



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Transition Classes
Course Catalog**

Spring 2026

YEAR 3

SPRING SEMESTER

From Planning to Impact: EF Skills for Life, Learning, and Work

Professional Development: Self Advocacy in the Workplace

I work best when...

Communicate Effectively to get the Job!

Practicing Effective Listening and Non-Verbal Communication skills for the Workplace

SPRING SEMESTER

From Planning to Impact: EF Skills for Life, Learning, and Work

This hands-on course challenges students to put executive functioning (EF) skills to work through dynamic, project-based experiences designed to simulate real-world workplace demands and campus leadership roles. Students will engage in collaborative planning and implementation of initiatives that may include student-led campus events, co-hosted programs with the Center for Student Involvement, or cross-functional projects with the BRIDGES club and Board of Activities.

Working in teams, students will practice time management, role delegation, planning and prioritization, problem-solving under pressure, and adaptive thinking—mirroring workplace environments where tasks shift, deadlines loom, and teamwork is essential. Activities are intentionally unpredictable, fostering the ability to respond with flexibility, perseverance, and emotional regulation.

Students will develop outcome-based presentations or deliverables, reflecting on process challenges and personal growth. This course is especially valuable for students seeking to build a strong foundation for future employment, volunteer leadership, or civic engagement through authentic, high-accountability experiences.

Cost=\$1,257.17

Professional Development: Self Advocacy in the Workplace

Career Seminar II will continue to prepare students to enter the world of work. Students will have the opportunity to explore their learning styles and learn how to advocate for accommodations they may need in their workplace. Students will finalize their resumes with their newly learned skills, learn how to write a concise cover letter, and learn about appropriate dress for interview and workplace success. Students will have the opportunity to review and update their Career Exploration Portfolio and reflect back on their results. The importance of a positive and enthusiastic attitude and strong communication skills in the workplace will be reviewed. The student will continue to

have the opportunity to share their experiences in their internships and will be guided to solve issues that may have arisen on their own with input and support from the instructor.

Communicate Effectively to get the Job!

Introduction to Employment II will continue to provide students with an understanding of the soft skills related to employment. In the second semester 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 during their last year in the program.

Cost=\$1,257.17

I Work Best When...

The career seminar lab continues with students gaining work experience at an internship site. Students begin to track the duties and responsibilities that are completed during their internship hours. The culmination of their work is added to the students comprehensive work portfolio which also includes an updated resume, cover letter, letters of recommendation, the students Person Centered Plan and Stress Management Portfolio.

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 into navigating transitions from college to professional world.

Cost=\$353.50

Practicing Effective Listening and Non-Verbal Communication skills for the Workplace

Students put into practice developing insight into their behaviors through group work, engaging in topic talk activities to take the perspective of another student with the emphasis on incorporating reading non-verbal body language. Students are given opportunities to practice concepts learned in class in the college setting.

Cost=\$353.50