



JANUARY TERM

2016 - 2017



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ADMINISTRATION

Daren M. Houck

Headmaster daren.houck@lyndoninstitute.org

Twiladawn Perry

Assistant Head for Curriculum and Instruction twila.perry@lyndoninstitute.org

JANUARY TERM COMMITTEE

Karen Kennedy, Co-Chair

karen.kennedy@lyndoninstitute.org

Stergios Lazos, Co-Chair

stergios.lazos@lyndoninstitute.org

Sam Critchlow

sam.critchlow@lyndoninstitute.org

Rebecca McGregor

rebecca.mcgregor@lyndoninstitute.org

Bridget Atkins

bridget.atkins@lyndoninstitute.org

Chris Manges

chris.manges@lyndoninstitute.org

Jonathan Speer

jonathan.speer@lyndoninstitute.org

ACADEMIC DIVISIONS

Lower School Director

Richard McCarthy

richard.mccarthy@lyndoninstitute.org

Upper School Director

Stergios Lazos

stergios.lazos@lyndoninstitute.org



JANUARY TERM

Recognizing that student interest and motivation are vital to educational success, Lyndon Institute introduced January Term aimed at sparking and rekindling student curiosity.

Between the first and second semesters, for the three weeks after the holiday vacation, students will participate in an “interim” term to immerse themselves in either an intensive study of subjects of their choosing or an internship.

January Term will be held January 9-27, 2017.

The areas of study have been constructed from the passions of our students and faculty. The courses share many of the following attributes and themes:

- Hands-on, applied, active and creative learning activities
- Trips to subject and topic related sites
- Opportunities to learn, practice, and create using tools of the discipline or trade
- Daily reflection and sharing of learning
- Career explorations within the field of study
- Seminars with professionals or experts in the field of study
- Internships
- Building community, valuable life skills/connections, and relationships
- A deeper understanding of our purpose, promise and principles

The objective of January Term is to allow every student to create an artifact or final product,

which reflects the acquisition of skill and knowledge in the field of study. These artifacts will be measured against predefined course requirements and objectives and could include: performances, videos, formal presentations, creation of web page resources, certification in a field, a business plan, a journal, a publication, or a product of some type.

JANUARY TERM GUIDELINES

- All students are expected to participate in a total of 3 to 4 blocks per day.
- Grades will be pass or fail and will be part of student transcripts.
- Students will earn credit for courses taken:
 - 1-block course will earn .25 credit
 - 2-block courses will earn .5 credit
 - 3-block courses will earn .75 credit
 - 4-block courses will earn 1.0 credit
- Students will be given the opportunity to self select their January Term classes. No class changes can be made after December 18th.
- It is recommended that students select one course from each type: C = Creative, I = Intellectual, and P = Physical. A student may not take more than 2 in any category. Over the course of 4 years at Lyndon Institute, students will be expected to have at least 2 courses from each category.
- Students who are enrolled in courses at other schools will continue to do so according to their schedule.
- All students will participate in the Exhibition Night on January 27, 2017

ADVANCED PLACEMENT® COURSES

- Students taking AP courses during January Term will be in class for one half block and will use the remaining half block for study time.
- Students taking more than 2 AP classes during January Term may elect to take one additional block of study time.

INDEPENDENT STUDY

Students interested in independent study must have a faculty advisor and create an independent study plan.

INTERNSHIPS

Students have an opportunity to explore careers prior to making a lifetime commitment by spending time with a professional currently working in the student's career field of interest; observing day-to-day activities of someone in the workforce and getting their questions answered. Seniors will have priority. Contact Kasey Potter.

SCHEDULE OF BLOCKS

Block A	7:50 am - 9:05 am
Block B	9:10 am - 10:25 am
*Lunch 1 (9 & 10)	10:30 - 11:15 am
*Lunch 2 (11 & 12)	11:20 am - 12:05 pm
Block C	12:10 pm - 1:25 pm
Block D	1:30 pm - 2:45 pm

- During the lunch blocks when students are not eating they will sign up for a choice of available activity for the entire 3 weeks of January Term. Students will be expected to be in attendance every day except Wednesday. On Wednesdays all students will meet with their advisory during the non-lunch period.

KEY DATES

Course Change Deadline: December 16, 2016

Courses Begin: January 9, 2017

Exhibition Night: January 27, 2017, 6:00 to 8:30 p.m.

Exhibition night will feature student final products and will be open to the public.



AP J-TERM COURSE OPTIONS

AP Calculus AB

.5 block |

Prerequisite: Current AP Calculus AB student

A continuation of the AP Calculus AB curriculum. In addition to content, we will also begin analyzing Free-Response Questions, interpreting the language and understanding what they are asking us to do.

AP Calculus BC

.5 block |

Prerequisite: Current AP Calculus BC student

This course is an extension of the regular AP course. There will be more exam practice questions during J-term and more time for individual help.

AP English Language & Composition

.5 block |

Prerequisite: Current AP English Language & Composition student

This is the continuation of the course which is the equivalent of an introductory college writing course, designed to prepare advanced students for the writing tasks they will encounter in college. Students read and analyze essays and books by a broad range of contemporary prose masters, learning rhetorical strategies that contribute to a persuasive argument. Students are encouraged to find their own unique voices and develop individual writing styles that exemplify proper usage, as well as

develop research skills that enable a smooth transition to college work. Texts include college level anthologies, cutting-edge personal essays, creative nonfiction, and examples of investigative reporting.

AP English Literature & Composition

.5 block |

Prerequisite: Current AP English Literature & Composition students

This is the continuation of the course which is equivalent of an introductory college literature course, designed to prepare advanced students for the reading and writing tasks they will encounter in college. The J-Term class will specifically address the skills needed to prepare students for the AP Literature exam.

AP European History

.5 block |

Prerequisite: Current AP European History student

Advanced Placement European History is a year-long survey course of modern European History from approximately 1450 to the present and is designed to prepare students to successfully complete the Advanced Placement Exam in European History. In addition to the intellectual/cultural history, political/diplomatic history, and the social/economic history of Europe, students will also focus on developing skills needed to analyze historical documents and evidence. Students will be reading critically and writing in various formats including persuasive

essays, short answer questions, long essay questions, and document-based questions (DBQ).

AP Macroeconomics

.5 block I

Prerequisite: Current AP Macroeconomics student

This course is an AP class to prepare students for the AP Macroeconomics exam that will be administered in the second week of May. Students will examine the use of fiscal and monetary policies addressing the overall health of a nation's economy (GDP) through the measures of inflation, growth, and unemployment.

