

**Bridges to
Adelphi
Program**

World-Class
Academics.
Personalized
Learning.
Successful
Futures.



Your Path to a Rewarding College Experience

ADELPHI
UNIVERSITY
NEW YORK

How can the Bridges to Adelphi program help me to



“Bridges has helped me grow out of my comfort zone academically and vocationally in order to be successful as a professional in the real world. Bridges has taught me real-life skills such as executive functioning, research, interviewing skills and job searching for internships and jobs.”

—Hannah Schultz '22

achieve my goals?

College is a big adjustment for anyone. But if you are on the autism spectrum or have any other neurodiverse disorder, making the move from high school to higher education can seem especially challenging.

The Bridges to Adelphi program is designed specifically to ease that transition and ongoing transitions throughout your Adelphi career by offering one-to-one academic, social and vocational support services. Because Adelphi prides itself on being inclusive, the Bridges program also promotes awareness and understanding of neurosocial disorders throughout the campus community, through education, training and collaboration with University faculty, staff and students.

Bridges is a program unlike any other, and it has made Adelphi a prominent destination for students like you from all over the world. Its personalized approach provides you with the tools to advocate for yourself, achieve academically, make new friends and embark on a career—putting you on the road to success.

The three-year average retention rate for Bridges students is **87.5%**

How does Adelphi compare?



Adelphi ranked among
**Best Colleges for
Students with
Autism**

and

**50 Best Disability-
Friendly Colleges
and Universities**

by College Choice

What kind of skills will I be learning?

While college is an exciting and transformative time, it's also a giant step into the unknown.

You'll have more academic work, meaning you'll need to develop solid time management and organizational skills. Each semester, you'll have to adjust to a schedule that changes every day. You'll also have to keep on top of exams, short- and long-term assignments, meetings, and appointments.

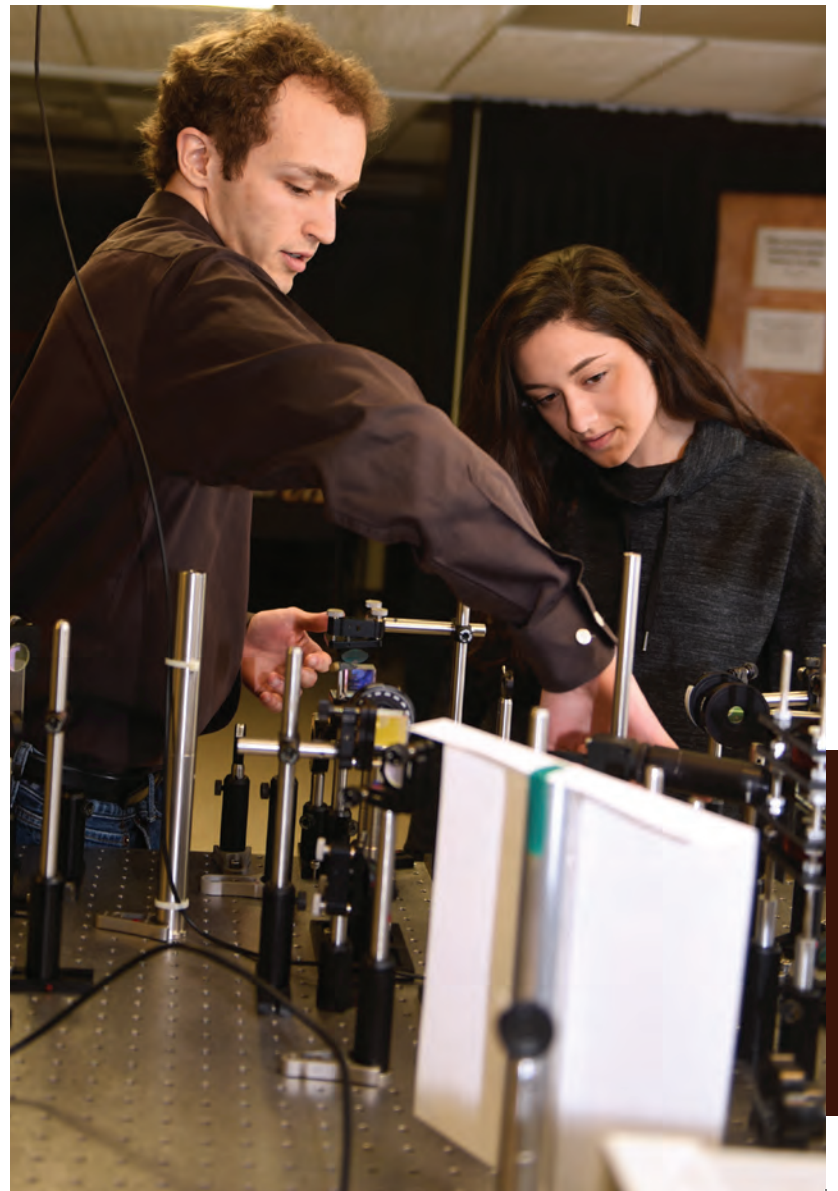
Envision yourself building a whole new social life, too, meeting new people and discovering new activities. For many, college will be your first time away from home. You'll be making your own choices about what to eat and how much you sleep. But whether you're living on campus or at home, it's a different level of independence.

