



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Transition Classes
Course Catalog**

Spring 2026

YEAR 1

SPRING SEMESTER

Foundations of Executive Function: Building Independence Through Cognitive Strength
Development and Exploration of Career Opportunities
Understanding your Strengths and Challenges II
Strategic Social Skills for the Workplace & Beyond
Building Confidence Through Communication

SPRING SEMESTER

Foundations of Executive Function: Building Independence Through Cognitive Strength

This course continues the exploration of Executive Function (EF), introducing a new set of EF skills. Through the same interactive structure of short lessons, guided discussions, and hands-on activities, students will now turn inward to strengthen working memory, self-control, sustained attention, cognitive flexibility, motivation, and perseverance.

Rather than emphasizing task execution alone, this course helps students better understand how to regulate their thoughts, emotions, and behaviors in the face of distractions, setbacks, or changing demands. Each class reinforces how these mental capacities support decision-making, stress tolerance, goal pursuit, and personal growth.

As students build this internal toolkit, they increase their ability to respond effectively to real-life challenges—laying the cognitive groundwork for increased autonomy at school, in the workplace, and across daily life.

Cost=\$1,257.17

Development and Exploration of Career Opportunities

In this workshop students take a comprehensive look at their strengths, talents, interests and values. The Holland Code assessment gives students key information on their traits and personality types. Students will continue to gather information about what skills they have and add it to their portfolio. This workshop explores principles of

time management, strategic planning, goal setting and organizing techniques, optimizing students to enhance their productivity in social and academic settings.

Cost=\$1,257.17

Understanding your Strengths and Challenges II

In this workshop students will read through all components of a task, process the information stated and complete the task based on the information provided. Students are given a task and asked to break down the task using the principles of Task Analysis. Students reflect on their experiences, discuss what strategies worked, and how task analysis played a role in their success or challenges. This experiential learning will solidify their conceptual understanding of the topic.

Cost=\$353.50

Building Confidence Through Communication

Instructors lead small peer groups throughout the college campus. Students utilize the student center to utilize conversation games, discussion and role play to dive into the topics including: what makes a good friend, how to sustain friendships and how to engage in conflict resolution. Non-violent and conscious communication strategies are honed with continued practice. Students work with conversation categories including school, work, interests, family and friends.

Cost=\$353.50