AP Microeconomics

.5 block I

This course is a continuation of the current class and covers the basic economic concepts followed by a microeconomic focus (small scale economic factors). The objective of this class will be to introduce basic economic concepts while providing a firm foundation in the key concepts of microeconomics. We will look at the nature and functions of product markets factor markets and market failure, and how the government interacts with that failure.

AP Music Theory

.5 block I

Prerequisite: Basic performance skills in voice or on an instrument

A major component of any college music curriculum is a course introducing the first-year student to musicianship, theory, musical materials, and procedures. Such a course may bear a variety of titles (Basic Musicianship, Elementary Theory, Harmony and Dictation, Structure of Music, etc.). It may emphasize one aspect of music, such as harmony; more often, however, it integrates aspects of melody, harmony, texture, rhythm, form, musical analysis, elementary composition and to some extent, history and style. Musicianship skills, such as dictation and other listening skills, sight-singing, and keyboard harmony are considered an important part of the theory course, although they may be taught as separate classes. The student's ability to read and write musical notation is fundamental to such a course.

AP Physics 1

.5 block I

Prerequisite: Current AP Physics 1 students

This course redesign greatly de-emphasizes math and increases the focus on the theory and critical interpretation skills of the student. During J-Term we will review the concepts we've covered during the fall semester as well as move into new material. This J-Term course is a continuation of AP Physics 1 and is highly recommended for all AP Physics 1 students.



AP Physics 2

.5 block I

Prerequisite: Current AP Physics 2 students

This course redesign greatly emphasizes math and increases the focus on the theory and critical interpretation skills of the student. During J-Term we will review the concepts we've covered during the fall semester as well as move into new material. This J-Term course is a continuation of AP Physics 2 and is highly recommended for all AP Physics 1 students.

AP Studio Art

.5 block I, C

Prerequisite: Current Art Honors/AP Studio Art students.

AP Studio Art follows the College Board curriculum and syllabus. This course requires dedication, hard work, and sophisticated levels of artistic ability. Students will continue to develop a cohesive body of work investigating a strong underlying visual idea that grows out of a coherent plan of action or investigation, a concentration of 12 pieces. Students will demonstrate their breadth of skills, techniques, and media with the continuation of their 12 different pieces. Students will also move forward with the creation of their 5 quality pieces. AP Studio Art students will be required to work both in and out of school in order to complete their artwork assignments. The AP portfolio can be used as a part of college application when applying to art colleges or universities.

AP US History

.5 block I

Prerequisite: Current AP US History students

A continuation of the current AP United States History course, which is an upper-level course designed for juniors planning to attend competitive colleges. The survey course covers our nation's history between colonization and the present, with attention to current events and topics of interest. Extensive research and critical analysis papers are required each semester.



J- TERM ELECTIVES

A Lyndon Home Companion

1 block C

Are you a songwriter, storyteller, musician, narrator or actor? Then come create a variety show in the style of "A Prairie Home Companion." Aren't familiar with the show? That's OK. Imagine a J-Term course where scriptwriting, singing, music composition, skits, sound effects, podcasts and performance all come together in a one hour (or more) presentation. Creativity and innovation are a must.

Advanced Billiards

1 block P

Prerequisite: Intro to Billiards

In this course, we will continue our learning from last year and build upon the foundations that were established in the 'Intro to Billiards' course. We will also look at the game of Billiards around the world and study the origins of the game.

Advanced Songwriting

1 block C

Prerequisites: The student must be proficient on an instrument to the level of being able to support their own song ideas. The student must also be able to furnish their own instrument for the class.

In this course students will study the form of modern popular music, understand its place in mainstream music, and use it to write original songs of their own. Emphasis will be placed on rhyme scheme, pronoun agreement, movement during the composition, fluidity,



and keeping the listener interested. The performance of an original song will be a requirement of the course. Students will also digitally record their songs both as a tool of reflection and also possible exhibition.

Alpine Ski Team

2 blocks P

Prerequisite: Current member of the Alpine Ski Team.

Due to our limited time to train, the Alpine Team will depart after lunch each day for Burke Mountain. They will free ski with purpose each day for 45 minutes and then

train either giant slalom or slalom. There will be video analysis throughout the session approximately every other day. On most days there will be timing set up.

American BBQ

1 block C

Why is it that when you smell the wood fire burning it smells like wood fire, but when you add a rack of ribs over it suddenly your mouth begins to water? Have you ever wondered what it takes to make that tough brisket that you have for Saint Patrick's Day turn into a tender, pull apart piece of heaven? Come check it out! We will learn about BBQ regions, sauces, grilling, sides, and slow smoking different proteins.

Anime Appreciation

1 block C

The goal of the class is to learn to appreciate and enjoy anime by studying significant elements of anime, such as genres, character settings, and development, plots, art styles, music, etc. The first 50 minutes of the class will be time for study, activities, and discussions, and the last 30 minutes will be time to watch anime that is voted by participants.

Augmented Reality

1 block C,I

In this course, students will learn about the rapidly expanding world of "Augmented Reality," technology that blends or overlays the real world with digital information or entertainment. Pokémon Go is one popular, recent example of augmented reality, as is Google Glass and some assistive driving technology like heads-up navigation projection. The class will ultimately build an augmented-reality sandbox that projects a dynamic mapping layer as students build landscapes in the sand. This interactive display will help younger students learn about earth science and hydrology, and can be loaned or donated to museums or other schools. We will need students with a variety of interests and skills, including woodworking, computer hardware, programming, painting, writing, science, and teaching. No experience is necessary, only curiosity and a willingness to work as part of a dynamic, multidisciplinary team.

Auto Electrical

1 block I

At the end of this course, students will understand components, operation, design, and troubleshooting. There will be discussions on the fundamentals of electricity and how electrons move through a conductor. Students will be able to explain units of electrical measure and discuss the relationship of volts, amps, ohms and they will be able to discuss sources of electricity.

Basic Woodworking

1 block C

Basic woodworking is designed to teach students beginning woodworking skills and knowledge in preparation for a career or personal skills for their lives as adults. Your instructor will emphasize hands-on training and lead discussions on woodworking theory and application. This course will introduce students to hand tools as well as portable and stationary power tools. Students will complete individual projects designed to provide practical experience in construction theory. Learn to use basic wood finishing techniques and apply wood sealants and finishes like stains and polyurethanes. Students will learn what makes a quality piece of furniture that someone may want to buy or gift to someone.

