



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Community Class
Course Catalog**

Fall 2025

Fall 2025 Semester Community Class Offerings:
Art in Action: Exploring Materials, Styles and Self-Expression
The Science of You: Stress, Health, and Resilience
Connected & Capable: <i>Tech Tools for Life, Learning and Digital Competency</i>
Global Kitchen: Exploring Culture Through Cooking
Empowered: Mapping Your Future with Purpose
Where to Next?: <i>A Travel class for the Hudson Valley</i>
Voice & Vision: Leading Through Public Speaking and Purpose
Audit Elective

FALL SEMESTER Community Class Course Descriptions:

Art in Action: Exploring Materials, Styles, and Self-Expression

This class offers hands-on instruction in visual arts, giving participants the opportunity to learn and apply a variety of artistic techniques. Each session introduces a new medium or method, including watercolor, oil pastels, grid-style drawing, and cubanism. Participants explore artistic styles such as the “Laurel Burch” aesthetic, the grid-tree layout design and create projects made from everyday items.

Projects are designed to encourage creativity, build artistic confidence, and expand personal interests through guided exploration and instruction. Participants are encouraged to reflect on how art can be used not only for personal enjoyment and self-expression but also to connect with others!

Cost=\$1,257.17

The Science of You: Stress, Health, and Resilience

Introduction to concepts of stress and Health is designed to help people identify stress and how their response to stress affects their lives. Participants will gain an understanding of what stress is, how stress affects the body, the biological response to stress (fight, flight or freeze), and common stressors they may face. Participants will become aware of their current level of stress and their most common way of dealing with it (avoidance, distraction, or escape). They will gain an understanding of healthy ways of dealing with stress and identify ways they can begin utilizing these healthy coping strategies in their daily lives. The class structure will consist of readings, videos, discussion and opportunities to practice healthy coping strategies.

Cost=\$1,257.17

Connected & Capable: Tech Tools for Life, Learning and Digital Competency

Connected & Capable is a class designed to build confidence in navigating today's digital world. Whether you're preparing for work, returning to school, or managing everyday tasks online, this hands-on course introduces the essential tech tools used in professional, academic, and community settings.

As part of understanding broader digital systems, participants will be introduced to navigating the SUNY Orange website and learning the basics of course registration, including the difference between auditing a class and enrolling for credit.

Participants will explore Google Apps (Docs, Gmail, Calendar, Contacts), learn how to write personal and professional emails, and practice organizing digital communication through email labeling and inbox management. The course also covers key digital tasks such as downloading and attaching pictures to emails, backing up files, and managing documents online.

This course helps participants stay organized, connected, and confident in any setting.

Cost=\$1,257.17

Global Kitchen: Exploring Culture Through Cooking

This hands-on culinary class invites participants to explore a variety of regional and international cuisines through direct instruction and cooking experiences. Each session introduces a new culinary theme—from Italian to Mexican, Asian, or classic American comfort dishes—giving participants the chance to experiment with flavors, ingredients, and preparation methods unique to different cultures.

Designed for individuals of all skill levels, this class builds culinary confidence, encourages curiosity, and fosters a shared appreciation for food as a form of connection and self-expression.

Cost=\$1,257.17

Empowered: Mapping Your Future with Purpose

This interactive workshop introduces participants to structured methods for setting meaningful personal goals. This class focuses on teaching proven goal setting frameworks including CANDO and SMART goal methodologies so individuals can develop and pursue their own goals independently.

Through guided instruction, participants explore how to identify their strengths, values, and interests, and how to apply planning strategies to areas of their lives that matter most to them. Activities include goal-mapping, drafting personal vision statements, and creating vision boards that reflect their unique direction and priorities. Open to the public, this course supports participants in building the tools they need to take ownership of their future with purpose and clarity.

Cost=\$1,257.17

Where to Next?: A Travel Class for the Hudson Valley

Where to Next? is a community-based class designed for curious explorers who want to expand their knowledge of local culture and events. This class introduces participants to the cultural, historical, and geographical richness of the Hudson Valley and its surrounding areas. Through a structured and engaging curriculum, participants explore the distinct identities of local towns, cities, and landmarks—examining how history, community traditions, public spaces, and regional geography shape local life.

Each session highlights a different location or theme, such as regional festivals, historic districts, art hubs, or natural landmarks. Participants learn to research destinations using publicly available resources, and analyze how geography influences community development and access.

Cost=\$1,257.17

Voice & Vision: Leading Through Public Speaking and Purpose

This dynamic community course empowers participants to craft their personal narrative and develop compelling public speaking skills that amplify their leadership potential. Students will learn to write and deliver their own biographies and elevator pitches, fostering a confident sense of self and purpose. Through guided workshops, peer collaboration, and advisor support,

participants will identify topics they are passionate about and transform them into powerful community presentations.

Cost=\$1,257.17

Audit Elective

Students can choose to attend an audit from the SUNY Orange roster of classes as a fully inclusive auditing participant. Students are able to learn the campus, acclimate to navigating a college class syllabus, utilize Banner and OERs.

Cost=per college credit

(https://sunyorange.edu/studentaccounts/tuition_fees.html)