



MARCH 2020

Experiential Learning

Grades 9-12





Experiential Learning Program Overview

Course Dates: March 9–13, 2020

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. 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 week consists 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 “Advanced Bookbinding” 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 9-13, 2020. 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, provides 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 2020. 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 does Experiential Learning Week affect AHS tuition? AHS tuition is not affected by Experiential Learning Week. All Experiential Learning Week courses have an associated fee that ranges from \$20–\$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

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

- **Grade 12** Registration opens on Tuesday, Feb. 18, 2020
- **Grade 11** Registration opens on Wednesday, Feb. 19, 2020
- **Grade 10** Registration opens on Thursday, Feb. 20, 2020
- **Grade 9** Registration opens on Friday, Feb. 21, 2020

Registration closes Feb. 24, 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 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.

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

For technical questions or support issues please contact Austin Hill at ahill@ahsmail.com.

For questions about the Experiential Learning Program in general, please contact Rob Swenson at rswenson@ahsmail.com.





Advanced Bookbinding

"...it was written according as he commanded." –3 Nephi 23:13

Instructor: David Hancock

Cost: \$60

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. This manuscript will be 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. The second book will be bound in goat leather. If time permits, the students will be able to work this leather cover in order to create a traditional appearance. This leather-bound book will use historical bookbinding methods and techniques.



Beauty in Creation: An Art Exploration

"...we seek after these things." –13th Article of Faith

Instructor: Camille Heiner and Chris Culver

Cost: \$60

Students will learn to recognize and appreciate their divine ability to create as they explore various art forms. We will have several hands-on experiences, visit various art galleries and studios, and listen to different artists explain their creative processes. Fieldtrips include: Holdman Glass Studios, Alpine Arts Center, and Park City Main Street Galleries.



Cooking Skills for Self-reliance and Service

"He hath filled the hungry with good things." –Luke 1:53

Instructor: Jessica Buer

Cost: \$80

The Savior has taught us to feed the hungry. This can mean hungry in spirit, but it can also mean that many times a day you or someone around you will be physically hungry and in need of being filled. In this course, we will reach into our community visiting local farms, restaurants, and stores to learn about food, how to prepare it, and how to serve with it. As you work in the kitchen and apply principles from the Word of Wisdom, you will become equipped with how to feed yourself and the hungry around you with good, and good-for-you, things.

CPR and AED Certification

"That ye may be prepared in all things" –D&C 88:6

Instructor: Ryan Anderson

Cost: \$40



This course will train and certify students in Adult and Infant CPR and AED according to American Heart Association standards. In addition, students will receive instruction in basic first aid and emergency responses for situations and conditions common to families in and around the home. Students will also be exposed to a variety of health care related careers. Instruction will be provided by a multidisciplinary faculty including Bob Wheeler, Heart Association Certified Instructor, Ryan Anderson DC, and other local EMS and ER trained parent volunteers. Fee will cover all certification fees, snacks and one meal on the field day.



Film Production

"Fill the world with goodness and truth." –Elder M. Russell Ballard

Instructors: Dave Buer

Cost: \$80

Much as the Savior used storytelling during His earthly ministry, nearly everyone you encounter today uses the power of story to aid their cause, whether it's to change hearts and minds, attract employees to their companies, sell products and services, or win elections. That's because humans are hardwired for stories, and one of the most powerful storytelling mediums is video. In this Film Production course, students will learn about and experience the major stages of film development: scripting, costuming, lighting, sound, shooting, editing, and motion graphics. Students will have the opportunity to visit video production facilities and learn from industry professionals.



Health and Fitness

"The body is the instrument of the mind and the foundation of character." –Elder Boyd K. Packer

Instructors: Brian Smith, Paora Winitana, and Juanita Anderson

Cost: \$80

This course will allow students to get a closer look at the health industry. They will learn about their own bodies and their incredible potential. 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 goes beyond what a person looks like but how they feel. 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.



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

"Let your light so shine before men that they may see your good works..." –Matthew 5:16

Instructor: Tess Hilmo

Cost: \$65

Come 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 media-based service project to serve the school community. The fee includes three lunches, as well as field trips to a ropes course in Provo, the Discovery Space Center in Pleasant Grove, and an escape room in Sandy. This one-of-a-kind adventure will provide an understanding of servant-leadership, as taught by our Savior, Jesus Christ. **NOTE:** Wednesday will be a late start/extended day with hours 12:30pm-5:00pm due to our space center adventure.



Mind Over Matter: Self-government of Mind & Body

"They have become free forever...to act for themselves and not to be acted upon" –2 Nephi 2:26

Instructor: Jeff Hymas and Tresa Haymond

Cost: \$50

We all feel fear, anxiety, depression, and stress during our lives but we may not know that there are scientifically proven ways to challenge these negative emotions and to find peace in our lives. In this course you will explore cutting-edge practices, techniques, and methods to truly put you in control of your emotions. With guided activities such as mindfulness practice, time in nature, hiking, meditation, positive self-talk, a bit of yoga, eating yummy food, creating/viewing artwork, listening to inspiring music, and even relaxing in a hot tub or by a pool, you will be exposed to the best and brightest ideas practiced around the world today. We will also learn from a certified meditation coach and other expert presenters. Learn life-long skills and methods to help you maintain emotional, physical, and mental balance in your life and to create the peaceful, positive life you have always wanted to have.



