



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Transition Classes
Course Catalog**

YEAR 3

FALL SEMESTER

Executive Function in Action: Applying What You Know
Professional Development with an Emphasis on Work Related Skills
Introduction and Application of Work Skills
Group Dynamics and Teamwork
Managing Difficult Conversations at Work

FALL SEMESTER

Executive Function in Action: Applying What You Know

This dynamic, hands-on course develops Executive Function (EF) skills essential for success in work, learning, and everyday life. Designed to promote self-awareness, independence, and adaptive thinking, students will explore and practice key EF domains such as time management, task analysis, prioritization, organization, planning, working memory, and sequencing, task initiation, cognitive flexibility, motivation and self-regulation.

This course helps students navigate challenges in both personal, career and academic environments. Through interactive projects and community-based activities, learners will strengthen their executive skills while engaging with peers from diverse backgrounds in inclusive settings. Aligned with real-world expectations and future-oriented goals, this course empowers students to generalize their EF strategies across diverse settings

Cost=\$1,257.17

Professional Development with an Emphasis on Work-Related Skills

This culminating workshop supports students in applying and refining the workplace skills developed throughout their program. Students revisit core concepts such as job search strategies, completing applications, interview preparation, and professional etiquette—including appropriate phone and email communication. There is a strong emphasis on real-world readiness: navigating the first weeks of employment, prioritizing tasks, and seeking assistance when needed. Students are encouraged to reflect on their internship experiences, share insights, and troubleshoot challenges in a supportive setting. Throughout the course, students integrate and strengthen their verbal and written communication skills while building confidence as emerging professionals.

Cost=\$1,257.17

Introduction and Application of Work Skills

This course supports students working set hours at an internship site. Internship placements are based on selections guided by Career Exploration assessments, PAES Assessment, student input, staff observations and placement availability. Students are supported by the Career and Internship Advisor and receive classroom instruction to hone their abilities. They also receive highly individualized support and guidance as they begin to integrate all of the knowledge and skills that they have learned from previous BRIDGES career readiness classes.

Cost=\$353.50

Group Dynamics and Teamwork

This course supports students in developing the social and practical skills needed to collaborate effectively within group settings. Through structured lessons and interactive projects, students learn how to take on specific roles, contribute meaningfully, and adapt to group decisions with flexibility and respect. Emphasis is placed on understanding how individual behavior impacts group success—managing frustration, offering ideas constructively, and navigating the balance between self-expression and group consensus. These experiences help students build essential habits for the workplace, where teamwork, accountability, and clear communication are key to professional success. Skills are reinforced through hands-on group activities, real-time coaching, and reflective discussions designed to strengthen confidence in collaborative environments.

Cost=\$1,257.17

Managing Difficult Conversations at Work

In this lab, students build on prior communication skills to navigate more complex, emotionally charged, or high-stakes conversations. Using real-world scenarios, students practice staying present and regulated during challenging interactions—with peers, coworkers, supervisors, and customers. Through small-group activities, role-plays, and guided coaching, students explore how to express thoughts and feelings clearly, respond to disagreement respectfully, and remain engaged without shutting down or escalating. Emphasis is placed on maintaining personal integrity while addressing conflict, giving constructive feedback, and adapting to different communication styles in professional and social settings. This lab prepares students to manage not only joyful interactions, but also the nuanced conversations that require confidence, clarity, and emotional control.

Cost=\$353.50