

UNIVERSITY OF MOUNT SAINT VINCENT

2025-2026 BRIDGE COMMUNITY COURSE DESCRIPTIONS

SECOND YEAR COURSES

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.

Fall 2025 Courses

Social Psychology I
Employment Topics I
Employment Lab II
Public Speaking III
Fitness III
Mindfulness I
Goal Setting for Success III
UMSV College-Level Elective**

Spring 2026 Courses

Social Psychology II
Employment Topics II
Employment Lab III
Public Speaking IV
Fitness IV
Mindfulness II
Community Service
Goal Setting for Success IV
UMSV College-Level Elective**

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

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FALL 2025 COURSE DESCRIPTIONS

SOCIAL PSYCHOLOGY I

This introductory course in social psychology fosters an accessible and engaging exploration of human behavior in social contexts. We will delve into fundamental concepts such as self-perception, social cognition, attitudes, and the powerful influence of group dynamics. Through interactive discussions and role playing, students will gain insights into how individuals perceive themselves, form impressions of others, and behave within various social settings. The course emphasizes building self-awareness, developing empathy, and understanding the social world around them.

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

EMPLOYMENT LAB II

Building upon the foundational experiences of Employment Lab I, this course is designed for students seeking to deepen their professional skills and take on more complex responsibilities within an organizational context. Students will work independently on significant projects, contributing meaningfully to the goals of their internship site. Emphasis will be placed on critical thinking, independent problem-solving, project management, and ethical considerations in their chosen field.

Prerequisite: Employment Lab I

PUBLIC SPEAKING III

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

MINDFULNESS I

The course helps students pay attention to the present moment and offers alternative stress reduction strategies. Understanding and implementing a variety of techniques to help deal with challenging

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emotions and behaviors is a critical component of the course, with the outcome of reducing mental and physical issues.

Prerequisite: None

GOAL SETTING FOR SUCCESS III

This course reinforces skills introduced at Goal Setting for Success I and II core. It explores 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. Each student develops and focuses on reaching and monitoring individual goals.

Prerequisite: Goal Setting for Success I and 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

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SPRING 2026 COURSE DESCRIPTIONS

SOCIAL PSYCHOLOGY II

Building upon the foundational concepts of Social Psychology I, this course further explores the complexities of social interactions and relationships. We will examine topics such as prejudice and discrimination, prosocial behavior, and the dynamics of close relationships. Students will engage in discussions about effective communication, conflict resolution, and strategies for building and maintaining healthy social connections. This course offers tools to navigate diverse social situations, understand societal influences, and foster meaningful relationships in their personal lives and communities.

Prerequisite: Social Psychology I

EMPLOYMENT TOPICS II

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: Employment Topics I

EMPLOYMENT LAB III

This course offers students the opportunity to integrate their academic learning with extensive practical experience, preparing them for entry into their chosen profession. Students will undertake a substantial project or role at a high level of responsibility, demonstrating mastery of professional competencies and the ability to innovate or contribute strategically to an organization. The course focuses on advanced analytical skills, strategic thinking, networking, and the development of a professional brand. This course serves as a bridge between academic study and a successful career start.

Prerequisite: Employment Lab II

PUBLIC SPEAKING IV

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 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

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MINDFULNESS II

Building on the foundations of Mindfulness I, this course deepens stress management skills and introduces advanced techniques for navigating life transitions and increased responsibilities. It focuses on strengthening resilience, emotional self-regulation, and on enhancing mental clarity through practical applications, including visualization, body tapping, sensory awareness, yoga for self-regulation, breathwork, and guided meditation.

Prerequisite: Mindfulness 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

GOAL SETTING FOR SUCCESS IV

This course builds upon Goal Setting for Success I, II, and III by deepening students' ability to design, evaluate, and execute strategic objectives for sustained personal, social, and academic success. Through guided reflection and applied practice, students will strengthen self-awareness and align their goals with long-term aspirations. Students will also develop and practice budgeting and financial management skills to effectively navigate on-campus and off-campus food and essential purchases. Additionally, the course integrates a social thinking and perspective-taking component that supports the analysis and planning of weekly campus interactions to strengthen interpersonal skills and meaningful social engagement.

Prerequisite: Goal Setting for Success I, II, and III

UMSV College-Level Elective(s)

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Prerequisite for audit: None

Prerequisite for credit: Varies by class