

BEYOND SUMMER BRIDGE:

Designing Short-Term Programs That Foster Belonging and Long-Term Success



OSOP



Northeastern
University

NATIONAL PARTNERSHIP
FOR EDUCATIONAL ACCESS



KEYLA EUSEBIO, M.ED.

OpportunityScholarship & OutreachPrograms

DoctoralStudent(Focus on First-Gen)

Northeastern University (Boston, MA)

- Torch & Boston Scholarship Programs
- ~200 students
- First-generation
- Low-income



THE CHALLENGE

How do short-term programs create long-term impact?

- Students arrive with varied preparation
- Limited time to build connection
- Resources are often constrained
- Need for both skills AND belonging





TODAY'S AGENDA

01. Context: Summer Immersion as a living case study

02. Holistic Wellness Curriculum & Student-Created College Success Plans

03. Implementation Process: How to build this

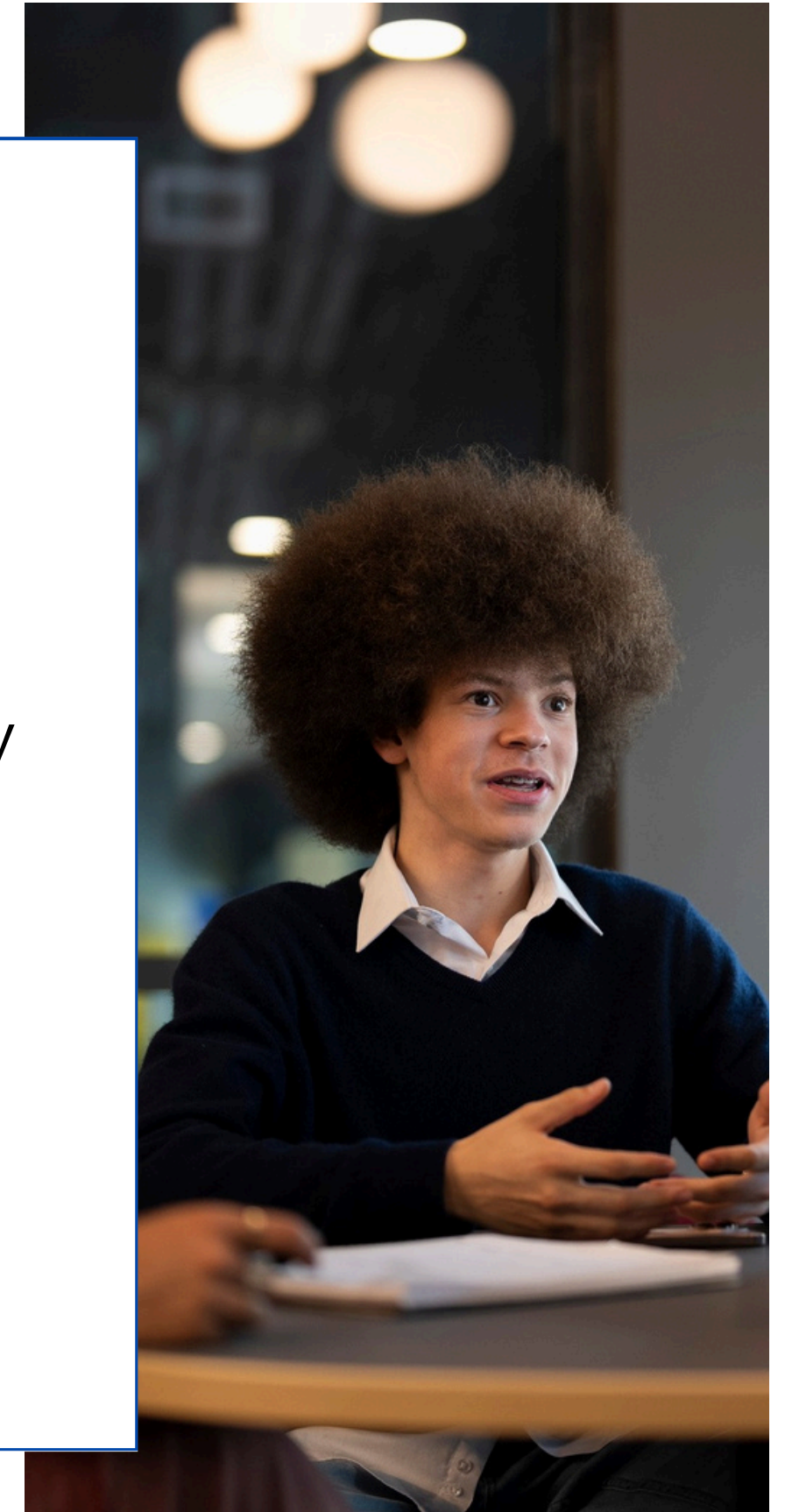
04. Collaborative Design: Your turn to adapt



