This is a type of puzzle called ‘Bridges’ or ‘Hashi’. All the circles must be connected to form one single structure, using no more than two bridges between any set of islands.

The best places to start are with the corners and circle with a 6 in. Eventually, everything can be connected above.

A full video going through the logic of solving this by Cracking The Cryptic can be found at URL.

Once this is done, you may notice that the placement of the single and double bridges are slightly awkward - taking just the single bridges into account, you can see four letters have been made. The make the answer to this puzzle: JEFF, as in the famous actor Jeff Bridges. A common error here was mistaking the J for a T and getting TEFF instead.