, build confidence, use effective body language, eye contact and vocal variety and use storytelling to engage an audience.

Prerequisite: Public Speaking Forum I

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 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

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