

2026-2027 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 2026 Courses

Independent Living I
Social Psychology III
Employment Topics I
Employment Lab II
Public Speaking III
Fitness III
Mindfulness I
Intimacy and Adult Relationships III
Community Service I
UMSV College-Level Elective**

Spring 2027 Courses

Social Psychology IV
Employment Topics II
Employment Lab III
Public Speaking IV
Fitness IV
Mindfulness II
Intimacy and Adult Relationships IV
Independent Finances I
UMSV College-Level Elective**

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

FALL 2026 COURSE DESCRIPTIONS

INDEPENDENT LIVING I

This two-week intensive course provides students with practical tools and strategies to effectively manage academic responsibilities, campus life, and social engagement. Through project-based activities, students will build essential skills such as task initiation, prioritization, adaptability, and self-management. Learning objectives are designed to foster independence and establish a strong foundation for a successful second year in the program and beyond.

Prerequisite: None

SOCIAL PSYCHOLOGY III

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: Social Psychology I and II

EMPLOYMENT TOPICS I

This course focuses on mastery of the soft skills introduced in Intro to Employment II, while emphasizing consistency, self-monitoring, and perseverance. Discussions will be directly linked to current challenges in their Employment Lab internship. Students will also engage in self-assessments and will continue to practice self-marketing skills by creating elevator pitch videos and by practicing these at our UMSV career fair.

Prerequisite: None

EMPLOYMENT LAB II

Building upon the introductory experiences of Employment Lab I, this course supports students in strengthening their professional competencies and expanding their responsibilities. Students engage more independently in workplace tasks and contribute to defined projects at their internship site. Emphasis is placed on critical thinking, independent problem-solving, collaboration, and an introduction to project management. Students also explore ethical considerations and workplace expectations within 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. The students will engage in speech writing, weekly presentations, and apply the skills learned to present an

oral presentation. The students will work in groups to create their own speeches. The students will also learn the rules for writing, learn how to use ethical, logical, and emotional appeals as a writer, and learn various techniques to engage the audience during a presentation.

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 offer alternative stress reduction strategies. Understanding and implementing a variety of techniques to help deal with challenging emotions and behaviors, is a critical component of the course, with the outcome of reducing mental and physical issues.

Prerequisite: None

INTIMACY AND ADULT RELATIONSHIPS III

The course builds upon the student's understanding of intimate relationships. This section focuses on Title IX and college policies related to harassment, including recognizing and preventing sexual harassment, discrimination, and inappropriate behavior. Students will learn about respectful communication, personal boundaries, and consent, both in person and online.

Prerequisite: Intimacy and Adult Relationships II

COMMUNITY SERVICE I

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

SPRING 2027 COURSE DESCRIPTIONS

SOCIAL PSYCHOLOGY IV

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, II, and III

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 and will develop a LinkedIn profile.

Prerequisite: Employment Topics I

EMPLOYMENT LAB III

This course provides students with the opportunity to integrate academic knowledge with extensive practical experience in preparation for professional entry. Students assume increased responsibility within their placement and contribute to more complex or long-term projects. The course emphasizes advanced analytical thinking, effective decision-making, and professional communication. Students begin to develop their professional identity through networking, reflective practice, and intentional skill-building aligned with career goals.

Prerequisite: Employment Lab I and II

PUBLIC SPEAKING IV

This course builds upon the skills learned in Public Speaking III to provide students with an opportunity to utilize the skills learned. Students will apply the frameworks learned in previous courses such as speech writing, graphic organizers to organize speeches, and use theatre as an element to study written literature. The students will have the opportunity to review various famous works such as literature from William Shakespeare including *Hamlet*, *Macbeth*, and *Romeo & Juliet*. The students will work in groups to compose their own skits and rehearse their own plays. The students will also have an opportunity to develop their own content through play writing, speech writing, and song writing.

Prerequisite: Public Speaking I, II, and III

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 I, II, and III

MINDFULNESS II

Building on the foundations of Mindfulness I, this course expands stress management skills and explores new techniques for emotional regulation, self-awareness and self-advocacy. These tools can be applied to assist with navigating life transitions and increased responsibilities. This course aims to strengthen resilience and mental clarity through practical applications, such as visualization, tapping, using five senses, yoga for self-regulation, breathwork techniques, and guided meditation.

Prerequisite: Mindfulness I

INTIMACY AND ADULT RELATIONSHIPS IV

The course builds upon the student's understanding of intimate relationships. Emphasis is placed on understanding rights and responsibilities, reporting options, bystander awareness, and creating a safe, inclusive environment in college and in one's community. Students will complete a research project on a topic related to relationships, allowing them to apply course concepts, practice research and presentation skills, and reflect on how to build and sustain healthy, respectful relationships that extend beyond college.

Prerequisite: Intimacy and Adult Relationships I, II, and III

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: None

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Prerequisite for audit: None

Prerequisite for credit: Varies by class