

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.

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**

YEAR 2 – Spring 2025

Employment Topics II	Fitness IV
Cooking II	Independent Finances II
Goal Setting for Success II	Community Service
Public Speaking Forum 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

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

SPRING 2025 COURSE DESCRIPTIONS

EMPLOYMENT TOPICS II

This course expands on concepts taught in Employment Topics I and practiced in previous Bridge internships. It connects these to post-Bridge employment goals. Students will engage in self-assessments and research to determine career objectives and next steps, while deepening understanding of their own skills, preferences, and challenges. Students will familiarize themselves with relevant employment vocabulary and their legal rights in terms of disclosure and accommodations. They will also update their work portfolio.

Prerequisite: Employment Topics I

COOKING II

This seminar builds upon skills learned in 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: Cooking 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 post-college goals and outcomes.

Prerequisite: Goal Setting for Success 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 IV

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

Prerequisite: Fitness III

INDEPENDENT FINANCES II

This course will provide students with tools in how to manage money on a daily, weekly, and monthly basis. Students will track expenses, distinguish between needs and wants and maintain a budget throughout the semester evaluating their spending habits. Students will learn the importance of financial responsibility, what it means to be an informed consumer, and how to manage a budget based on good organizational skills and discipline. Students will be introduced to banking services and learn consumer skills to help them consider what is needed to achieve success in personal money management and steps on reaching financial goals.

Prerequisite: Independent Finances I

COMMUNITY SERVICE

This course enables students to engage in a community service project within the university and/or in the surrounding area. Students develop, implement, assess, and reflect on the project with guidance from the staff as well as with community organizations.

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