Performing and Recording Artist Development

"For my soul delighteth in the song of the heart..." –D&C 25:12

Instructor: Yahosh Bonner and O/B/A

Cost: \$80

In this course the students will learn exercises to strengthen their voices. Learn ways to engage an audience and introduce their songs. They will have hands on experience with mic technique as well as have an opportunity to write and record original melodies and songs in a professional recording studio.

Photography

"Open thou mine eyes..." –Psalms 25:12

Instructor: Rohan Adams

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. A Park City gallery stroll and a tour of a photography studio will allow students to have experience in the world of professional photography. An overnight camping trip will allow students to experience the life of a landscape photographer as they experience the challenge of celebrating what is right in the world in any situation. By the end of the course, students will each have a portfolio of his/her own pictures from assignments completed during the week.



Let Us All Press On: Working Toward Graduation

"Let us cheerfully do all things that lie in our power..." –D&C 123:17

Instructor: Shawnell Larsen and Jeff Meade

Cost: \$20

This class is designed for seniors who are missing credits for graduation. We will meet each day to complete any credit recovery or missing courses needed for graduation. We will work with each student to set up an individualized plan for success and then students will work independently to meet their specific goals. This class is by invitation only. If you feel that this class would be beneficial to you and you have not yet been contacted about attending, please contact Mrs. Larsen or Mrs. Carr about whether you can take the class.



Taste of Heaven: World Religions

"Be willing to receive the truth, let it come from whom it may." –Brigham Young

Instructor: Brigham Dye

Cost: \$80

Students will explore the connections between world foods and religions. Each day, students will discuss foundational religious beliefs from a different religious tradition. They will explore beliefs and practices related to religious dietary laws, perceptions of the physical body and the nature of man, interpretations of salvation or enlightenment, ritual uses of food, food symbolism, ethical considerations of food, and communal meaning of eating. The class will visit a variety of places of worship where they will visit with religious leaders. Each day they will eat ethnic dishes that correspond with the religious tradition they are studying. They will both eat at restaurants as well as prepare a Seder meal of their own. By studying various religious perspectives, students will gain a deeper understanding of the restored gospel of Jesus Christ and prepare to be ambassadors of that gospel to all the world.





Theatrical Storytelling

"And all these gifts come from God,
for the benefit of the children of God." –D&C 46:26

Instructor: Jake Earnest

Cost: \$50

In this course, students will learn the art of telling stories through study and performance. Aspects such as delivery, voice diction, timing, and creativity will also be explored and implemented in theatrical ways. By the end of the course, students will be able to more effectively deliver a storytelling performance gained confidence in their ability to speak to an audience, understand how God uses story to teach and inspire, and will also have had a fun and engaging experience. We will be traveling to storytelling workshops and enjoying some fine dining to fuel the storyteller's genius.



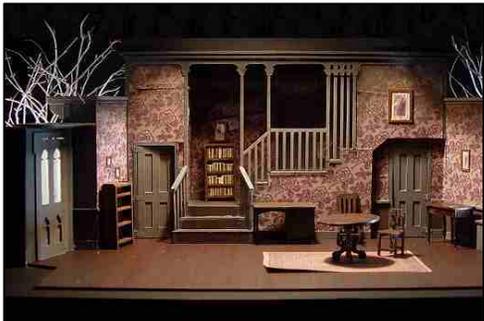
Humanitarian Service: Lifting Up the Hands that Hang Down

"Ye will administer of your substance unto
him that standeth in need." –Mosiah 4:16

Instructors: Ruel Haymond

Cost: \$50

The focus of this class will be understanding and implementing principles that combat emotional/internal poverty (i.e. shame, embarrassment, hopelessness, despair and worthlessness) even as we work to reverse economic poverty. We will learn about factors in fourteen different nations that contribute to internal poverty such as homelessness, gender inequality, malnourishment, clean water shortage, joblessness, fatherlessness, and much more. As part of this course, we will learn how to serve the poor in the most effective manner through studying the work and goals of various governmental and non-governmental organizations, learning the history of charity work in America, enjoying inspiring field trips, and as always, eating delicious food.



Theater and Movie Acting

"I will give unto you a pattern in all things that ye may not be
deceived." –D&C 52:14

Instructor: Jay Clark

Cost: \$50

This class will examine the history of Theater, from Greek and Shakespeare to today. We will look at the history of movie making and how the two relate. Acting methods will be studied and demonstrated. Students will be asked to memorize short scenes and act them out. Acting techniques will be studied with a professional director; from pantomime and physical comedy, to dramatic or humorous interpretations, including improvisation. We will take a tour of a theater and attend a performance.



To The Rescue

"Withhold not good from them to whom it is due." –Proverbs 3:27

Instructor: Alex DeBirk, Dan Reed, Dan Todd, and Chase Hale

Cost: \$80

Learning at the side of a medical professional, a search-and-rescue pilot, and a certified canyoneering guide, students will be trained and gain experience in wilderness recreation and the search-and-rescue responses taken when things don't go as planned. Experiences will include a variety of real and simulated activities on campus (two days) as well as various field-based activities (three days). Field activities will have participants rappelling down slot-canyon cliffs (St. George area) and taking short flights in two- to four-passenger planes (Provo Airport). Participants will spend Tuesday and Wednesday in the St. George area (sleeping overnight on Tuesday) and will need to pack three meals (or bring money for meals). Students will relate the concepts of recreational safety and rescue to the principals of spiritual safety and rescue, drawing case studies from the life ministry of President Thomas S. Monson and analogies of Elder Dieter F. Uchtdorf.