



2018 American Heritage School
Experiential Learning





Experiential Learning Program Overview Course

Dates: April 24–26, 2018

What is Experiential Learning? American Heritage School’s Experiential Learning serves as an intensive implementation of the 4R-ing methodology, with the purpose of bridging academic experiences and exploration of real world applications—all in harmony with American Heritage School’s mission statement.

Experiential Learning is a three-day course of study devoted to a single subject offered by American Heritage School January 3–5, March 13–15, and April 24–26, 2018. During Experiential Learning, regular classes are suspended and replaced with project-based and place-based learning experiences in academic fields of interest to AHS students under the mentorship of experienced AHS instructors, professionals, guest presenters, and practitioners.

The days consist of a focused, single-course format and allows the school to take advantage of community resources, to be responsive to student needs and interests, and to experience a variety of places and styles of learning.

Experiential Learning courses will include classes at school, educational fieldtrips and guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

Students and parents choose from a list of offerings provided by the School. Please note that this year, some of the courses are the same as last year, students are only allowed to take the same course one time during their high school experience. For example, if you had “Athletics for Life” last year, you are not able to take a second year. High school students receive a letter grade and .25 credit hours which are required towards graduation for each year of Experiential Learning Week participation.

What was the process for developing the Experiential Learning? The initial concept for Experiential Learning came from the FACE Demonstration School, Stonebridge Academy (Virginia), which has a well-developed and highly successful experiential learning program in its high school; however, hundreds of schools around the nation (middle/secondary/post-secondary) use experiential learning programs to improve the quality of the educational experience for students and teachers. In 2013, the AHS Teacher Development and Curriculum Committee proposed the Experiential Learning to the Board of Trustees, which approved the pilot program for the 2013–14 year. As with other programs at the School, we have done a significant amount of refining through the years, incorporating significant input from teachers, parents, administrators, and students. More input is welcome as we move forward and improve the program each year.

When is Experiential Learning? Experiential Learning Week will be held for Grades 7–8 on April 24–26, 2018. These dates were carefully chosen in conjunction with teachers and administration to minimize disruption to continuous curricular study.

What is the learning value of Experiential Learning?

Focused Learning. Experiential Learning enables American Heritage School students to engage in intensive 4R-ing through in-depth research, applied reasoning, personal relating, and careful recording of “real-world” lessons and experiences. Experiential Learning should be a character-building experience and should also require hard work from students.

Portfolio of Learning. Experiential Learning culminates in American Heritage style portfolios, notebooks or another method of the 4R-ing Record component. The portfolio or another method of completing the Record component, as is most appropriate for each Experiential Learning option, creates an opportunity for students to create a record of what they have learned and the ways in which that knowledge relates directly to them and can help them be useful in the hands of the Lord. Consequently, portfolios are a key component of the Experiential Learning program.

Credits & Grading. High school credit is awarded to students in grades 9–12 who participate in and earn passing grades in experiential learning week courses. No high school credit is awarded in grades K–8.

Who is eligible to participate, and what expectations must students meet to participate? All AHS students are eligible to enroll in Experiential Learning courses. Experiential Learning will be offered to 9–12 students in January and again in March; to K–6 students in March; and to 7–8 students in April. Enrollment is a privilege that will be extended to students who meet basic academic requirements and demonstrate self-government in adherence to the Honor Code. Students are expected to work diligently during Experiential Learning Week. Students must understand that this is not a break from studies; rather it is a privilege and opportunity to learn more about an area of individual interest. AHS Spirit Apparel or regular Mon-Thur uniform (at the discretion of the student) are the dress standard during Experiential Learning Week unless otherwise specified by the instructor.

Are students required to participate? Can they choose any option? All students are expected to participate. Not all Experiential Learning options will be available to every student every year. Students are not permitted to take the same course twice without permission from the teacher or unless the course has changed so significantly that it is a substantively different course (for example, a student interested in science would be able to take a course twice from the same instructor if the first course was Microbiology and the second was Zoology; or even if the course title remained the same but the course plan changed so significantly that the teacher would allow a student to retake it). Some options may not ultimately carry based upon low enrollment interest, and some students may not be able to register for courses that are already full (priority registration begins with upper classmen and opens sequentially to lower grades). Academic performance, self-government, or other pre-qualification requirements may also be considerations.

Can a student participate in Experiential Learning without being enrolled at the school? No. Students must be enrolled in curricular high school offerings, on-campus to participate.

What is the cost of this program? How will Experiential Learning Week affect AHS tuition? AHS tuition will not be affected by Experiential Learning Week. All Experiential Learning Week courses have an associated fee that ranges from \$20–\$75. The board and faculty committees that developed the program felt it important to include a nominal participation fee to increase the commitment level of students to the program and to cover basic costs; however, in no case should the participation fee discourage a family or student from participating. Please contact an administrator if financial assistance is desired.