Calligraphy

2 blocks C

Do you want to harness your individuality? Have you ever wanted the freedom to create your own style of writing? Are you an artistic person who wants to learn a number of different fonts? Then this class is for you!

Children's Literature

2 blocks C,I

Do you know who Arthur, Clifford, Madeline, Nan and Bert, Chrysanthemum, or Pippi are? Who are your favorite picture book characters? Discover these and more, and share among yourselves and little ones traditional, contemporary, classic, and award-winning picture and chapter books and create one of your own. This J-Term course will offer time to read all kinds of stories as well as write, illustrate (don't let that throw you), and bind your own picture book. Start digging out your old favorites.



China Trip

4 blocks C,I

A trip to China for Chinese language students as well as other interested students during J-Term 2017. Visit Shanghai, Hong Kong, Taiwan, and spend time at LI's partner schools in Hefei and Fuzhou.

Coaching Youth Sports I

1 block I,P

Students will develop an understanding of the philosophy of coaching and develop skills in leadership and motivation. Throughout the course, they will learn how to teach skill development and strategies. At the end of the course, students will earn concussion certification and be able to create a practice plan. How to create a resume and to conduct an interview will also be reviewed.

Coaching Youth Sports II

1 block I,P

Prerequisite: Coaching Youth Sports I

This course is a more in-depth continuation of Coaching Youth Sports I. There will be a stronger emphasis on teaching and lesson plan development. Students will be teaching skills to all the levels of elementary students in order to gain valuable experience.

Communicating w/ the Deaf & Hard of Hearing

1 block I

This course is intended to spark an interest in the world of deafness. Not only will you learn sign language (over 500 ASL vocabulary words), but you will meet members of the deaf community who live and work in Vermont. Together we will explore careers such as; Teacher of the Deaf, Speech Pathologist, Sign Language Interpreter, Audiologist and Deafblind intervenor.

Helen Keller, who was deafblind once said she would rather be blind than deaf, as blindness separates you from things and deafness separates you from the company of man. You will have the opportunity to dig deep, gaining knowledge and understanding of a new language and the educational challenges of people who are deaf or hard of hearing.

Cooking Skills for Life

1 block C

This course will focus on skills that are needed to become comfortable prepping and preparing a well-balanced meal for everyday life. This will include proper and safe handling skills, the importance of proper seasoning techniques, and prep work to get the job done. Students will make breakfast, lunch, dinner and dessert.

Coping with Anxiety

1 block I,P

Are you interested in learning techniques to help people deal with anxiety? If yes, then this class is for you. We will be using Edmond Bourne's, The Anxiety & Phobia Workbook, to learn the causes of anxiety and strategies we can implement in our lives to help us cope.

Courageous Conversations - Discussing race, gender and religious tolerance in America today

2 blocks I

In this course, students will learn how to have the "hard conversations" about topics that are central to understanding the state of America today and the human condition. Through watching short videos, reading articles, participating in daily discourse, enhancing critical thinking skills, and practicing self-reflection. Students will explore topics pertaining to race, gender, and religious tolerance. Example topics include white privilege, gender role expectations, gender identity, and Islamophobia. Particular attention will be paid to learning and practicing the craft of having a respectful dialogue; listening to diverse perspectives with an open mind; becoming comfortable with traditionally uncomfortable topics; and bringing these new understandings to the LI community through a public presentation as well as various action plans to be carried out after the course is completed.

CSI LI**2 blocks C, I**

This course will allow students to learn investigative techniques and the roles played by different members of an investigation team. The course will culminate with the students conducting their own “Who Done It?”

Dancing with Kids**2 blocks P, C**

In this course, Mrs. McGregor and LI students will help kids in our local schools develop more skills and knowledge with dance in their physical education program curriculum. We will help students learn to move to different tempos/rhythms, take risks safely through creative leadership and various reflective and problem-solving strategies, and to be more conscious movers through the use of the elements (time, space and energy, dynamics and structures of dance). Students in our CNSU PE programs will create and perform individual, group, and ensemble choreographies that focus on hip hop and creative dance. The LI students will prepare and reflect 2 days a week at LI and travel to LTS, Sutton, Millers Run, and Burke Town Schools for 3 days a week throughout the term.

Digital DJing**1 block C**

This course is based on the history and practice of live music mixing. From the disco mixing radio DJs of the 70s, to hip-hop pioneers, Africa Bambaata, Grandmaster Flash, and Grand Wizard Theodore, to turntablism and rave music of the 90s and the global spread of electronic dance music and DJ culture in the 2000s, the DJ has played an integral role in the development of popular music and culture. Students in this course will learn about the history of DJing through documentaries such as “Scratch;” they will learn concepts related to music and mixing theory through readings and audio recordings. Most importantly, they will develop the technical skills and theoretical understandings required to mix music themselves. Artifacts for this course will include a student-produced mixtape, video recorded DJ sets, and live performances. Advanced students with an interest in entrepreneurship will create a business plan for running

a mobile DJ operation in the local area. The course will feature workshops and visits from current and former DJs.

Fem-STEM: Robotics for Girls**1 block I**

Are you a girl? Do you want to build robots? Do you want to create a t-shirt that runs a light-show on the front of it? Or maybe would you like to make a robotic prosthetic limb that’s run by electrodes attached to a forearm? Are you interested in 3D printing? This J-term course is designed to introduce and encourage the women of Lyndon Institute to work and to play with basic robotics structures. To start we will investigate how to work with Arduino circuits and basic programming and to develop individual projects for each student based on their interests.

FLIP Your Learning**1 block I**

What would happen if a school was flipped and students were at the center? What if students worked in partnership with teachers and family to develop their own personal learning plan? How might this change school as you know it? What learning would you find most important to your goals, career, college? This course will provide an overview of the FLIP program that establishes flexible pathways and personalized learning at Lyndon Institute. Guest speakers from the Vermont Agency of Education and other knowledgeable professionals in the field will complement our learning. The explanation of this program will be related to the ten Principles identified by Lyndon Institute as we continue moving into the 21st century.

Fly Tying**2 blocks C**

This is a two-period course exposing students to the art of fly tying. Students will learn the history and origin of many patterns, as well as the different techniques involved in tying these many creations. They will be exposed to many classic pieces of literature which capture the history of this beautiful sport. We will study individuals such as Carrie Stevens, Lee Wulff, Al Troth, and



others. Students will be able to take home and keep their creations from the vice and hopefully use them on the water in the spring.

