

2026-2027 BRIDGE COMMUNITY COURSE DESCRIPTIONS

THIRD 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

Adult Living I
Working World Seminar I
Employment Lab IV
Cooking I
Banking and Budgeting I
Travel Training I
Fitness V
Mindfulness III
UMSV College-Level Elective**

Spring 2027 Courses

Adult Living II
Working World Seminar II
Employment Lab V
Cooking II
Banking and Budgeting II
Travel Training II
Fitness VI
Mindfulness IV
UMSV College-Level Elective**

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

FALL 2026 COURSE DESCRIPTIONS

ADULT LIVING I

This course is designed to maximize independence and self-determination in students. The course supports students in managing their own affairs (such as making doctor appointments, handling patient portals, refilling medication, completing forms, ordering food, and more), gaining independent skills, ensuring their choices are respected, and providing equal opportunities and access in life.

Prerequisite: None

WORKING WORLD SEMINAR I

This course will introduce students to online resources where they can explore available credentials, job portals, and webinars to strengthen their general knowledge of the world of work and to better understand requirements in different industries. Students will engage in experiential learning opportunities, supported by classroom instructions and guest lectures.

Prerequisite: None

EMPLOYMENT LAB IV

In this advanced course, students operate with a high level of independence and professionalism, taking on leadership roles and managing substantial projects within their internship or work setting. Students are expected to demonstrate initiative, strategic thinking, and the ability to deliver measurable outcomes that contribute to organizational goals. Emphasis is placed on leadership development, advanced project management, professional collaboration, and adaptability in dynamic work environments. Students refine their professional brand and build a portfolio that reflects their accomplishments and competencies.

Prerequisite: Employment Lab I, II, and III

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 applying hygiene and safety skills in the kitchen. Students will familiarize themselves with weights, measures, and the functions of different cooking utensils.

Prerequisite: Nutrition I and II

BANKING AND BUDGETING I

This course will prepare students to track and manage their own expenses. The course will provide knowledge of online banking services, weekly and monthly budgeting tools, and debit card utilization. Students will monitor, assess, and plan for a variety of expenses, such as groceries, necessities, transportation, leisure activities, and others.

Corequisites: Cooking I and Travel Training I

TRAVEL TRAINING I

This course provides an introduction to safe travel in suburban and urban environments. Students will identify local mass transit options, such as MTA bus lines, the Bee Line, the Metro-North Rail Link, paratransit services, and rideshare options. They will develop the skills necessary to reserve and pay for rides, as well as to read and interpret relevant maps and real-time schedules. Students will also explore appropriate behaviors and expectations when using public transportation, along with strategies for self-advocacy and problem-solving in transportation settings.

Prerequisite: None

FITNESS V

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, III, and IV

MINDFULNESS III

Building on the foundations of Mindfulness II, this course further develops students' leadership skills through the application of conflict resolution, growth mindset, and introductory project management strategies. Students actively practice leadership by facilitating class roles on a bi-weekly basis, strengthening communication, collaboration, and accountability. The course integrates mindfulness techniques such as guided meditation, mindfulness movement (including yoga and walking), and group discussions to reinforce emotional awareness and stress reduction while applying skills in real-world leadership contexts.

Prerequisite: Mindfulness 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

SPRING 2027 COURSE DESCRIPTIONS

ADULT LIVING II

This course builds on lessons taught in Adult Living I with a focus on managing apartment responsibilities, maintaining a household, and understanding available living options and other resources (such as Federal/local agencies and Medicaid). It continues previous work on self-determination and self-advocacy by strengthening problem-solving across various life settings. Additionally, it promotes personal health and safety through knowledge of first aid and emergency planning.

Prerequisite: Adult Living I

WORKING WORLD SEMINAR II

This course will build upon the work introduced in Working World Seminar I. Students will be encouraged to expand their employment portfolios, with particular attention to the development of their skills and certifications sections. Classroom discussions will also focus on personal branding, professional ethics, and government resources, such as ACCESS-VR. By the end of the course, students will have developed a polished professional portfolio and gained a stronger understanding of federal benefits and employment supports available to adults with disabilities.

Prerequisite: Working World Seminar I

EMPLOYMENT LAB V

This course represents the culmination of students' professional preparation. Students undertake a significant role that demonstrates mastery of workplace competencies and readiness for post-graduate success. They are expected to contribute to their organization, innovate solutions, and operate with autonomy and accountability. The course emphasizes career readiness, professional networking, and transition planning.

Prerequisite: Employment Lab I, II, III, and IV

COOKING II

This seminar continues to build on the skills needed to prepare nutritious, budget-friendly meals. Students will follow step-by-step recipes and expand their repertoire of simple meals. Students will also continue to apply fundamental skills, including proper food handling, storage, and maintaining a clean cooking environment. Students will develop practical skills needed to prepare meals confidently and independently in an apartment setting.

Prerequisite: Cooking I

BANKING AND BUDGETING II

This course prepares students to navigate personal finances independently after college. Students will build on the skills introduced in Banking and Budgeting I while also exploring

household living expenses, including utilities and rent. Additionally, they will learn how to read a pay stub and understand federal benefits. By the end of the course, students will have a stronger understanding of income, expenses, and maintaining a financial ledger.

Prerequisite: Banking and Budgeting I

Corequisites: Cooking II and Travel Training II

TRAVEL TRAINING II

This course reviews skills taught in Travel Training I, but will expand practice to include the New York Subway, the Metro-North Rail Road, and Long Island Rail Road systems.

Prerequisite: Travel Training I

FITNESS VI

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, III, IV, and V

MINDFULNESS IV

Mindfulness IV deepens the practice of mindfulness leadership through a holistic focus on emotional regulation, self-advocacy, and resilience. This course emphasizes strengthening mental clarity and sustained focus through present-moment awareness and acceptance-based techniques. Students engage in advanced mindfulness practices, including meditation, reflective dialogue, and movement-based activities, to support mindfulness-based stress reduction. The course prepares students to integrate mindful leadership into complex personal, academic, and professional environments.

Prerequisite: Mindfulness I, II, and III

UMSV College-Level Elective(s)

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Prerequisite for audit: None

Prerequisite for credit: Varies by class