



Lyndon

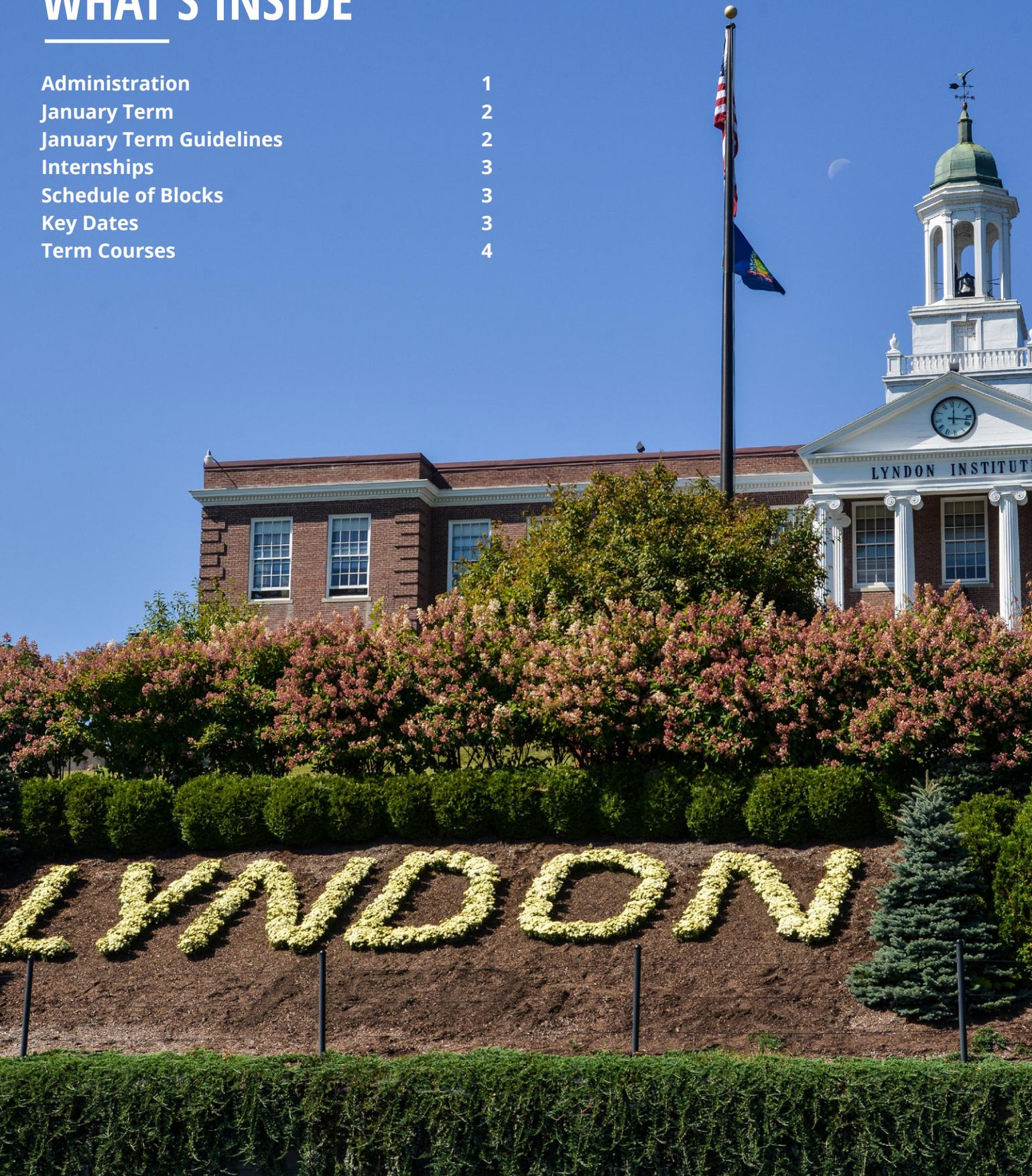
I N S T I T U T E

**JANUARY TERM
COURSE CATALOG
2018 - 2019**



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JANUARY TERM

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

Between the first and second semesters, 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 7-18, 2019.