Student Experiential Learning Course Request Instructions

Registration opens at 8 a.m. on the following days according to seniority. Registration for ALL students CLOSES April 17, at 8:00 a.m. Administration reviews and approves all course registrations. If a student registers for a course for which administration determines the student does not qualify (see above, p. 4, regarding limited cases in which students may not qualify for a course), administration will notify the student and help the student to enroll in their next-preferred course.

- **Grade 8** Registration opens on Wednesday, April 11
- **Grade 7** Registration opens on Thursday, April 12

To register, click on the [Veracross Experiential Learning Registration Portal HERE](#). Parent credentials will be required. All students in a family will be listed, but only high school students will show active registration links, and only on or after their priority registration day (“No programs available” will be noted until registration is open for them).

For questions about registration, contact Jeff Hymas at jhymas@ahsmail.com

For questions about individual courses, contact the instructor directly.

For technical questions or support issues contact Elissa Randall at erandall@ahsmail.com

For questions about the Experiential Learning Program generally, contact Jeff Hymas at jhymas@ahsmail.com or Elizabeth Acuña at eacuna@ahsmail.com.





A Record-Keeping People

Instructors: Lauri Updike and Chris Raleigh

Cost: \$50

Maximum Students: 15

"And a book of remembrance was kept...for it was given unto as many as called upon God to write by the spirit of inspiration." (Moses 6:5) Learn the importance of your record as a child of God with a unique mission to fulfill. Learn the importance of the records kept by the prophets and by the modern-day Church. We will visit vaults, museums and noteworthy dining establishments! You will hear experts, you will be inspired, you will hear stories of suspense and drama, and you will begin your own life story. Fieldtrips: Granite Mountain Vault (or a virtual tour), "This Is the Place" Monument Park (eat lunch here), Church History Museum, Brigham Young and Eliza R. Snow's graves, and lunch at the Lion House.



Athletics for Life: "The Body is the Instrument of the Mind and the Foundation of Character"

Instructor: Stephanie Bigelow

Cost: \$45

Maximum Students: 15

In this course, students will gain a love of physical and athletic activity that will continue with them throughout their lives. This is no ordinary P.E. experience! Intensive field learning exercises will include rock climbing, swimming, snow shoeing, and indoor soccer. On-campus course components will include yoga, circuit training, and volleyball. A professional trainer will support the experience, giving each participant a vision of how fulfilling life can be when we are physically fit— "for life."



Biomes of Utah

Instructor: Jolyn Newman

Cost: \$60

Maximum Students: 12

Scholars will be scientists as they research, reason, relate and record their empirical observations on Utah's four major biomes. A science log will be used to record all activities. This science log will be a record of their completed work for this program. Students will be visiting Snowbird and Antelope Island. They will have an opportunity to hike, enjoy a tram ride, and enjoy eating together in the outdoors as they explore Utah's habitats and beautiful landscape.



Cultivate Optimism: "As a Man Thinketh...So is He."

Instructors: Deanna Rowen and Keisha Hansen

Cost: \$40

Maximum Students: 15

In this experiential learning course, you will laugh with improv expert Jake Suazo, learn how Frank Long survived near certain death, see the real-time effects of positive and negative thinking at the BYU biofeedback lab, test your new-found truths in a laser tag battle, and enjoy many other inspiring, mind-expanding, and empowering activities, experiments, and discussions. You will discover your internal scripts, learn to challenge your thinking, and be empowered with skills to fight high stress, anxiety, and depression. You will learn to respond to adversity with greater hope, and gain the tools to be happy and successful in realizing your divine mission on earth.



Decoding China: An Exploration of the Language and Culture

Instructor: Jeff Beck

Cost: \$25

Maximum Students: 20

China is one of the largest countries by geography and population in the world. Arguably, it is also one of the most influential. This class provides a foundational and fascinating introduction to the Chinese culture, economy, and language (Mandarin), with an aim to not only understand but to celebrate the Middle Kingdom. We will learn and practice Mandarin pronunciation, vocabulary, and phrases, as well as have some fun with the Chinese writing systems. We will go to an authentic Chinese restaurant, hear from guest speakers, and make authentic Chinese dumplings. This immersive experience not only introduces students to the Mandarin language, but more importantly, inspires them to see and make connections between the Chinese culture and their own.



