



SUNY ORANGE

**BRIDGES PROGRAM
Middletown**

**Community Class
Course Catalog**

Spring 2026

Spring 2026 Semester Community Class Offerings:
Everyday Economics: Money, Markets and the Modern Consumer
Pathways & Platforms: Expressing Who You Are Through Digital Tools
Live Well: Small Shifts Toward Whole-Body Wellness
Life by Design: <i>A Community Workshop on Goal Setting and Vision Planning</i>
Lead Where You Live: Understanding Community and Civic Impact
Sustainable Shifts: Building Long-Term Stress and Resilience
Speak Up: Advocacy, Influence and Public Impact
Audit Elective

SPRING SEMESTER Community Class Course Descriptions:

Everyday Economics: Money, Markets, and the Modern Consumer

From corner stores to Amazon, cash registers to Apple Pay—this course explores how people spend, earn, and engage with money in a rapidly changing world. Through a blend of discussion, media analysis, and group activities, participants will examine how consumer behavior has evolved over time, how businesses use marketing and psychology to influence choices, and how digital platforms have reshaped how we shop, budget, and think about value.

Topics include:

- The history of money and marketplaces
- Traditional vs. modern advertising techniques
- The rise of online shopping and targeted ads
- The influence of branding and social trends on spending
- How personal choices connect to larger economic patterns

Designed for learners of all abilities and open to the public, this course encourages participants to think critically about their roles as consumers and to gain insight into how financial decisions are shaped.

Cost=\$1,257.17

Pathways & Platforms: Expressing Who You Are Through Digital Tool

Pathways & Platforms is a community class that blends personal exploration with digital expression. Participants will engage in activities to identify their interests, strengths, challenges, and values—gaining insights into how they learn and what motivates them. These reflections form the foundation for the second half of the course, where students use digital tools to organize, plan, and creatively express what they've discovered.

Participants will learn how to use Google and Microsoft tools—like Sheets, Slides, Drive folders, Word, and Excel—for tasks like tracking course options, organizing projects, or preparing for academic programs. They'll also explore how to navigate educational websites like SUNY Orange and understand what it means to audit a class or enroll for credit.

The course offers a creative and practical way to bring your personal insights to life using everyday digital tools.

Cost=\$1,257.17

Live Well: Small Shifts Toward Whole-Body Wellness

This workshop offers an inclusive, hands-on introduction and educational deep dive into the eight dimensions of wellness: physical, emotional, intellectual, social, spiritual, environmental, financial, and occupational. Participants will explore how each area contributes to a balanced and fulfilling life, and how small, intentional choices can support overall well-being.

Through guided discussions and interactive activities, participants will engage in a variety of wellness practices designed to support daily life. They will prepare healthy snacks that contribute to physical wellness, practice techniques for self-awareness and emotional regulation, and explore environmental wellness by identifying ways to create calming, organized spaces. The course also emphasizes social wellness, with opportunities to discuss healthy relationships, communication skills, and community connection.

Cost=\$1,257.17

Life by Design: A Community Workshop on Goal Setting and Vision Planning

Life by Design is an inclusive, community-based workshop for individuals of all ages and abilities who are ready to take intentional steps toward shaping their future. This skills-focused course teaches participants to move from broad aspirations to actionable plans using the SMART goal framework—Specific, Measurable, Attainable, Realistic, and Time-bound.

Participants will explore what matters most to them—whether it's building independence, strengthening relationships, pursuing education or career goals, or developing personal wellness—and learn how to break those ideas into clear, achievable steps. The course includes practical exercises in decision-making, time management, and accountability, all designed to support lasting progress.

Each participant will create a personalized vision statement and outline short- and long-term goals aligned with their values and priorities. This class is ideal for anyone seeking to turn intention into action with clarity and confidence.

Cost=\$1,257.17

Lead Where You Live: Understanding Community and Civic Impact

Lead Where You Live is a community-based course that explores how individuals can better understand, participate in, and positively impact the communities they are part of. Through structured discussion, historical case studies, and personal reflection, participants will examine the meaning of civic engagement and the many ways people take action to shape the world around them.

Course topics include the foundations of leadership and self-advocacy, major social movements like the Civil Rights Movement, Black History, the Disability Rights Movement. Participants will research leadership traits in public figures—past and present—and reflect on their own leadership potential through a personal project.

As part of the course, participants will also explore local organizations, volunteer opportunities, and community groups where they can apply their strengths and interests to make a meaningful difference. Whether you're just beginning to find your civic voice or looking for new ways to get involved, this class provides a structured path to community impact.

Cost=\$1,257.17

Sustainable Shifts: Building Long-Term Stress Resilience Habits

Sustainable Shifts is a community class designed to help participants create meaningful, lasting habits that reduce stress and support overall well-being. Instead of chasing quick fixes, this course focuses on small, consistent changes that build momentum over time.

Participants will explore stress from both physical and emotional angles—experimenting with practices such as grounding techniques, breathwork, mindful routines, movement, digital boundaries, and strategies for navigating emotionally charged moments. Each person will track their own progress across chosen practices, observing what works, what doesn't, and how small adjustments can lead to bigger results over time.

The course concludes with a reflective project where participants research, document, and share a sustainable stress-management routine they've built and practiced. Whether you're looking to break unhelpful patterns or add structure to your day, this class offers tools and structure to help healthy habits stick.

Cost=\$1,257.17

Speak Up: Advocacy, Influence, and Public Impact

This inclusive course equips participants with the tools to speak up—and be heard—on the issues that matter most to them. Through interactive workshops, students will explore how to craft persuasive messages, speak confidently in public settings, and advocate effectively for causes, ideas, or changes in their communities.

Participants will practice writing and delivering speeches that inspire action, learning to tailor their message for different audiences—from peers to local leaders. Topics include identifying an issue, building a persuasive case, using storytelling as a tool for change, and understanding the role of tone, body language, and audience awareness in impactful communication.

Whether speaking at a town hall, advocating for accessibility, or contributing to group discussions, this course empowers learners to transform passion into purpose through powerful public expression.

Cost=\$1,257.17

Audit Elective

Students choose from the SUNY Orange roster of classes one of particular interest to them and attend the class as an auditing participant. Students are encouraged to choose classes within their chosen area of vocational focus or personal areas of interest for enrichment.

Cost=per college credit

(https://sunyorange.edu/studentaccounts/tuition_fees.html)