Bridges to Adelphi
program received
**2021-2022 gold
Excellence Award
from the National
Association of
Student Personnel
Administrators (NASPA)**



“All students are individuals and part of our jobs as educators is to determine their learning styles. With the technology and know-how we have today, neurodivergent people leading productive and fulfilling lives can become the rule rather than the exception.”

—Stephen Shore, EdD, coordinator of Adelphi's Autism Task Force and clinical assistant professor of special education, who is on the autism spectrum





Bridges to Adelphi can help smooth your path.

We offer individual and group services that address your anxieties and cover your concerns, so you'll never feel like you're doing it all alone. These services include:

- Academic coaching
- Learning assistance
- Problem-solving guidance
- Behavioral modeling
- Peer mentoring
- Career counseling
- Social opportunities
- Time-management strategies

The supportive Bridges to Adelphi staff is dedicated to helping you learn the skills you need to do well on campus, in a career and in life.

“

Student success starts by getting to know the students. The Bridges to Adelphi program helps me to connect to students who are on the autism spectrum, so that I can get to know who they are, how they learn and help them grow.”

— Matthew J. Wright, PhD, associate professor and department chair, physics



Bridges to Adelphi, in collaboration with the nonprofit organization KultureCity, opened an innovative **Sensory Room**—a calming refuge for students and others in the campus community on the autism spectrum or with other sensory special needs. It is the first of its kind on a college or university campus.

Pictured above: student placing colorful pegs into the peg display board in the sensory room by the bubble tube

“My Bridges team”—who are they?

Your Adelphi experience will be as unique as you are. We help by offering personalized support designed to meet your individual needs.

Each Bridges student is assigned a team—an academic coach, a learning strategist, a peer mentor and a vocational coach—who will provide one-to-one feedback to keep you on track and moving forward.

With your written consent, Bridges staff members will also be able to keep University professors and staff, and your parents, in the loop about your progress and concerns.

3.51

**Average
GPA** for all
students
enrolled in
the Bridges
program

Fall 2021



What can I expect?

ACADEMIC GUIDANCE

You'll meet weekly with both your academic coach and your learning strategist, who will work with you to develop a personal plan with step-by-step directions on how to meet the challenges of college life. Our trained staff will monitor academic growth and provide ongoing planning and guidance. Depending on your goals, meetings with your academic coach and your learning strategist can focus on:

- Reviewing the syllabus for each of your courses
- Time management strategies
- Building executive functioning skills
- Completing and submitting assignments on time
- Study skills
- Research and library skills
- Problem-solving techniques

VOCATIONAL SKILLS

Bridges works diligently in preparing students for meaningful employment or graduate school. Your vocational coach can help you identify areas of interest and highlight your strengths to establish a direction for your future career. You'll also have access to:

- Opportunities to gain practical experience
- Résumé writing and job interview skills
- Vocational assessments to guide you toward careers and majors
- Summer internship opportunities
- Additional help from the Center for Career and Professional Development

“Adjusting from high school to college was nerve-wracking and very difficult. Having the guidance of the qualified, professional and friendly staff, I was able to transition easily. I truly give the highest recommendation, and I am so grateful that I was a part of the Bridges to Adelphi program.”