CONTEXT:

Northeastern University

- Large private research university
- Urban campus (Boston, MA)
- 50% of student identify as POC
- High international student population



RESOURCES & EQUITY

Today's Focus: PRINCIPLES over PROGRAMS

- What creates impact regardless of budget
- How to adapt to existing resources
- Low/no-cost alternatives throughout





SUMMER IMMERSION

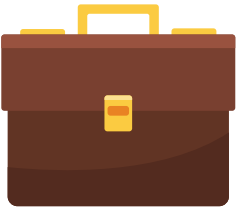
Structure:

- **4 Week** residential bridge program
- **15 First-generation**, low-income college students
- **3 Courses:**
 - Math (calculus preparation)
 - Writing (college-level composition)
 - College Success
- **Torch Advisors** (peer mentors)



THE EVOLUTION OF SUMMER IMMERSION

YEAR 1 (ORIGINAL):
Academic success + Job balance



THE EVOLUTION OF SUMMER IMMERSION

YEAR 1 (ORIGINAL):
Academic success + Job balance



- **Feel prepared for classroom**
- **Feel prepared to balance work & academics**
- **High levels of stress - “Burnt out”**
- **Didn’t feel prepared for experiences beyond college life**
- **Low sense of belonging**



THE EVOLUTION OF SUMMER IMMERSION



YEAR 1 (ORIGINAL):
Academic success + Job balance



YEAR 2+3 (PREVIOUS):
Academic success+Jobbalance+**Mental Health**



THE EVOLUTION OF SUMMER IMMERSION



YEAR 1 (ORIGINAL):
Academic success + Job balance

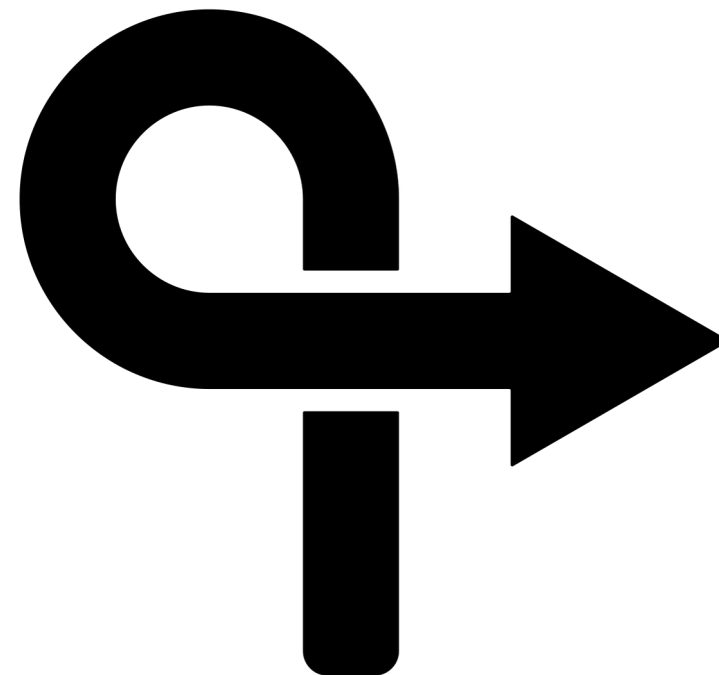


YEAR 2+3 (PREVIOUS):
Academic success+Jobbalance+**Mental Health**



- **Feel prepared for classroom**
- **Feel prepared to balance work & academics**
- **Moderate levels of stress**
- **Improved level of belonging**
- **Still didn't feel prepared for experiences beyond college life**

