

“STAY FOCUSED”  
Character › Scholarship › Liberty



MARCH 2019

# Experiential Learning

## Grades 9-12





## Experiential Learning Program Overview

Course Dates: March 11–15, 2019

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**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.

High School Experiential Learning is a five-day course of study devoted to a single subject offered by American Heritage School March 11–15. During Experiential Learning, regular classes in grades 9–12 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 some of the same courses are offered each year and 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 it again. 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 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 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 9–12 during the week of March 11–15, 2018. These dates were carefully chosen in conjunction with teachers and administration to minimize disruption to continuing curricular programs and courses.

## **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 who participate in and earn passing grades in experiential learning week courses.

**Who is eligible to participate, and what expectations must students meet to participate?** AHS students in grades 9–12 are eligible to enroll in Experiential Learning courses offered in March 2019. 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 an opportunity to explore in depth an area of personal interest. The dress code during Experiential Learning Week will consist of the school’s regular uniform, dress uniform (typically for a field learning experience), or spirit apparel, as 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 seniors and opens sequentially to juniors, sophomores, and freshmen, in that order). 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 \$10–\$80. 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.

## Experiential Learning Course Registration Instructions

Register at: [american-heritage.org/experiential-learning](http://american-heritage.org/experiential-learning)

Registration opens at 7:00 a.m. on the following days (see below) according to seniority.

- **Grade 12** Registration opens on Tuesday, Feb. 19, 2018
- **Grade 11** Registration opens on Wednesday, Feb. 20, 2018
- **Grade 10** Registration opens on Thursday, Feb. 21, 2018
- **Grade 9** Registration opens on Friday, Feb. 22, 2018

**Registration closes Feb. 25, at 8:00 a.m. for ALL students.**

Administration will review and approve all course registrations. If a student registers for a course that administration determines the student does not qualify for (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.

**Parent Veracross credentials are required to register.** All students in a family will be listed, but only high school students will show active registration links on or after their priority registration day. “No programs available” will be shown until registration is open for them.

For questions about registration, please contact Rob Swenson at [rswenson@ahsmail.com](mailto:rswenson@ahsmail.com).

For questions about individual courses, please contact the instructor directly.

For technical questions or support issues please contact Elissa Randall at: [erandall@ahsmail.com](mailto:erandall@ahsmail.com).

For questions about the Experiential Learning Program in general, please contact Rob Swenson at [rswenson@ahsmail.com](mailto:rswenson@ahsmail.com).





## Advanced Bookbinding

**Instructors:** David Hancock and Johanne Perry

**Cost:** \$65

Bookbinding is an important development that preserved writing and allowed people to have access to knowledge in a beautiful package. Originally, bound books were one of the truly great luxuries of life. In this class, students will explore some of the historical methods that were used for making and binding books. Students will help to write a sacred manuscript that will be bound in the traditional method and then illuminated and gilded. Students will also create at least two books of their own. The first will be quarter bound in leather with cloth binding that they have made themselves and second book will be bound in goat leather.



## Actively Engaged: Getting Involved in the Political Process

**Instructors:** Jeff Hymas

**Cost:** \$30

Learn the nuts and bolts of how to participate effectively and respectfully at local, county and state levels of government as a concerned citizen. We will visit live city council meetings, live county commission meetings and the state legislature (out of session.) We will also visit leaders from various political parties throughout the valley and elected officials at local, county, state and national levels along with leaders of non-governmental organizations (like lobbyists and special interest groups.) We will learn the process for party involvement and the details of following bills and issues through various levels of local, county and state government so that students will be armed with the tools to be active, effective, respectful and informed citizens who can stand for constitutional principles and fulfill their civic duties.