The areas of study have been constructed from the passions of our students, faculty, and staff. 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

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 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 14th.
- Seniors, juniors, and sophomores should select different courses from the previous year.
- Students who are enrolled in courses at other schools will continue to do so according to their schedule.
- All students will participate in Exhibition Night on January 18, 2019.

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 but they must contact Jeremy White before November 20th with their proposal.

SCHEDULE OF BLOCKS

Block A	8:00 a.m. - 9:25 a.m.
Block B	9:30 a.m. - 10:55 a.m.
Lunch	11:00 a.m. - 12:00 p.m.
Block C	12:05 p.m. - 1:30 p.m.
Block D	1:35 p.m. - 3:00 p.m.

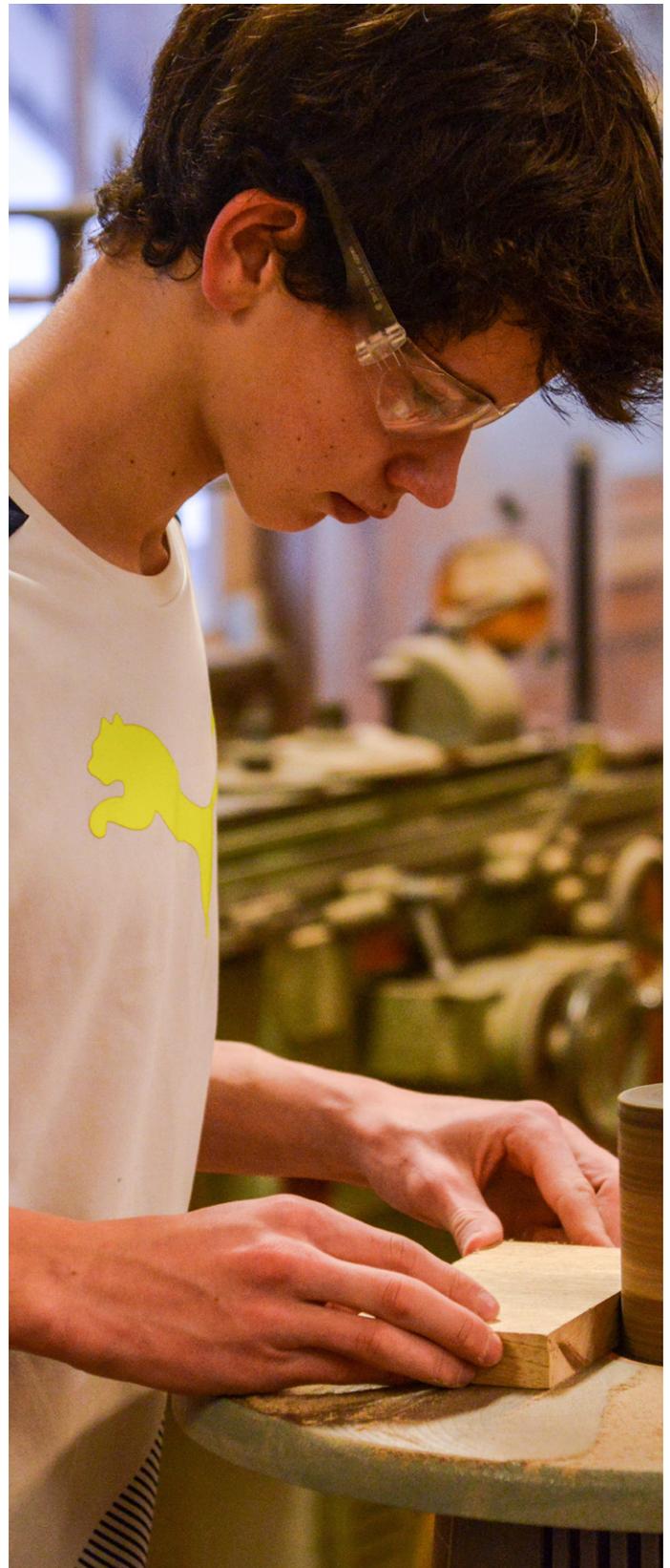
KEY DATES

Course Change Deadline: December 14, 2018

Courses Begin: January 7, 2019

Exhibition Night: January 18, 2019, 6:00 to 8:30 p.m.