Football - The X's and O's

1 block C

Ever wonder what is going on while watching a football game? This course breaks down the game: offense, defense, and special teams. A brief history shows how it has changed over the years. A look at schemes will break down the jobs of each player on the field.

French for Travelers

1 block I

Prerequisite: The class is designed for students who do not already have knowledge of French.

Have you always wanted to travel to a country where French is the spoken language? Do you want to know what to order at a French restaurant? Now is your chance to get ready for your trip. Take this class and learn the fundamentals of French for travelers. Through exciting games, role plays, skits and videos you will learn how to survive and have fun in a French-speaking country. You will also learn about the culture of several French-speaking countries and how those cultures may differ from your own. How does one eat “escargots” or “poutine”? What are the polite and appropriate ways of greeting

people? Are table manners different? There will be so many topics to discover. Come join me for a look at a world that is different from your own but very accessible.

Hawaii Field Study

4 blocks C,I,P

Students will immerse themselves in the culture and natural history of Hawaii in order to gain a wider perspective on global geography and ecological communities. The focus of the field study will include: the study of the past and continuing formation of the Hawaiian archipelago (to include investigations of volcanic up-building, subsidence, erosion, lava types, and formations), and the study of Hawaii's unique plant and animal life (with an emphasis on marine biology and the marine ecosystem). Students will also have the opportunity to experience some of the cultural, historical, and recreational activities of Hawaii.

Hip Hop Dance in Our Society

1 block P, C

LI students will have the opportunity to immerse themselves in hip hop culture for 15 days.

In this course, students will not only learn about the physicalities of hip hop (skills, terminology, how to manipulate and create hip hop form and style) but also they will learn about the history/evolution of hip hop, the hip hop culture in America, DJ, and graffiti.

History of Comedy Films

3 blocks C,I

In the early era of the film industry, comedies were silent and they relied upon the actors' talents with timing and physical theater to get a laugh from the viewers. As movie technology evolved, so did comedy films. Join us at Catamount Arts where we will watch comedy films that date back to the silent movie era through today's modern marvels. Upon returning to LI, students will split into two groups (a maximum of 14 students in each group) and will work in either graphic arts or printmaking to create movie posters. Students cannot work in both media.

Ice Fishing

1 block C,P

Students will explore current ice fishing practices in Vermont. Students will research the species available locally and regulations set by the Department of Fish and Wildlife. Students will work in pairs to research various tip-up designs. Students will then use the knowledge shared to work individually on constructing a tip-up. The students will have the opportunity get out on the ice to use what they have learned.

Internships

C,I,P

Lyndon Institute believes that internship opportunities are a valuable component to career exploration. An internship is a career exploration activity that offers an opportunity to spend time with a professional currently working in a person's career field of interest. It offers a chance to see what it's actually like working in a specific job. Not only do students participating in an internship get to observe the day-to-day activities of someone in the current workforce, they also get a chance to have their questions answered.

Intro to Acoustic Guitar

1 block C

This course is intended for the total beginner or the very new player only. Course goals are to build basic understand the positioning and anatomy of the instrument, basic chords, and chord progressions, and basic scales. Students will practice, refine, and demonstrate their skills by selecting ability appropriate compositions of music and creating a video of themselves performing. Alternatively, the students could offer lessons to the public about what they learned and share it at exhibition night. The text will be Alfred's Basic Guitar Method.

Introduction to Aviation

2 blocks I

This course is designed for the motivated student who wishes to explore a career in the field of aviation either General Aviation or the military. The course will take

place at the Caledonia County Airport in Lyndon with ground school instruction, professional guest instructors in various aviation fields, a trip to Burlington International Airport to see first-hand the various aspects of aviation. Students will also have the opportunity to participate in the Experimental Aircraft Association's Young Eagles program in which they will have an introductory logged flight lesson with certified instructors. Due to the technical aspects of this offering candidates should have basic knowledge of algebra, physics & geometry. This course is open to juniors and seniors.

Intro to Billiards

1 block P

The intention of this course is to teach students the basics of billiards. We will go over everything from the terminology used in the various billiard games, to the conception and execution of a wide variety of shots.

Intro to Disc Golf

1 block P

In this course, we will learn about the origins of disc golf, the rules of the game, and how to play disc golf. We will also watch professional rounds on Youtube to analyze the intricacies of the game and observe what can be done with a golf disc. Students will also design a disc golf course on the LI campus.

Introduction to Martial Arts

1 block P

This course will introduce students to defensive martial arts through the study of basic physical applications of force, the deflection and redirection of aggression, situational awareness, and an understanding of the legal and philosophical implications of the application of physical force upon another. Implicit in the study of martial arts students will improve physical conditioning, self-control, body control and awareness. Students will also engage in an assessment of situational awareness and craft an improvement plan targeting key areas including but not limited to pedestrian, party, college, and travel safety. The course will also address an individual's civil responsibili-

ties to promote a peaceful and safe society. Upon completion of the course, students will have the opportunity to test for promotion to the next course of study.

Introduction to Model United Nations

1 block I

Model United Nations is an educational simulation in which students learn about diplomacy, international relations, and the United Nations. Model United Nations involves research, public speaking, debating, and writing, in addition to critical thinking, teamwork, and strengthening your leadership abilities. Students have the opportunity to represent a nation and conduct significant background research on that nation and its views on specific international issues. A simulation of a United Nations session will follow.

Introduction to Snowboarding

2 blocks P

This course is for students who have never experienced the thrill of going down a mountain on a snowboard but would like to learn. Safety, fundamentals, and balance of snowboarding will be discussed prior to experimenting on the slopes. The excitement of a new sport awaits you.

Introduction to the Fundamentals of Men's Lacrosse

1 block P

Students that would be interested in a men's lacrosse club or team at LI are encouraged to take this course. Students that currently play or are interested in playing lacrosse will learn all fundamentals of playing the game as a team. Schematic concepts of offense, defense, transition, man up, man down, face offs, etc. will be reviewed through film study of top NCAA programs.

Keeping up with the Claudians

1 block I

This will be an in-depth interactive investigation of Rome's leading family during one of the most critical periods in world history. Students will receive an overview of Roman life, history, and religion before diving into ancient sources to reconstruct the family tree, great deeds, and sometimes salacious misadventures of Rome's Royal

family. One key contemporary resource for students will be the BBC version of Robert Graves's classic "I Claudius." (Students will need a parent permission form because of mature, though historically accurate, content.) There has never been a better soap opera or reality show than the true story of the Imperial House of Rome from 27 B.C. through 58 A.D.

