

2026-2027 BRIDGE COMMUNITY COURSE DESCRIPTIONS

FIRST 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 2026 Courses

Intro to College Life I
Introduction to Employment I
Nutrition I
Intimacy & Adult Relationships I
Public Speaking I
Fitness I
Social Psychology I
First Year Experience (FYE)*
UMSV College-Level Elective**

Spring 2027 Courses

Introduction to Employment II
Introduction to Technology I
Nutrition II
Intimacy & Adult Relationships II
Public Speaking II
Fitness II
Social Psychology II
Employment Lab 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 2026 COURSE DESCRIPTIONS

INTRO TO COLLEGE LIFE I

This course is designed to support students as they transition to living on a college campus for the first time. It starts with a two-week intensive “bootcamp” where students meet every day to jumpstart their adjustment to campus. Topics include dormitory life, personal safety and emergency preparedness, building support networks, and navigating the campus community and its available resources. The course provides practical guidance to help students confidently adapt to their new environment and establish a strong foundation for collegiate success.

Prerequisite: None

INTRODUCTION TO EMPLOYMENT I

This course addresses the importance of understanding the rationales for employment and developing one’s interests and ability areas, including the career continuum, exploring career choices, and goodness of fit. Students will participate in site visits to various internship locations on-campus and will go through the job application process (submitting resume/cover letter, interviewing) for their Spring internships. Students will be required to participate in one volunteer activity.

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

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 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. This course aims to provide students with an opportunity to improve their confidence in speaking in a variety of settings, including social and civic environments. The students will learn how to overcome social anxiety when speaking and build self-confidence during presentations.

Prerequisite: None

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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

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

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 2027 COURSE DESCRIPTIONS

INTRODUCTION TO EMPLOYMENT II

This course 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 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 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

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 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

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 LAB I

This foundational course introduces students to a professional work environment aligned with their interests and strengths. Students participate in supervised, entry-level practical experiences, applying classroom knowledge to real-world tasks. Emphasis is placed on developing professional conduct, workplace communication, time management, and basic problem-solving skills within an organizational setting. Site supervisors provide structured guidance and feedback to support students' transition into the workplace.

Prerequisite: None

UMSV College-Level Elective(s)

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Prerequisite for audit: None

Prerequisite for credit: Varies by class