## An Extra Five Days: Helping Girls around the World

**Instructors:** Shawnell Larsen

**Cost:** \$35 and bring your own sewing machine

Do you love to sew? Do you love to serve? Around the world, girls and women who have no other options resort to using unhygienic and oftentimes contaminated materials to manage their menstruation. Most girls are forced to completely miss school during those days. Days for Girls provides a safe, beautiful, washable, and long-lasting solution. For this class, we will be sewing high quality reusable products to help girls continue their education, break the cycle of poverty and live lives of dignity. This is not a beginning sewing class. Students should have some experience working with a sewing machine. Students will also need to bring a sewing machine to use. We will be visiting a humanitarian aid center on one day and lunch will be provided.



## Astrophysics

**Instructors:** Alex DeBirk

**Cost:** \$50

Get ready to explore the skies! Astrophysics is the study of the vast cosmos and how to get there. In this course, we will be taking our own shot at the great beyond (quite literally) with model rocketry and simulated space flight. We'll tackle some astrophysics with questions such as: how do we know how hot, how big, or how far away the stars are? How do we know they have planets? What are they like? We will tour real astronomy facilities and do some stargazing. We will use simulators and 3D printers to create one-of-a-kind model rockets whose performance we can accurately predict. We will experience firsthand the laws governing space flight by designing and completing a mission to the moon with the Kerbal Space Program. Finally, we'll take off as the captain and crew of the USS Voyager, a starship simulator at Renaissance Academy, seeing firsthand the dangers and beauty of deep space. If you are a space enthusiast, love to build things with your hands, or have a taste for adventure, this class is for you!



## Constitutional Studies: Finding Hope in Holy Places

**Instructor:** Ruel Haymond

**Cost:** \$50

In this course, students will use a combination of readings, discussions, films, field trips, and yes—eating food—to gain constitutional perspectives on the role of religious institutions in U.S. history and government. Students will also learn how good health for our “temple bodies” is a critical aspect not only of self-government, but of civic government. This class is designed to implant and inspire the sacred blessings of health and holiness into the hearts of students through a careful study of history, both civic and religious.



## Cooking: The Secret Ingredient is Always Love!

**Instructor:** Stephanie Bigelow

**Cost:** \$80

Students will have hands-on experience cooking and baking. They will see firsthand how executive chefs use their kitchens to create art. They will learn to make meals on a budget as well as the difference between “from scratch” and “from a box”. They will visit and talk as they get their hands messy around a kitchen counter. They will learn how to create meals that even the pickiest eater will love. Through it all, they will learn about themselves and the joy that comes from creating and sharing food!



## Divine Aesthetics in Art, Music, and Food: “All Things Denote There is a God.”

**Instructor:** Rob Swenson

**Cost:** \$75

The goal of this course is to increase each student's awareness of and sensitivity to divine beauty. We will focus mainly on the aesthetics of art, music, and food. Activities will include talks with professional painters, musicians, and chefs; a visit to the UVU Culinary Institute; a visit to the Hare Krishna Lotus Temple; a performance of Mozart's Magic Flute by the Utah Opera; a guided tour of the BYU Museum of Art; a visit to Color Me Mine; and more! For lunch each day, we will sample various types of culinary “art”. Students who enroll in this course must commit to attend the Utah Opera performance on Wednesday, March 13th at 7:00 p.m. in Salt Lake City. Students will also need to purchase their own item to paint at Color Me Mine (ranging from \$5 to \$50.) Lunch is provided every day.



## Foundations of Graphic Design

**Instructor:** Jeff Beck and Ty Smith

**Cost:** \$30

Skills in graphic design are sought after in nearly every professional setting. This class will teach the central principles of graphic design and equip students with the basic skills necessary to become a graphic designer. We will discuss and practice topics such as color theory, typography, grid-systems, and hierarchy. We will also work with some of the Adobe Creative Suite tools used in graphic design, including: Illustrator, InDesign, and Photoshop. We will also conduct field trips to Adobe's Lehi corporate complex and to a printing and type-setting museum. Lunch will be provided on the field trip days.