Knitting for Beginners

1 block C

Have you always wanted to learn to knit? Do you just love those long striped scarves and warm knitted hats? Come learn to make one. In this class, you learn the basics of knitting on either straight needles or circular needles, or both! The class is designed for the inexperienced yet willing knitter.

Knitting & Crocheting for a Cause

1 block C

This class is for the intermediate to experienced knitter or crocheter. Novice knitters may join the class if they have made a few projects and would like to practice their skills. We will focus on producing as many hats, scarves and rescue nests as possible. Don't know what a rescue nest is? A rescue nest is a warm and snug little home for a baby animal that has been abandoned. To learn more go to: <http://wildliferescuenests.weebly.com>. They come in many different shapes and sizes depending on the inhabitant. You can even design your own!

Knot in a Good Way

1 block C,I

Students in this course will learn to tie over 20 knots. They will learn the appropriate uses of these knots and their strengths and weaknesses. They will learn the history of a few of these knots and alternate names for them. They will also learn about different rope material and construction and how to properly store rope.

Learn How to Crochet

1 block C

In this highly active course, students will learn how to crochet by mastering the basics of the slip knot, chain stitch, single crochet, and more. After learning the ba-

sics, then each student will learn how to make a Granny Square. From these basic techniques, students will be able to complete multiple fun projects.

LI's Athletic and Academic Legacy: Celebrating 150 Years of Reaching for the Stars

2 blocks C, I

Students will continue to investigate and research Lyndon Institute's rich athletic and academic awards history. Additionally, students will work on projects such as a time capsule to celebrate the history of Lyndon Institute in its 150th year. The goals are for students to work collaboratively to continue the compilation of biographical information of award honorees and the creation of displays for Honor's Assembly, to update the athletic recognition shields of individual state champions and record holders, and to pursue projects related to the 150th anniversary celebration of Lyndon Institute. Current LI students will take an active role in remembering and honoring former students and their families as well as strengthen community ties and deepen our understanding of LI's unique history during this historic year.

LI Oral History Project

2 blocks C, I

This course will adopt StoryCorp's mission, which is "to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world. We do this to remind one



another of our shared humanity, to strengthen and build the connections between people, to teach the value of listening, and to weave into the fabric of our culture the understanding that everyone's story matters. At the same time, we are creating an invaluable archive for future generations. We will explore the art of storytelling before working to capture the stories of the LI community, both past, and present. The goal is to begin to create a collection of stories to commemorate the 150th anniversary of Lyndon Institute.

LNA

2 blocks I

Prerequisite: current LNA students

As the LNA Program comes to a close and students have logged nearly all the hours that are required for completion, this J-Term period portion of the LNA program is focused on workplace readiness and End-of-Life/Hospice Care.

Making the Music

2 blocks C, I

Music is rooted in the combined fields of Science, Mathematics, and Art. This course will touch on the science and math of how music is produced. Understanding the how will help students in building their own acoustic Instruments. Successful participants will take home a penny whistle and ukulele which they will build in class.

Metal Fabrication 1 & 2

block C, I

Prerequisite: Current Metal Fab student.

In this course, students will continue their welding metal fabrication skills working towards GMAW, FCAW, SMAW, and GTAW development. Students will work on Plasma arc cutting, oxy-fuel cutting, blueprint reading, and virtual welding simulation training. Students will learn how to read welding procedure sheets and how to write them. Students are required 840 hours total to complete state required standards. This time prepares them to be ready to pass their certifications at the end of the two-year program.

Mobile App Design

1 block C,I

Ever have an idea for a killer app for your phone? Think you could have come up with Flappy Birds, Snapchat, or Pokémon Go? No coding experience? No problem! In this introductory programming course, students will learn to design mobile applications using MIT's App Inventor platform. In the first half of the course, students will complete a sequence of individual and partnered projects designed to teach them about the engineering/design process, basic principles of computer science, and the capabilities and limitations of App Inventor. In the second half, students will form small teams that will each interview a potential client (a group in the school/community) and develop an Android app that helps solve a problem their client faces. This course will feature student teaching assistants from the AP Computer Science Principles course who will use their coding experience to help student groups transform their app ideas into deliverable products. Students wishing to continue their projects beyond the scope of term can do so, potentially entering competitions like the Verizon Innovate App Challenge or the Congressional App Challenge. Experience is not required; a desire to learn and help others is!

Mouse Trap Cars

1 block C

Students will build and race model cars powered by ordinary mouse traps. Repurposed, common materials will be used to create these cars.

Music Composition

1 block C,I

Students in this course will compose music through online composition software as they study the theoretical approach to composition. An exciting part of this J-term class is the ability of students to participate in the Vermont Music-COMP program which has been connecting Vermont students with professional composers for the past 20 years. Also, students may enter their compositions into competitions where the winners have their pieces played by members of the Vermont Symphony.

No More Microwave (Twelve Recipes)

1 block C

Someday you will need to feed yourself. Learn to do this well, and simply, by practicing twelve basic recipes with core foods like bread, eggs, beans, pasta, soups, vegetables, and cake. Using basic techniques with local ingredients (as much as we can) and meeting some farmers and other Vermont food experts along the way, we will build a repertoire of classic, delicious dishes that you will be able to prepare and enjoy (and impress with) instead of another bowl of microwaved mac and cheese.

Only One Planet

1 block I

Based on the CNN series, "Planet in Peril" (2007), students will take an in-depth look at several environmental issues affecting our planet. Topics will include overpopulation, climate change, habitat destruction, wildlife extinction, and destruction of our natural resources. Emphasis will be placed on how all these seemingly independent conditions are connected to our daily lives - both in the United States and around the globe.

Patchwork Upcycle

2 block C

In this course, students will meet with local 'upcycler' and learn about how and why they got started, where they find their materials, and the challenges they have faced. Students will plan a simple patchwork quilt to be made as a gift, as a service quilt (to be donated to the local fire department/emergency room/etc.), or for themselves to keep cozy in the winter. They will be responsible for maintaining a digital photo-journal or blog documenting their process. Students will gather materials from home, second-hand stores, shared with each other, etc. to create patchwork quilts. They will use simple math skills for measuring and planning, and sewing equipment, including a sewing machine. The focus will be to re-use/recycle fabrics into something new and useful.

