



**SUNY ORANGE**

**BRIDGES PROGRAM  
Middletown**

**Transition Classes  
Course Catalog**

**Fall 2025**

## YEAR 2

### **FALL SEMESTER**

Foundations of Executive Function: Turning Skills into Action  
Developing a Growth Mindset in the Workplace  
Problem Solving & Reasonable Accommodations in the Workplace  
Self-Advocacy in the Workplace  
Practicing Reciprocity in Conversation

### **FALL SEMESTER**

#### **Foundations of Executive Function: Turning Skills into Action**

This course challenges students to apply the full range of executive function skills learned in the BRIDGES program—moving from theory to purposeful action. Students draw upon a comprehensive EF toolkit, including prioritizing, organization, planning, time management, task analysis, task initiation, sequencing, working memory, self-control, sustained attention, cognitive flexibility, motivation, and perseverance.

Through collaborative planning and hands-on execution of real-world projects, students practice managing complexity, balancing competing priorities, and adjusting their approach in response to shifting needs. Projects may include planning a student-led event, coordinating a community initiative, or designing a resource for others—each requiring thoughtful preparation, teamwork, and follow-through.

While the course fosters broad life-readiness, projects are intentionally structured to mirror the kinds of planning, coordination, and adaptability needed in workplace environments—such as meeting deadlines, allocating roles, and presenting outcomes. Reflection activities help students evaluate what worked, what didn't, and how to adapt in the future—deepening self-awareness and independence.

**Cost**=\$1,257.17

#### **Developing a Growth Mindset in the Workplace**

Introduction to Employment I is the first of two workshops designed to provide students with an understanding of the soft skills related to employment. In the first semester an emphasis is placed on the importance of a positive and enthusiastic attitude when it comes to getting hired and maintaining employment. Students are introduced to the concept of a growth mindset and the importance of it in the workplace. Students are taught our brains are malleable and we continue to learn and

build skills throughout the lifespan. Students are taught to embrace mistakes and view them as learning opportunities. Students will have the opportunity to explore these concepts through video, readings, in-person interviews, and self reflection. Students will have the opportunity to begin building their resume; highlighting the strengths they identified in Career Exploration I and II.

**Cost**=\$1,257.17

### **Problem Solving & Reasonable Accommodations in the Workplace**

The PAES® lab, is a research-based functional skills curriculum designed with an embedded formative assessment of career potential and employability skills. It identifies functional skill levels, potential career interest, aptitude for community based employment and work behavior strengths and barriers to success in the workplace. The classroom is transformed into a simulated work environment where individuals learn work-related problem solving skills and proper work behavior (arriving on time, completing tasks independently and in a timely manner, asking for help, appropriate use of equipment and maintaining a safe work station). The students will gain insight into job skills and real work job responsibilities as well as develop a greater understanding of their learning style and training needs for future employment.

**Cost**=\$353.50

### **Self-Advocacy in the Workplace**

Students continue to build skills begun in the first year. Skill lessons address self-advocacy, self-regulation/coping, planning and organization, and particular communication and socialization skills. Planned practice and real life experiences link individual skills together. Safety, assertiveness, and conflict resolution are also covered. Students also begin to review workplace etiquette and common pitfalls that often arise. Concepts such as how to make small talk with fellow employees, answering questions when you do not know the answer, discussing breaks and lunch hours, responding to correction or criticism, and how to approach a supervisor are introduced. Scenarios involving the issues introduced in lecture are broken down into understandable chunks and role-playing is used so students have ample opportunity to generalize appropriate responses and improve their social and job-related communications.

**Cost**=\$1,257.17

### **Practicing Reciprocity in Conversation**

Social Skills labs include Peer Mentors, college students from various departments on the college campus, working with students to provide opportunities to practice concepts taught in the Social Engagement class. Students learn through the use of natural supports to generalize concepts taught from class.

Students engaging in small group work focused on active listening and talking and responding on topic. Students engage in role play exercises to initiate conversations with peers. Students use the topic talk game to integrate lessons learned from class. Students will have the opportunity to work with Peer Mentors from various college departments. These partnerships provide not only an inclusive college experience but benefits both groups of students to learn from each other.

**Cost=\$353.50**