Exploring the World of Art

Instructor: Ty Crossley

Cost: \$75

Maximum Students: 15

Everyone is born with a God-given desire to create. Whether it be through music, painting, dancing, or the written word, we have within us a limitless capacity to be expressive. In this course, we will spend three days off campus exploring various modes of creation within the arts. Students should come with an open mind and be ready to have fun exploring new creative avenues (visual arts, culinary arts, and performing arts). Experts in various artistic fields will share insights about their craft and how art has affected their lives. As an added bonus, we will visit with some of the finest chefs in Utah and sample some of their "creations." Students will leave this course with renewed creative vision and a greater awareness of the diversity of talents that are both within and around them. If you like creativity, food, and fun, this course is for you! (We will both start and end late on Thursday. Our Thursday activities will include a tour of the new Hale Center Theatre and the show *The Music Man*).



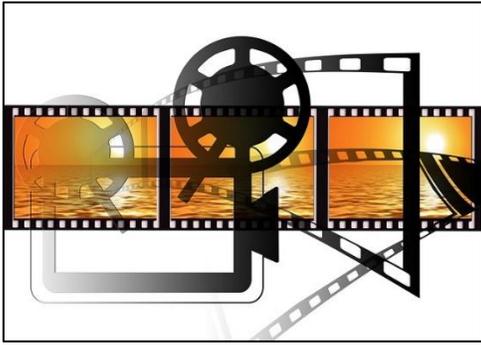
Floral Design

Instructors: Laura Yamada and Emily Bybee

Cost: \$75

Maximum Students: 15

In this course students will be introduced to the fundamentals of floral design, learn about its history, and explore different styles of floral design throughout the world. They will also explore career opportunities within the field of floral design. Participants will learn to select appropriate plant materials from their own back yards to design effectively. They will create two original floral arrangements, learn to make a boutonniere, a corsage, and a floral crown—all popular requests for many weddings today. They will spend one day on a field trip to Salt Lake to visit a floral wholesaler to learn about the process of importing flowers into Utah. On this field trip, they will visit Temple Square and meet with floral designers there. Lunch at the Lion House will top off this exciting field trip day and is included in the price of the course! All flowers and supplies will also be included in the cost of this course. Students will leave the course with their own clippers, floral tape, and wire, which will allow them to continue to create floral designs on their own!



Movie Acting and Production

Instructor: Jay Clark

Cost: \$30

Maximum Students: 12

This course will cover a brief history of movie and TV production techniques focused on acting and cinematography. The acting element will cover stage vs. movie acting methods. All participants will be expected (and inspired!) to perform. Script-writing, improvisational acting skills, storyboarding, and other important and exciting production techniques will be taught to the students. The production element will cover filming and editing techniques. We will all participate together to produce an original, short-story video that will be entirely written, acted, and directed by the students!



Outdoor Odyssey

Instructors: Chrisann Patch and Nicole Lovell / Stu Back and Brian Smith

Cost: \$75

Maximum Students: 40

WANTED: adventurous souls interested in canoeing, rock-climbing, biking, and flying through the air on a zip-line! If you're ready to put your heart and soul into an exciting three-day adventure course, then WE WANT YOU! For the "Outdoor Odyssey" we will head down to CLAS Ropes Course located along the Provo River, where we will experience a unique series of team building exercises designed to build trust, self-confidence, problem-solving, and cooperation. Part of this journey will include the Adventure Park where participants are attached to a harness 30-feet in the air, climbing a series of platforms and "bridges" with varying levels of difficulty. Our mountain biking excursion will take us along Provo River and Utah Lake (bikes will be provided). Throughout the entire journey, students will gain an appreciation for the importance of trusting the Lord, trusting each other, taking measured risks as a team, and connecting with the world around them.



Sew Much Fun – Sew Little Time!

Instructor: Gail Long

Cost: \$40

Maximum Students: 10

In "Sew Much Fun – Sew Little Time" you will explore basic clothing maintenance: repairing seams, sewing on buttons, and mending your favorite sweater. You will then progress to your sewing machine and learn to wind a bobbin, thread the machine, and sew a straight seam. Then you will choose one of three design patterns and start stitching. In just three days you will learn to sew a fun project like a drawstring bag, pillowcase, or potholder. We will also travel to Riley Blake, a fabric design and wholesale company, and enjoy a "Sew and Show" event complete with some special treats. Please bring your own sewing machine for this class.



World Cultures: "All Are Alike Unto God"

Instructor: Rob Swenson

Cost: \$75

Maximum Students: 15

This course will provide exciting opportunities for students to develop greater understanding, love, respect, and empathy for people in diverse cultures around the world. We will celebrate the diversity of God's children everywhere through national and tribal music, art, dance, documentary film, guest lectures, and more! Each day, lunch will be an authentic culinary experience from the region of the world that we are studying. Cultures receiving special focus include Asia, the Middle East, and Polynesia and the South Pacific.

