



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Transition Classes
Course Catalog**

Spring 2026

YEAR 2

SPRING SEMESTER

Steps to Success: Building Executive Function Through Projects

Understanding your Personal Work Preferences

Speaking with Purpose: Social Skills for Career Success

Developing Appropriate Work Boundaries

Peer Networking: Building Relationships within the Workplace

SPRING SEMESTER

Steps to Success: Building Executive Function Through Projects

In this course, students continue to apply executive function (EF) skills through small group projects and campus-based activities. With support and structure, students practice using tools like planning, time management, task initiation, and organization in real-world settings. Projects may include helping with events run by the BRIDGES club, assisting with campus programs, or creating a small team-led activity for the student community.

The course emphasizes learning by doing—working together, setting goals, solving problems, and staying on task. Students build confidence in using EF strategies as they manage simple timelines, share responsibilities, and adapt when plans change.

Guided reflections help students think about what went well, what was hard, and what they can do differently next time. This course helps prepare students for more advanced project work in their third year by strengthening skills, building independence, and encouraging active participation in campus life.

Cost=\$1,257.17

Understanding your Personal Work Preferences

Understanding your Personal Work Preferences will continue to provide students with an understanding of the soft skills related to employment. An emphasis is placed on the importance of communication when it comes to getting hired and maintaining employment. Students will understand the importance of both verbal and non-verbal communication skills in the workplace. Students will continue to fine tune their resume, obtain letters of recommendations, develop a “Me In 30 Seconds” speech and practice interviewing skills throughout the semester. The semester will conclude with a mock interview. Students will also review their Career Exploration Portfolios and identify potential internship areas they might be interested in exploring.

Cost=\$1,257.17

Speaking with Purpose: Social Skills for Career Success

This course empowers participants to develop the communication skills essential for success in today's workforce. Through interactive activities, peer engagement, and real-world practice, students will build confidence and competence in verbal and nonverbal communication, active listening, self-advocacy, and emotional regulation. Emphasis in this class is placed on professional etiquette, collaboration, and workplace-ready social behavior.

Participants will engage in:

- Role-play exercises simulating job interviews and workplace conversations
- Group discussions that foster teamwork and appropriate feedback
- Activities that strengthen self-expression and goal-oriented dialogue
- Strategies for managing conflict and navigating workplace dynamics

Designed to support students preparing for employment, this course helps bridge the gap between school and work by developing the interpersonal skills that lead to long-term career success.

Cost=\$1,257.17

Developing Appropriate Work Boundaries

PAES® Lab (Practical Assessment Exploration System)

During the second year, students' continuation of the PAES lab job tasks and assessments provides students with information of which strand they have aptitude. 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

Peer Networking: Building Relationships within the Workplace

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 SOS class. Students learn through the use of natural supports to generalize concepts taught from class.

Cost=\$353.50