Personal Finance

1 block I

In this course, students will learn basic knowledge and skills pertaining to financial literacy. Course topics

include the fundamentals of money and wealth creation, money math, savings, budgeting, investments, insurance, retirement and tax planning, and the proper use of credit. Students will engage in a simulated stock market competition which will last beyond the length of the course. Students will also learn about some of the most colorful moments in finance history, including manias, the Madoff scandal, the Great Depression and the recent financial crisis. If possible, guest speakers from financial advisory companies and banks will come to class to present and answer questions.

Pottery 1

1-2 blocks C

In this J-Term Pottery course, students will learn the fundamentals of wheel-thrown and hand-built pottery. This course is intended for those studying ceramics for the first time and is an introduction to the craft of clay working. The primary emphasis is on studio work leading to a set of finished pieces by the end of the J-Term. The main goal of this course is that you will be able to create, as well as appreciate, expressive, beautiful three-dimensional clay forms.

Pottery 2

1-2 blocks C

Prerequisite: Pottery 1 or previous ceramic experience from fine arts teacher

In this J-Term Pottery course, students will build on wheel-thrown and hand-built pottery techniques they have learned previously. This course is intended for those who have studied ceramics previously. The primary emphasis is on studio work leading to a set of finished pieces by the end of the J-Term. The main goal of this course is that you will be able to create, as well as appreciate, expressive, beautiful three-dimensional clay forms.

Powersports Maintenance & Repairs

2 blocks I

The maintenance and repair of power sports equipment such as ATV's, snowmobiles, street and off-road motorcycles is in high demand. The Powersports Repair program will prepare students for many aspects of the motorcycle and power sports business, greatly enhancing their employability — even if they have no previous experience.

Prepare to Be Amazed! A Tribute to Soviet and Russian Animation

1 block C,I

The course introduces students to the masterpieces of Soviet and Russian animation, focusing on features and styles of different famous masters from the time of the birth of art in Russia until today. The students will have the unique opportunity to work with primary sources, not found on Netflix or other rental outlets and to develop analytical skills and appreciation for the art of animation.

Rock Band (Beginner)

1 block C

Students will learn the basic song structure and musical skills necessary to perform popular contemporary music. They will then use their times to work in a group setting to either prepare a performance for exhibition night or film a performance for exhibition night.

Rock Band (Advanced)

1 block C

Students will learn the basic song structure and musical skills necessary to perform popular contemporary music. They will then use their times to work in a group setting to either prepare a performance for exhibition night or film a performance for exhibition night.

Rubik's Cube Challenge

1 block I

Students will learn to solve a Rubik's Cube, and various other puzzles such as the pyramid sphere, 4x4 cube, and 5x5 cube. As students try their strategies, the class will regroup to discuss why or why not certain strategies worked. It will be the reviewing of our work that will help students develop new (and hopefully better) plans to solve the puzzles. Students will research to find other algorithms and test them to see what is more effective for different kinds of thinkers and problem solvers. They will then discuss why some were more successful for others and why some were not. Students will compete against one another to see who has the best strategy and to determine who our grand champion will be!

Russian Certification Exam

1 block I

Prerequisite: Students enrolled in Russian or have proficiency in the language

The course prepares students for taking the Russian language certification exam, which is created and designed by leading Russian universities for students, who study Russian as a foreign language. The exam is used by the Russian government for testing proficiency in the Russian language.

SAT Math Prep

1 block I

This course will provide students with insights into the new SAT Math sections. We will discuss the many changes that have taken place, to include: the change in the number of sections, the addition of a No-Calculator sections and the increase in difficulty of the content being assessed. These changes reflect a major shift in this standardized test. Students will also learn how to efficiently maneuver through the math sections with individualized pacing strategies.

Science Fiction Writing

1 block I

In this course, students will work on writing creative pieces of science fiction writing. The types of writing explored will include, flash fiction, short stories, screenplay and TV Show pilot.

Science of Superheroes

1 block I

What makes someone a hero or a villain? Could Batman's gadgets really exist? Is an Iron Man suit possible? Could super powers already exist hidden in our genes? Students will use characters and concepts from superhero comics to explore concepts in psychology, biology, engineering, and physics and uncover the science behind the science fiction.

SCUBA Diving Certification

1 block P

Student's will split up the 15 days of J-Term spending 9 days taking an online course as well as spending 6 days scuba diving in a controlled environment in the Lyndon State College pool. In the spring/summer of 2017 they will be given the opportunity to finalize their scuba certification with open water dives in Willoughby Lake. \$250 student fee required.

Songwriting

1 block C

Prerequisites: The student must be proficient on an instrument to the level of being able to support their own song ideas. The student must also be able to furnish their own instrument for the class.

In this course, students will study the form of modern popular music, understand its place in mainstream music, and use it to write original songs of their own. Emphasis will be placed on rhyme scheme, pronoun agreement, movement during the composition, fluidity, and keeping the listener interested. The performance of an original song will be a requirement of the course. Students will also digitally record their songs both as a tool of reflection and also possible exhibition.

Storytelling Games - From Role Playing to Fiction

1 block C,I

Role-playing games (RPGs) are tabletop games that offer a collaborative story-telling experience within the framework of established rules. The earliest role-playing games evolved from tactical war games using miniatures, to games with a greater emphasis on creating a fictional world that players can use to tell imaginative stories through a variety of settings and genres. The last ten years have seen a major growth of different role-playing games in which rules take a backseat to storytelling. This year's course will attempt to link role-playing games with the art of creative writing and crafting short works of fiction. Students will learn to play a variety of simple RPGs, both from the perspective of characters and referee (usually referred to as the "gamemaster"). From these experiences, they will craft works of fiction that will be collected in an edited class anthology.

Strength & Conditioning

1 block P

Strength & Conditioning will include a wide variety of exercises and techniques designed to develop and improve the student's strength and overall health. Students will gain a better understanding of the human musculature and how to target specific areas as well as the role nutrition plays in their overall fitness program. Throughout this course, we will focus on fitness and nutrition topics that will enhance our students understanding of the human body, their specific fitness goals, and how to make healthy lifestyle choices.

Strengthen Basic Math Skills

1 block I

Are you struggling in your algebra or geometry class because you still really do not have a grasp on basic math skills? *That problem has a fraction (eek!), what do they mean perfect square (???)*, word problems - no way! If this is how you feel when you are doing your homework, then you should sign up for this class. We will review all of the skills which seem to give you a hard time so you can move forward with your math career with less pain and anxiety.



