



**SUNY ORANGE**

**BRIDGES PROGRAM  
Middletown**

**Transition Classes  
Course Catalog**

**Fall 2025**

## **YEAR 1**

### **FALL SEMESTER**

Foundations of Executive Function: Tools for Thinking and Doing

Self Exploration through Career and Personal Assessments

Understanding your Strengths and Challenges I

The Foundation of Small-Talk Communication: Strengthening Social Interactions

Practicing the Rules of Social Engagement: Communication in Action

### **FALL SEMESTER**

#### **Foundations of Executive Function: Tools for Thinking and Doing**

This introductory course offers a foundational exploration of Executive Function (EF)—the mental processes that help us plan, focus, remember instructions, and juggle multiple tasks successfully. Through interactive lessons and guided activities, students will build awareness of key EF skills including prioritizing, organization, planning, time management, task analysis, task initiation, and sequencing.

Each class introduces a new skill through short lessons, group discussions, and real-life practice exercises designed to reinforce concepts. The focus is on understanding how the brain works, identifying personal strengths and challenges, and building a practical toolkit for managing everyday tasks at home, in school, at work and within the community.

This course lays the groundwork for continued development of Executive Function strategies. By strengthening these foundational skills, students will be better prepared to manage increasing demands in school, work, and daily life. Future coursework will build on this foundation by exploring additional Executive Function skills and their practical application in real-world settings.

**Cost=\$1,257.17**

#### **Self Exploration through Career and Personal Assessments**

This self exploration course is the first of two workshops designed to provide students a comprehensive look at their strengths, talents, interests and values through the use of a variety of interest inventories, personality assessments and self-reflection. The students will coalesce the information gathered into a life goal exploration portfolio. This portfolio will be a living document over the course of both Fall and Spring semesters.

**Cost=\$1,257.17**

### **Understanding Your Strengths and Challenges I**

This workshop encompasses a research-based model with an embedded formative assessment and a student self assessment. Students engage in simulated tasks and activities where they rate their strengths within a task. Instructors use formative assessments to help the students become aware of potential improvements to better achieve tasks. Individuals in this workshop also learn how to problem solve, complete tasks independently and in a timely manner and learn how to identify and ask for help when needed.

**Cost**=\$353.50

### **The Foundation of Small-Talk Communication: Strengthening Social Interactions**

This workshop equips students with the foundational communication and self-regulation strategies essential for initiating and sustaining conversations in both social and professional settings. Emphasis is placed on how small-talk functions as a gateway to relationship-building, networking, and workplace collaboration. Students will explore the structure and flow of conversations, learning how to ask purposeful questions, contribute relevant information, and maintain topic coherence—skills that support reciprocal communication, allowing individuals to express needs clearly, respond appropriately, and foster mutual understanding in the workplace. Instructional methods include direct teaching, modeling, guided self-reflection, classroom discussion, and workplace-based role-play simulations to build confidence and transferable communication habits.

**Cost**=\$1,257.17

### **Practicing the Rules of Social Engagement: Communication in Action**

This interactive workshop provides students with structured opportunities to practice the social communication skills introduced in *The Foundation of Small-Talk Communication*. Through guided peer interactions, students explore how to present themselves appropriately, respond to questions about their interests or needs, and navigate the unspoken social expectations common in workplace and community settings. Activities focus on building fluency in the four parts of a conversation—greeting, maintaining dialogue by asking questions and making relevant comments, identifying or developing a central topic, and closing interactions respectfully. Emphasis is placed on back-and-forth exchanges that foster mutual understanding, reinforce reciprocity, and support self-advocacy in everyday professional environments. Instruction is delivered through role-play scenarios, social mapping exercises, reflective coaching, and feedback from peers and instructors.

**Cost**=\$353.50