—Ashley Villanueva '19, English major

I have career goals.

SOCIAL SUPPORT

You'll have the opportunity to meet weekly with a social coach for individualized social skills training. Social coaching can help you refine your interpersonal skills, strengthen social relationships and increase social intelligence. Our highly trained staff use cognitive behavioral therapy-based methods to help you improve social functioning and reach your social goals.

Additionally, you have the ability to meet with a student peer mentor who can provide you the chance to develop a trusted peer relationship and assist with the adjustment to campus life.

Peer mentors are student leaders who volunteer their time to work with Bridges to Adelphi students.

You also will be able to:

- Attend regularly scheduled group activities with your fellow Bridges students.
- Enjoy twice-monthly group social outings.

Can you help me get there?

Sound right for you? Here's how to get started.

You can enroll in Bridges to Adelphi as soon as you have been formally accepted to the University. To apply to Adelphi, visit **adelphi.edu/apply**.

After receiving your acceptance, go to **adelphi.edu/bridges/interest-form**. Fill out the online interest form to schedule a meeting between you, your parent or guardian, and the program director.

The cost of the program is in addition to the costs of tuition, room, board and books, as well as other University fees. To find out more, visit **adelphi.edu/admissions/aid/tuition/fees** or contact the Office of Student Financial Services at **516.877.3080**.