THE EVOLUTION OF SUMMER IMMERSION



YEAR 1 (ORIGINAL):
Academic success + Job balance



YEAR 2+3 (PREVIOUS):
Academic success+Jobbalance+Mental Health



YEAR 4 (CURRENT): **HOLISTIC WELLNESS FRAMEWORK**



THE EVOLUTION OF SUMMER IMMERSION



- **Feel prepared for classroom**
- **Feel prepared to balance work & academics**
- **Higher level of belonging**
- **Moderate/Manageable levels of stress**

How do we find a balance to cover these topics equitably?

YEAR 1 (ORIGINAL):
Academic success + Job balance



YEAR 2+3 (PREVIOUS):
Academic success+Jobbalance+Mental Health



YEAR 4 (CURRENT): HOLISTIC WELLNESS FRAMEWORK





HOLISTIC WELLNESS CURRICULUM FRAMEWORK

Supporting the whole student across **four** interconnected domains



ACADEMIC SUCCESS



MENTAL & PHYSICAL WELLBEING



SOCIAL & IDENTITY DEVELOPMENT



PROFESSIONAL DEVELOPMENT

Academic Success

- Invisible rules of the classroom
- Professor archetypes
- Navigating higher ed bureaucracy
- Study techniques
- Time management methods and tools
- Major/minor exploration
- How to register for classes
- Understanding/accessing your transcript



Wellbeing

- Stress management techniques
- Introduction to counseling services
- Campus recreation center tour
- Sleep hygiene and time management for wellness
- Financial Literacy



Professional Development

- Email etiquette
- Professional norms
- Accountability
- Art of Discernment
- Resume development
- LinkedIn development
- Co-op preparation



Identity Development

- Foundational sociological concepts
- Social identity activities/assignments
- "Who am I here?" reflection prompts
- Affinity group connections (cultural centers, student orgs)
- Navigating predominantly white institutions
- discussion

WHY THE SHIFT MATTERS

- ✓ **Academic skills to succeed in coursework**
- ✓ **Wellbeing practices to manage stress**
- ✓ **Identity affirmation and community**
- ✓ **Professional skills often not taught at home**

Each domain reinforces the others:

Can't succeed academically if mental health is suffering → Can't build identity if you don't feel you belong → Can't be professional if you're not taking care of yourself



WHY THIS WORKS

- Meets students where they are as whole
- Normalizes that success requires more than academics
- Builds **multiple** pathways to belonging and support
- Decreases silos (students see how domains connect)
- Creates shared language for holistic wellness
- **Students now report:**
 - "I didn't realize I was *allowed* to prioritize my wellbeing"
 - "This helped me see myself as capable"

ADAPTING THE FRAMEWORK – ANY TIMELINE

1-Day Program (6 hours):

Touch all 4 domains in compact sessions
90 min per domain with integration

1-Week Program:

Focus on one domain per day
Build connections across days

4-Week Program:

Deep engagement with each domain
Time for practice and reflection

Virtual Series:

4 sessions, one domain each
Asynchronous work between sessions



LOW-COST STRATEGIES

Use existing campus resources

→ Invite counseling, career services, academic support to present

Peer-led discussions

→ Students teaching students (identity circles, study groups)