## Health and Fitness

**Instructors:** Brian Smith and Yahosh Bonner

**Cost:** \$65

This course will allow students to get a closer look at the health industry. They will learn about their own bodies and how to unleash the incredible potential inherent in a healthy body. They will have opportunities to speak to and learn from health professionals in the field. From collegiate to professional athletic levels, students will understand that health is more about how a person feels and less about physical appearance. The students will learn how to incorporate healthy habits into their daily routines. This is an interactive course that will be a lot of fun and a lot of work at the same time.



## Interior Decorating

**Instructor:** Jenny Burr and Mattie Smith

**Cost:** \$65

Throughout this course, students will be able to gain a new perspective on their surroundings and learn to honor their own individuality and agency as expressed through the creative medium of Interior Design. Students will learn to use their skills in interior design to create spaces of beauty with a focal point on the sacred. Students will learn to apply these principles to their own homes and lives. Students will learn the basics of interior design and how style and design can be used to create a sense of comfort or belonging.



## L.E.A.D.: Love, Engage, Administer, and Deliver

**Instructor:** Heidi Crossley and Tess Hilmo

**Cost:** \$50

Come and enjoy a week of out-of-the-box thinking and experiences that will help you develop the leader within! We will overcome challenging obstacles, accomplish exciting missions, and create a unique leadership project to serve the community. We will spend a day at CLAS Ropes Course in Provo where we will tackle hands on challenges designed to develop leadership skills such as communication, trust, decision-making, and problem-solving. We will also visit the Discovery Space Center in Pleasant Grove where our team will be assigned a mission in outer space. Finally, we will challenge our problem-solving skills by working our way out of an escape room at Hidden Chambers in Sandy. This one-of-a-kind adventure will provide even more leadership and confidence-boosting experiences. This course promises to be a powerful week of personal growth and fun!



## Musical Theater

**Instructor:** Ryan Anderson  
**Cost:** \$45

Students will experience group and personal musical theater instruction and training. Ensemble pieces will be rehearsed and performed in a showcase. Individuals will also work on preparing a solo piece for the showcase. Students will work on fundamental acting skills: defining a character, keeping character, supporting the scene, interpretation, etc. (in addition to basic vocal support and interpretation.) The group will experience guest presentations on and off campus with at least one university visit and a musical performance at the Hale Center Theater in Orem. The class fee also includes one dinner at Golden Corral Buffet.

## Photography: "And Mine Eyes Beheld Great Things"

**Instructors:** Sam Wood, Rohan Adams and Camille Heiner  
**Cost:** \$80

In this course, students will gain a greater appreciation for the world around them by looking at it from different perspectives. The basic photography skills such as lighting, framing and depth of field will afford students an expansion of their own personal outlook in life. Through daily photography assignments students will strengthen their own worldview, challenge it, and be exposed to others' points of view through the lens of a camera. As students explore Arches and Canyonlands National Parks both in the day and star gaze at night they will gain a deeper appreciation for the great things this world provides. By the end of the course, students will each have a portfolio of his/her own pictures from assignments completed during the week, as well as an appreciation of multiple perspectives of the world.



## The Standard of Truth: Church History in Utah

**Instructor:** Jake Earnest and Nick Gentile  
**Cost:** \$45

In this course, students will embark on a historical journey to see some of the great Utah monuments of Church History. We will learn unique and interesting facts about Temple Square, the Conference Center, *This is the Place* monument, the cemetery where many presidents of the church are buried, and other significant people and places. The lives of the prophets, from Joseph Smith to Russell M. Nelson, will be explored. With each site there will be exquisite stories and activities as well as some of the finest food to be found in Salt Lake City!



## Theatrical Set Design and Building

**Instructor:** Jay Clark  
**Cost:** \$20

This class will explore the history and use of theatrical sets and scenery. We will examine construction techniques and materials. The culminating class project will be designing, building, and painting the scenery and set pieces for this year's Shakespearian play.



