



**SUNY ORANGE**

**BRIDGES PROGRAM**

**Newburgh**

**Community Class**

**Course Catalog**

**Fall 2025**

### **Physical Wellness & Self-Regulation Skills**

In this workshop students will understand and identify how good stress can motivate and enhance performance while prolonged stress can lead to negative effects on physical health. Students will identify personal stress and understand how essential it is to develop self-regulation and coping strategies. Developing these coping mechanisms not only aids in navigating daily stressors but also fosters a healthier, more balanced

### **Physical Wellness & Self-Regulation Lab**

In this Lab, students engage in various activities connecting concepts taught in the Physical Wellness & Self-Regulation skills workshop and explore movement-based activities as coping strategies. The class will consist of practice, videos, discussion and opportunities to practice healthy self-regulation skills. Techniques such as mindfulness, exercise, stretching, breathing techniques, journaling, dancing and other movement based activities will help manage stress levels and help students to manage their personal wellness.

### **Practical Skills for Everyday Success**

This course equips students with essential life skills that support confident, independent living. Participants will build competencies in practical areas such as personal budgeting, medication management, home upkeep, and navigating community safety. Emphasis is placed on responsible decision-making, self-reliance, and the daily routines that form the foundation of adult life.

In addition, students will explore basic cooking techniques and kitchen safety practices, including meal planning, food preparation, and sanitation standards. These hands-on activities help develop problem-solving skills, time management, and healthy habits. Whether managing a personal schedule, preparing a simple meal, or addressing real-world responsibilities, students will gain the tools they need to thrive in the next phase of their lives with greater independence and confidence.

### **Home Skills Lab: Cooking, Safety & Daily Routines**

This interactive community class centers on practical cooking and daily living skills in a welcoming, inclusive environment. Participants gain hands-on experience preparing simple meals while learning essential kitchen safety, food handling, and meal planning techniques. Each class integrates functional skills such as reading recipes, managing time, measuring ingredients, and using everyday kitchen tools safely and effectively.

Beyond cooking, the course naturally weaves in other key aspects of independent living, including basic home safety, personal organization, and household routines. Students work collaboratively at rotating stations, developing real-world problem-solving and

planning strategies that promote greater self-sufficiency. With a focus on building confidence through repetition, peer learning, and creative engagement, this course empowers participants to take a more active role in managing their day-to-day lives.

### **Recreation for Wellness & Personal Growth**

Recreation skills are essential for students as they create opportunities to engage in activities that contribute to personal growth and well-being. By exploring various topics such as art, travel, music, sports, and games, students learn to structure their free time in meaningful ways. Engaging in these activities not only promotes relaxation and enjoyment but also enhances social connections, physical wellness and decreases isolation. For instance, participating in sports can improve physical fitness and teamwork skills, while exploring art can foster creativity and self-expression. Through this exploration, students can discover alternative leisure pursuits that offer greater fulfillment than less efficient ways to spend their free time, ultimately leading to a more balanced and healthy lifestyle.