Simple activities with big impact

→ Reflection prompts, role-plays, templates

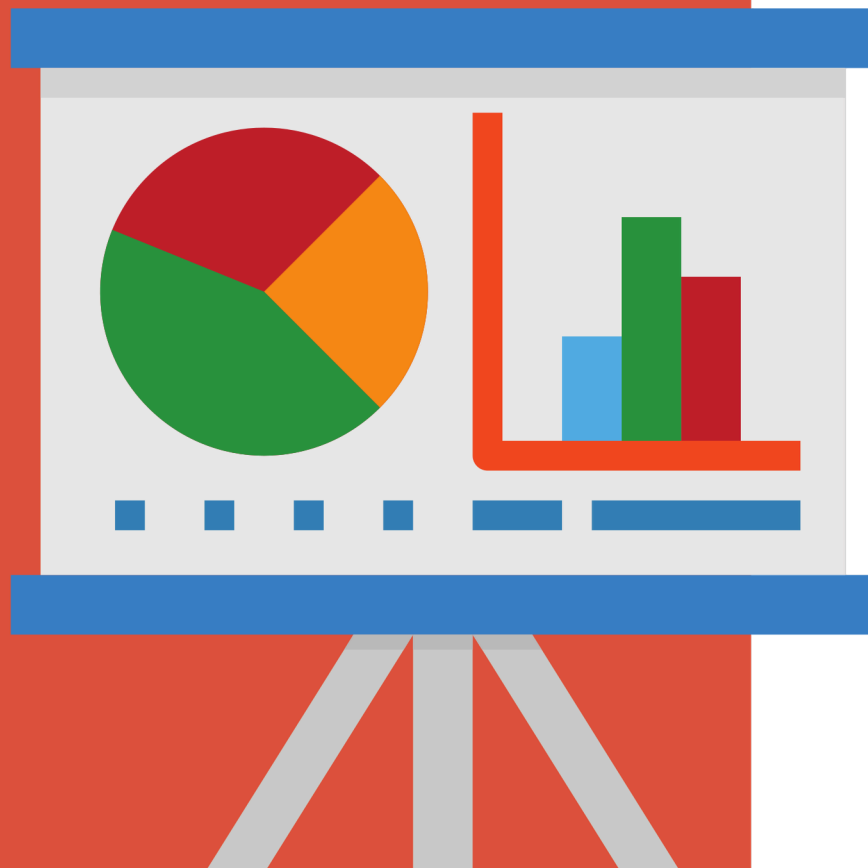
Leverage free tools

→ Google Docs, free campus spaces, online resources



COLLEGE SUCCESS PLANS

Personalized roadmaps students design, own, and present



- Student-designed roadmaps for navigating their first year
 - Created by students (not for them)
 - Informed by all three courses over 4 weeks
 - Students present their plans to peers
 - Plans become living documents they reference
- **Present to their peers**
 - **Invite faculty and admissions members**
 - **Dress code is business casual**


College Success Plan Assignment

01. About / Identity

- About them & their identities
- What identities are the most important to your identity?
- How did your identities shape/impact your journey to NU?

03. Engagement

- Identify 2-3 student orgs/ activities that interest you
- Identify a co-op or professional development interests
- Study abroad experiences
- Staying connected to family/friends



The cover features a vibrant gradient background transitioning from orange at the top to blue at the bottom. The title 'College Success Plan' is written in a large, bold, white sans-serif font. Below the title, the author's name 'By: Ferdoss Ibrahim' is written in a smaller, white sans-serif font. Two thin white horizontal lines are positioned above and below the text.

College Success Plan

By: Ferdoss Ibrahim

02. Academic Plan

- Intended major
- Academic passions and interests
- Studying habits/class management tools will you use to maintain your academics
- On/off campus resources you'll utilize will you utilize

04. Mindset & Wellbeing

- Methods for staying motivated and focused
- How you'll handle setbacks
- Self-care plan & mental/physical health maintenance strategies.



The cover has a solid orange background with several black hand-drawn scribbles and lines. The title 'COLLEGE SUCCESS PLAN' is written in a white, all-caps, hand-drawn font. Below the title, the author's name 'by Arthur Efremenko' is written in a smaller, white, lowercase, hand-drawn font.