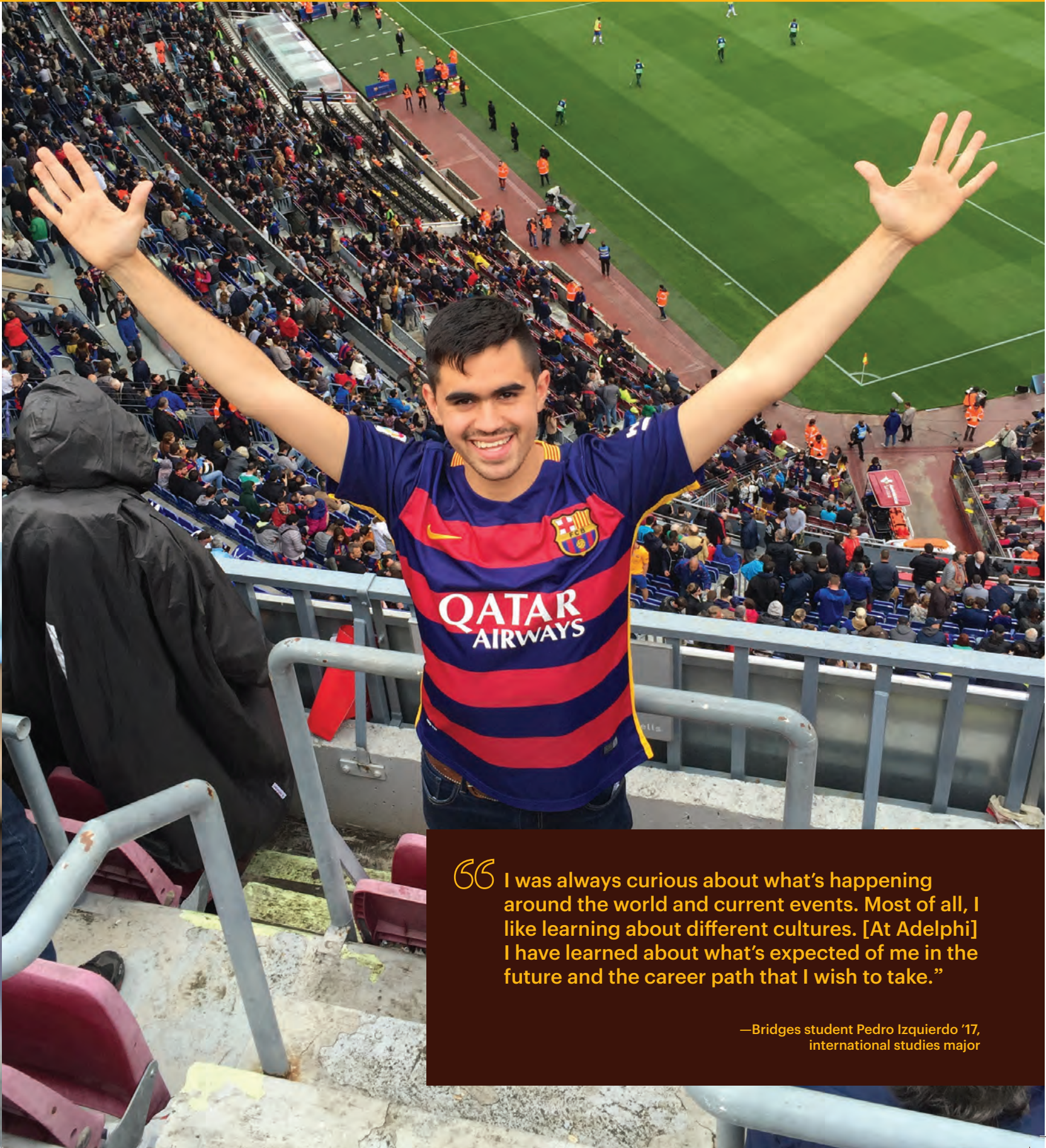
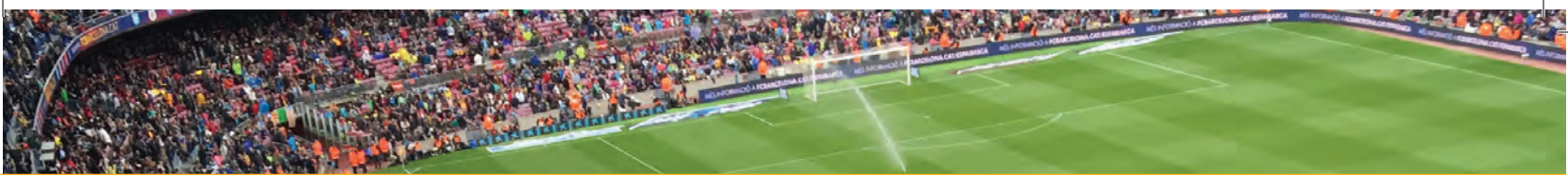
Contact **bridges@adelphi.edu** for further information about the Bridges to Adelphi program.

We look forward to welcoming you into our community.

“[After two brain hemorrhages], the doctors said I would be in hospital for a long time. Bridges to Adelphi Director Mitch Nagler, MA '06, was my mentor for five years. He understood my needs. Now I have graduated college. It's a big deal for me!”


—Bridges student Charlotte Champigny '18,
biology major





“ I was always curious about what’s happening around the world and current events. Most of all, I like learning about different cultures. [At Adelphi] I have learned about what’s expected of me in the future and the career path that I wish to take.”

—Bridges student Pedro Izquierdo '17,
international studies major

A young woman with long, wavy red hair is sitting on a wooden bench, smiling and looking towards a young man. She is wearing a light beige puffer jacket with a fur-lined hood and blue jeans. The young man is sitting next to her, wearing a blue baseball cap with a white logo and a black hoodie with orange text. He is looking down. They are outdoors on a grassy area with some yellow flowers in the background. A semi-transparent grey box with contact information is overlaid on the bottom left of the image.