Surviving Life After High School

2 block I

Students will learn valuable life skills. Students will learn basic meal preparations, how to fill out a job application, how to create a resume, how to do laundry, basic sewing skills, and learn how to estimate the cost of living.

Take the Whole Food Challenge

1 block C

We live in a country with some of the most expensive health care and the least healthy people! The most effective way to work on this problem is to look hard at the foods we eat and work toward dietary changes from processed and convenient foods to those that are wholesome. For many, ideas for preparing such foods are limited. So, interested students are welcome to come learn more about the value of whole foods and try their hand at cooking with whole foods to sample and share with others.

The ABCs of Winter Outdoor Skills

3 blocks P

Through hands-on experience, students will learn how to travel safely in the backcountry during winter on snowshoes using a topographic map and compass. They will also learn expedition planning skills, how to set up or build shelters, basic knowledge of avalanches and some rescue techniques and use appropriate Leave No Trace practices. Students will get certified in wilderness first aid and CPR skills to handle any potential emergencies encountered. Through a combination of research and field trips, students will learn about this region's winter ecology and how animals and plants adapt to thrive in this setting. They will also look at how explorers and adventurers have succeeded or failed in the arctic, antarctic and high mountains.

The Art of the Wood-Canvas Canoe

2 blocks C,I

Canoes have been used as simple, durable transportation for thousands of years. In eastern North America, the bark canoes used by native people were instantly recognized by European settlers for their transportation value,

and were used extensively in the exploration, settling, and commerce of the continent for hundreds of years to come. In the 19th century, European-Americans adapted native canoe-building techniques to match the available materials, trading birchbark for canvas. Though most modern canoes are made of plastic, fiberglass, or metal, a tradition of wooden canoe building has survived in pockets of the country, including the north woods of New England. In this class, students will work alongside a master canoe builder in constructing a functioning wood-canvas canoe. The process is slow, the work detail-oriented. But the final product is at once a formidable vessel and a work of art. Students who complete this course help a rare form of art and craftsmanship to persist into younger generations. They also salute the boatbuilding tradition that was a part of Lyndon Institute for many years.

The Art of Truth - Writing and Photographing Creative Non-Fiction

1 block I

“True stories, well told” is the motto of The Creative Non-fiction Foundation, and we will adopt this as our goal. This course will help students develop skills and confidence in nonfiction writing and visual literacy through a collaborative workshop model. Creative nonfiction serves many purposes and takes many forms, so this class will ask students to explore and contribute to the genre in a variety of written and visual ways, culminating in a photo essay of their best work.

The Athlete in Film

2 blocks C,I

Students will watch films such as *Miracle* and *Cinderella Man*. These films focus on global and national events for which morale was restored through sports successes. Students will also be encouraged to suggest titles that have a similar story to these aforementioned titles. Students complete selected assignments including a formative essay.

The Lyndonburg

1 block C,I

This course is a hands-on introduction to aeronautical engineering. Through a series of individual and group

projects, students will learn about the physical laws and engineering challenges pertaining to flight. In this course, students will research, design, and build radio-controlled airships (blimps) from scratch using inexpensive consumer materials and hobbyist electronics. In the first week, students will learn principles of aerodynamics and physics related to lighter-than-air flight. They will work in groups to equip mylar balloons with miniature electronics allowing flight in two dimensions. In the final two weeks, students will work in 1-2 larger groups to design and build larger airships capable of maneuvering in three dimensions and carrying cameras or other equipment.

The Magic of Matryoshka - the Most Popular Russian Souvenir

1 block C,I

The course introduces students to history, mission, steps of production and variety of styles of this, a very popular in Russia, souvenir and a masterpiece of folk craft - Matryoshka doll. Students will design and create their own Matryoshka, using old Russian styles of painting or making their own innovations.

The Past Comes To Life

1 block I

Do you like learning about ancient cultures? Are you interested in the field of archaeology? This course offers you a chance to do hands-on archaeology work with artifacts from an excavated house in Greece. This course will offer insight into the ancient civilization of Greece, but will focus on the theory and technique that is used when digging at any site around the world. Students will use their intuition and powers of inductive reasoning to understand how people lived in the past and how objects in a Greek house were used.

The Ultimate Sport

1 block P

Students will research and discuss the history and evolution of Ultimate. Insight and instruction will be given on both technical skills and in-game strategies. This portion of the course will be hands-on via playing in the gym. For more experienced players and/or students who have taken the course before, the curriculum will be modified

for a deeper look into offensive and defensive schemes as well as help lead and instruct inexperienced players.

Traveling Children's Theater

2 blocks C

In the Traveling Children's Theater, students will experience the process of creating a theatrical production geared towards young children from start to finish, including the following key areas: casting, directing, rehearsal, technical aspects, performance, and question & answer sessions. A final production will be toured to local elementary schools for performance in the final week of J-Term.

Understanding Happiness

1 block C, I

Are you a glass half empty or half full kind of person? How can you get the most out of yourself? This course will challenge you to take a look at your life. Our lives are so busy and we don't take the time to truly understand ourselves or the people around us and truly appreciate what is out there. In this class, you will learn strategies to harness your strengths to achieve your goals and increase your happiness. You will become more self-aware.

Unexpected History!

1 block I

In 1637 did a tribe in from Connecticut impact America's interaction with Native peoples for centuries? How did a single battle in the American Civil War (a war of 10,000 battles) potentially shift the outcome? Why was the U.S. Constitution developed as a result of a revolt by Massachusetts farmers? History is yours to interpret.

Upcycle that Bag

1 block C

Do you have an overload of plastic bags at home? We know we do. Not every recycling program takes them, so many people end up throwing them out. Plastic bags are bad for the environment and often wind up sitting in landfills for years. Before you toss those totes in the trash, check out our class to see what you can create.

Vail Scholars

1 block C

Prerequisite: current Vail Scholar

"Make It". As an extension of the KEEL Project, the students will create an object, service, program or process that will be an extension of their research and findings.

Varsity Hockey

1 block P

Prerequisite: Members of the Hockey team

This J-term course is an opportunity for members of the hockey team to perfect their hockey skills and to focus on specific areas of their game. Portions of this time will be taped and players will be able to review and to refine their skills.