COLLEGE SUCCESS PLAN

by Arthur Efremenko

2021

Ferdoss Ibrahim



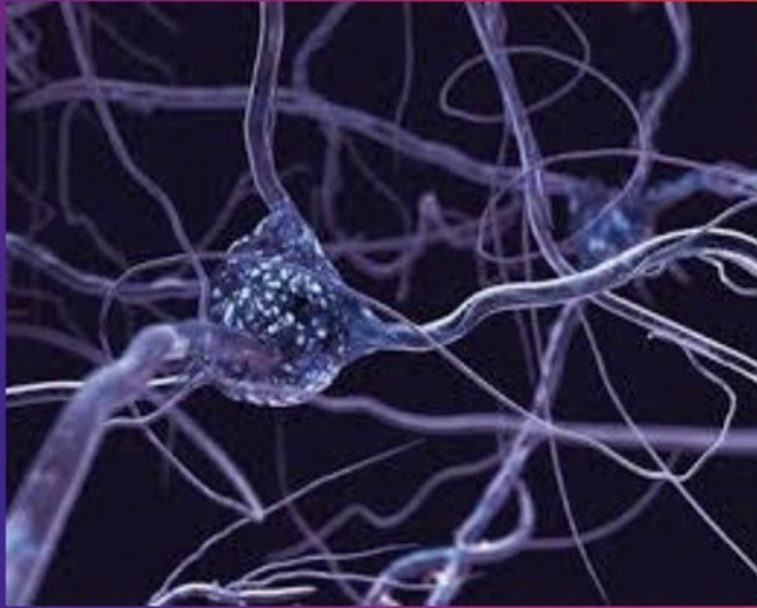
4

2026

Ferdoss Ibrahim



Intended Major: Neuroscience

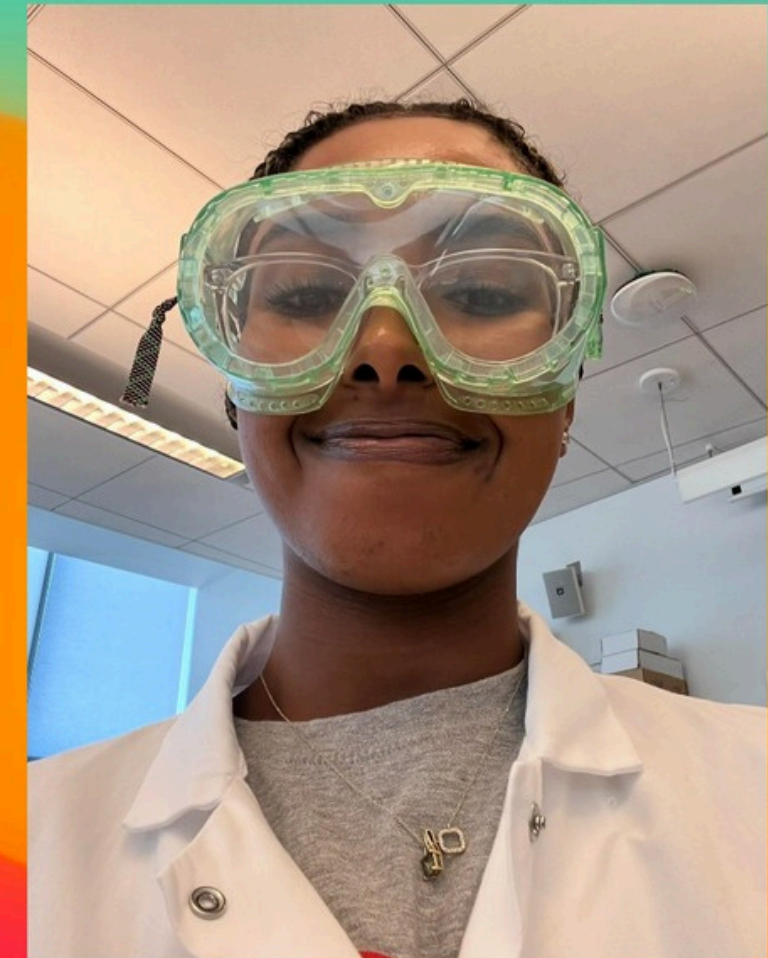


Courses:

- Psychopharmacology
- Neural Systems and Behaviors
- Multidisciplinary Approaches in Motor Control

Academic

- 4th Year Behavioral Neuroscience Student
- Medicine
- Ophthalmology Interest
 - Found this out through my co-op!!