Email: admissions@adelphi.edu

Call: 800.ADELPHI

Visit: adelphi.edu/visit

Apply: adelphi.edu/apply

SAFETY FIRST

Colleges and universities are required under federal law to publish and make available an annual campus security report, which includes, among other information, statistics on campus crime. The crime statistics for all colleges and universities required to comply with this law are available from the United States Department of Education.

Adelphi University's annual security report includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by Adelphi University; and on public property within, or immediately adjacent to and accessible from, the campus.

The report also includes institutional policies concerning campus security, such as policies concerning alcohol and drug use, crime prevention, the reporting of crimes, sexual assault, emergency response plan, timely warnings, fire statistics, missing students and other matters. The advisory committee on campus safety will provide upon request all campus crime statistics as reported to the United States Department of Education. You may obtain a copy of this report by contacting the Department of Public Safety and Transportation, Levermore Hall, Suite 113, at adelphi.edu/safety-transportation or 516.877.3500.

The United States Department of Education's website for campus crime statistics is ope.ed.gov/security.

As a reminder, the back of any Adelphi University ID card provides you with weather advisory and alert numbers to obtain information on any possible delayed openings or school closings. To register for the University Mass Notification System, log on to eCampus (ecampus.adelphi.edu) and click on University Mass Notification System.

ACCREDITATION

Adelphi University, an independent, comprehensive institution, is chartered by the University of the State of New York, and is accredited by the Middle States Association of Colleges and Schools, 3624 Market Street, Philadelphia, PA 19104-2680, 267.284.5000; the New York State Education Department, 89 Washington Avenue, Albany, NY 12234, 518.474.3852; the Commission on Collegiate Nursing Education, One Dupont Circle, NW, Suite 530, Washington, D.C. 20036, 202.887.6791; the Council on Academic Accreditation in Audiology and Speech-Language Pathology, American Speech-Language-Hearing Association, 2200 Research Boulevard, Rockville, MD 20850-3289, 800.638.8255; the Council on Social Work Education, 1701 Duke Street, Suite 200, Alexandria, VA 22314, 703.683.8080; the Council for the Accreditation of Educator Preparation (CAEP), 1140 19th Street NW, Suite 400, Washington, D.C. 20036, 202.223.0077; and AACSB International—The Association to Advance Collegiate Schools of Business, 777 South Harbor Island Boulevard, Suite 750, Tampa, FL 33602-5730, 813.769.6500.

EQUAL OPPORTUNITY AND NOTICE OF NONDISCRIMINATION

Adelphi University is committed to extending equal opportunity in employment and educational programs and activities to all qualified individuals and does not discriminate on the basis of race, religion, age, color, creed, sex, marital status, sexual orientation, ethnicity, national origin, disability, genetic predisposition or carrier status, veteran status, status as a disabled or Vietnam-era veteran, gender expression, or any other basis protected by applicable local, state or federal laws. Adelphi University does not discriminate on the basis of sex or gender in any education program or activity it operates as required by Title IX. All questions regarding Title IX should be referred to Interim Title IX Coordinator and Director of Equity and Compliance Allison Vernace, Room 106, Levermore Hall, 516.877.6808, titleix@adelphi.edu. The discrimination coordinator for student concerns pursuant to Section 504 of the Rehabilitation Act of 1973 is Rosemary Garabedian, Director of the Student Access Office, Post Hall, 516.877.3145, sao@adelphi.edu; the discrimination coordinator for employee concerns pursuant to Section 504 of the Rehabilitation Act of 1973 is Jane Fisher, Director of Talent Management and Labor Relations, Room 203, Levermore Hall, 516.877.3220; the coordinator of Title VII and the affirmative action officer is Jane Fisher, Director of Talent Management and Labor Relations, Room 203, Levermore Hall, 516.877.3220.

“In Bridges, we work with our students to amplify their voices and encourage self-advocacy and independence.”

—Diana Damilatis-Kull '10, MA '12, MA '14, LMHC,
director of the Bridges to Adelphi program

ADELPHI UNIVERSITY

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