



SUNY ORANGE

BRIDGES PROGRAM
Newburgh

Community Class
Course Catalog

Spring 2026

Spring 2026 Semester Community Class Offerings:
Sustainable Shifts: Building Long-Term Stress Resilience Habits
Sustainable Shifts: Building Long-Term Stress Resilience Habits Lab
Art in Action: Exploring Materials, Styles and Self-Expression
Live Well: Small Shifts Toward Whole-Body Wellness
Voice & Vision: Leading Through Public Speaking and Purpose
Audit Elective

Physical Wellness & Self-Regulation Skills

In this workshop students will understand and identify how good stress can motivate and enhance performance while prolonged stress can lead to negative effects on physical health. Students will identify personal stress and understand how essential it is to develop self-regulation and coping strategies. Developing these coping mechanisms not only aids in navigating daily stressors but also fosters a healthier, more balanced

Cost= \$916.67

Physical Wellness & Self-Regulation Lab

In this Lab, students engage in various activities connecting concepts taught in the Physical Wellness & Self-Regulation skills workshop and explore movement-based activities as coping strategies. The class will consist of practice, videos, discussion and opportunities to practice healthy self-regulation skills. Techniques such as mindfulness, exercise, stretching, breathing techniques, journaling, dancing and other movement based activities will help manage stress levels and help students to manage their personal wellness.

Cost= \$916.67

Voice & Vision: Leading Through Public Speaking and Purpose

This dynamic community course empowers participants to craft their personal narrative and develop compelling public speaking skills that amplify their leadership potential. Students will learn to write and deliver their own biographies and elevator pitches, fostering a confident sense of self and purpose. Through guided workshops,

peer collaboration, and advisor support, participants will identify topics they are passionate about and transform them into powerful community presentations.

Cost= \$916.67

Live Well: Small Shifts Toward Whole-Body Wellness

This workshop offers an inclusive, hands-on introduction and educational 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= \$916.67

Art in Action: Exploring Materials, Styles, and Self-Expression

This class offers hands-on instruction in visual arts, giving participants the opportunity to learn and apply a variety of artistic techniques. Each session introduces a new medium or method, including watercolor, oil pastels, grid-style drawing, and cubism. Participants explore artistic styles such as the “Laurel Burch” aesthetic, the grid-tree layout design and create projects made from everyday items.

Projects are designed to encourage creativity, build artistic confidence, and expand personal interests through guided exploration and instruction. Participants are encouraged to reflect on how art can be used not only for personal enjoyment and self-expression but also to connect with others!

Cost= \$916.67