Arthur Efremenko

Age: 18

Origin: Millburn, NJ

Intended Major: Physics & CS

"If life is a movie, oh you're the best part."



Arthur Efremenko

Age: 22

Origin: Millburn, NJ

Major: CS & Physics

"If life is a movie, oh you're the best part."

CO-OP EXPERIENCES

Where do I want to work?



New York

J. P. Morgan,
Goldman Sachs



Silicon Valley

Meta, Apple,
Google



CO-OP EXPERIENCES

Where did I work?



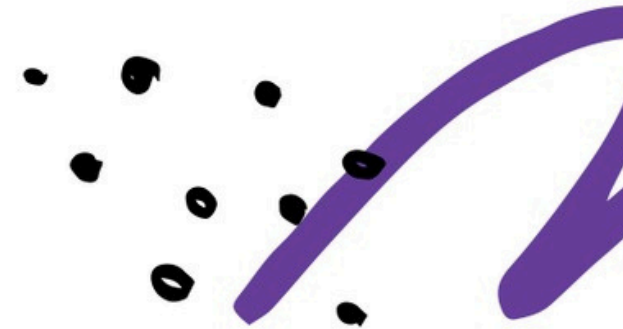
Silicon Valley

AirPlay team at Apple



Ohio

5G Engineering at Verizon



WHY THIS WORKS

- Shifts students from **passive** → **active agents**
- Creates ownership over their college journey
- Builds **confidence** through articulation
- Peer presentations normalize help-seeking
- **Accountability** = students actually use the plan
- Personalized (not one-size-fits-all)
- Students say:
 - *"Having to present my plan made it feel more real. I wasn't just going to college, now I have a roadmap for how I'm going to make the most of it."*

ADAPTING THE SUCCESS PLAN - ANY TIMELINE

4-Week Program:

- Develop incrementally, informed by full curriculum
- Formal presentations to peers + staff

1-Week Program:

- Condensed template, daily additions
- Small group presentations on final day

3-Day Program:

- Guided template, focused work time
- Peer partner share-outs

1-Day Workshop:

- Success planning "sprint" (90 minutes)
- Pair-and-share format

Virtual Program:

- Google Doc template, async work → Final session: everyone shares 1-2 commitments



LOW-COST STRATEGIES

- ✓ Google Docs template (free)
- ✓ Reflection prompts (free)
- ✓ Peer accountability partnerships (free)
- ✓ Staff time for facilitation (existing)

Optional enhancements (if budget allows):

- Printed workbooks
- Presentation event with food
- Follow-up check-in structure with mentors



BRINGING IT TOGETHER

Holistic Wellness Curriculum + College Success Plans

TOGETHER THEY CREATE:

Knowledge + Agency

Skills + Confidence

Belonging + Accountability



**NOW IT'S
YOUR
TURN!**

Let's put these ideas into action...

YOUR TASK: *(5 MINUTES)*

1. Choose ONE component to adapt:

Holistic Wellness Curriculum
Framework
College Success Plans

**2. Use your worksheet to design for YOUR
context**

- Your timeline
- Your resources
- Your students

**3. Work silently, this is YOUR thinking
time No talking. Just designing!**



GROUP TASK: (4-5 MINUTES)

FORM GROUPS of 2-4 people

→ Each person will get to share

WHAT YOU'RE SHARING:

1. Which component you chose
2. ONE key adaptation you designed
3. Your biggest challenge or question



QUESTIONS?

BEYOND SUMMER BRIDGE:

Designing Short-Term Programs That Foster Belonging and Long-Term Success

THANK YOU!

[K.EUSEBIO@NORTHEASTERN.EDU](mailto:k.eusebio@northeastern.edu)



OSOP