Viking Sports Blog

1 block I

The aim of this class is to work with the LI marketing specialist to develop a sports blog on the LI website the will have ongoing reporting of varsity games and scores. The idea is that a student will attend the game and provide a basic recipe write-up of the game and then would be peer edited. At first, this will be cookie cutter type pieces as we develop the site. The most important piece being of this project is that it is an incubator of students who will keep this going long after J-Term and get us through Spring 2017. Another goal is to add feature stories and player profiles long term. Three weeks makes it a more modest initial target. May include a visit from an area sports writer, Skype with other schools and conversations with students that have launched similar projects.

Voices of the Past Made Present

1 block I

Our course will begin with a study of Vermont poet (and former poet laureate) Ellen Bryant Voigt's book *Kyrie*. Through a sequence of blank verse sonnets, *Kyrie* describes the experiences of residents in a small Northeast Kingdom community during the Spanish Flu pandemic of 1918. Both beautiful and terrifying, the poems are comprised mostly of letters or diary entries, through which we hear the voices of local characters as they try to make

sense of the plague sweeping through their families and neighborhoods. Students will use our study of the text as a springboard for their own creative project in which they will take a historical event, examine it through the lens of local history, and attempt to make it present through the voices of characters they create, characters who will appear in their own blank verse sonnets (potentially broadened to include other short forms of poetry, prose, songs, and artwork) that will be woven together to form a cohesive whole.

The course will be interdisciplinary, embracing the spirit of the humanities, combining literature, history, and potentially even art and music, to tell a global story through a local perspective. Voices of the Past Made Present will include both informal literary analysis, including a study of the sonnet's versatility, along with historical research as students attempt to uncover how national or world events came to impact the Northeast Kingdom community. The final outcome will be a creative work that brings the voices of the past to life.

Waking Up White

1 block I

Where did the idea of race come from? Does everyone think about race the same way? Why is it hard to talk about race? If you are interested in these questions/topics, you will like this class. We will read and discuss the book *Waking Up White* and *Finding Myself in the Story of Race* by Debby Irving along with watching and discussing the series *Race - the Power of an Illusion* produced by California Newsreel.

Water Aerobics

1 block P

Students will participate in water aerobics classes 5 times a week. Students will learn about the benefits of and various types of water aerobics. Students will explore exercises and the areas targeted by those exercises.

What Choice Do I Have?

1 block I

An introduction to the humanist concepts of Free Will and Determinism, this course encourages students to examine our fundamental (though very Euro-centric)

belief in choice. The core "text" is director Danny Boyle's film, *127 Hours*, based on the true story of Aron Ralston, a brash, young rock climber injured while climbing alone in the Utah desert. To survive, Aron cut off his own arm with his Swiss Army knife. Discussions, debates and personal writing about his actions focus us in on the historical evolution of free will and determinism and introduce us to discoveries in psychology and neurobiology. By week three, we decide (paradoxically?) for ourselves whether we believe in free will or determinism or some shifting, intermediate ground. This thinking is expressed with the crafting of a board game based on *127 Hours*.

What Would you Fight For?

1 block I

What would you fight for? Think about an issue that you care about (or take the time to find an issue that you are passionate about for the first time) and would like to see changed in our school, community, state or world. After researching your topic, you will create an action plan to start your fight for change. Topics could be technological, a human rights issue, an environmental concern, a teen issue, or anything else where you believe there is an issue that needs improvement. Upon the creation and approval of your plan, you will learn what it takes to put that plan into action and bring about positive change. Students who were enrolled in the course last year are invited to participate again and either continue on with their previous project or start a new one.

Who Are We? Ask Art!

1 block C,I

This course is designed for people to enjoy some beautiful pieces of art from around the world. Students will learn about the people who made them and those who are pictured in them. Students will use observations and interpretation to analyze pieces of art and discuss them. Students will gain an appreciation for art and discover works that will change the way they think about art.

Women Welders

1 block C,I

In this course women will learn to weld, with the GMAW process. They will also learn to step outside of their com-

fort zone and take a nontraditional tech class. This class will teach them safety in a shop environment, personal protective equipment used in welding, how to use the welding simulator, the MIG welding machines, torches and plasma cam machine. Each female student will develop several welding skills and will complete a project or two by the end of the class to take home.

Woodworking Projects

1 block C

In woodworking projects, students will learn the basics of woodworking and how to use power tools safely. Students will have an opportunity to use the skills they learned to build a two cutting boards and rustic farmhouse table. Students will also learn how to calculate how much material to buy for a given project.

Yearbook

.5 block C,I

Students will work collaboratively to create pages for this year's 150th anniversary Lyndon Institute Yearbook. Work will involve graphic design, photography, work with computers and formatting, historical research, and proofreading. Students are expected to work independently and complete pages within given amount of time.

Zombies vs. Vikings

2 blocks C,I

In this course, students will go through the process of producing a finished short film. The students will be responsible for every aspect of the film from directing, acting, editing and makeup. The goal will be to have a finished product ready to show to the public on the final night of J-Term.



CELEBRATING
150
YEARS
1867-2017



LYNDON INSTITUTE

Purpose, Promise and Principles

PURPOSE

Lyndon Institute is a comprehensive, independent high school providing thoughtful and rigorous preparation for students of the Northeast Kingdom of Vermont and beyond to reach their intellectual, creative, and physical potential.

AT LYNDON INSTITUTE WE PROMISE

An academically challenging program that inspires lifelong learning.

An engaging and empowering academic environment that nurtures the interests and respects the needs of each student.

A safe and caring community that instills a sense of belonging in every student and supports individual growth and exploration.

Diverse curricular and co-curricular opportunities for students to develop their personal strengths.

A treasured network linking students, teachers and staff with alumni, parents, and members of the broader community locally, nationally, and across the globe.

AT LYNDON INSTITUTE WE BELIEVE IN

A learning environment for all students that encourages and supports creativity, critical thinking, problem-solving, inquiry, and reflection.

The value of respect, responsibility, empathy, integrity, and courage.

Promoting curiosity and collaboration.

Developing knowledgeable, thoughtful, and engaged citizens.

Being adaptable and flexible in this rapidly changing world.

Providing opportunities to serve our local and global communities.

The value of our location and surroundings in the Northeast Kingdom.

Cultivating global awareness and cross-cultural understanding.

Lyndon
INSTITUTE

168 Institute Circle,
Lyndon Center, Vermont 05850
802-535-3700 • 844-277-1645 (toll free)
admissions@lyndoninstitute.org

LYNDONINSTITUTE.ORG