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



J- TERM ELECTIVES

A Cultural and Historical American Experience in New Orleans, Louisiana

Ms. Berry, Ms. Smith, and Mr. Ulrich, 4 blocks

What is it about the history and culture of the city of New Orleans that has made it so significant to the growth and development of the United States over time? Students will travel to New Orleans, Louisiana for a 5 night, 6 day experience. During this time, students will be challenged to discover the significant role New Orleans has played in the shaping of the United States of America. Prior to leaving, students will be introduced to the trip's essential question, provided with information about travelling, and will learn about the city. While in New Orleans students will actively collect evidence from each of their historical and cultural experiences to address the essential question, which they will then present to the public on Exhibition Night. Some examples of experiential learning will include: a variety of museums such as the Cabildo, Preservation Hall, Fort Pike, and the National World War II Museum, as well as educational tours such as those of the Garden District, plantation systems, bayou, Mississippi River, and the levee system. [Note: There is a fee associated with this trip.]

A Vermonter's Guide to Quebec

Ms. Cobb, 1 block

What makes a trip worthwhile? Learn how to plan an international trip with Ms. Cobb! Students will be researching all aspects of a multifaceted trip to Quebec City and compiling the information on an easy-to-use app that will be available to anyone who would like to use it. This course is for people who want to learn how to

plan an awesome experience somewhere they have yet to explore. Students will use a variety of resources to create this app that are extremely useful for planning trips to anywhere in the world.

Acoustic Guitar for Beginner and Intermediate Players

Mr. MacKinnon, 1 block

What are the basic skills needed to play acoustic guitar?

Do you have an acoustic guitar that is collecting dust at home? Have you been telling yourself that you are going to learn to play one day? If you answered yes to either of these questions, this may be the opportunity you have been waiting for. Beginner guitarists will learn the three basic chords of acoustic guitar playing: C, D, and G. Students will learn basic progression, strum patterns, and chord changes to facilitate playing many songs. Intermediate guitarists will learn advanced first position chords and begin or continue to learn to play many different styles of music and genres depending on individual ability. [Note: Students should be able to provide their own acoustic guitar.]



American Barbeque

Mr. Simpson, 1 block

What makes people love barbeque? Grilling burgers or pull off the bone ribs- what's the difference? Why is it that gatherings with tasty treats cooked over an open flame bring people together? American BBQ is designed so that students will collaboratively develop and critique each other's recipes. We will explore and discuss, in groups, the world through BBQ and share our learnings with the community on Exhibition Night. Create and critique sauces, sides, and proteins. Come check it out!

Art to Art

Mr. Stahler, 1 block

What is the relationship between visual arts and creative writing and how are they used to create a literary and arts magazine? This course is designed to develop the students' creative writing skills, their ability to effectively give and accept feedback on creative work, and develop a deeper sensitivity to the relationship between different expressions of the creative arts. Students will generate a variety of pieces, both poetry and short works of prose, that directly connect to works produced by students in the visual arts program across a range of mediums (painting, sketching, photography, etc.). Students will also participate on the editorial process, revising each others' works and laying the groundwork for submissions to the school's literary magazine, Janus.

Basic Cooking

Ms. Paul and Ms. Tomaselli, 2 blocks

What are the basic skills required to be successful in the kitchen? Students will learn basic cooking skills and techniques along with kitchen safety, basic meal preparation and nutrition.

Basic Woodworking

Mr. Leonard, 1 block

What are the basic skills required to safely and effectively produce a piece of furniture? 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. Emphasis will be on hands-on training as well as 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 use 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.

Becoming Politically Active

Ms. Amos, 1 block

What does it mean to be politically active and how does one move their views forward in a respectful way? Students will be voting soon, often without an understanding of what it means to vote or how to decide who to vote for. This course will look at what it means to be political. They will look at different races throughout history and explore the central issues of the time. They will then decide upon and explore an issue that is relevant to them. They will research candidates that hold similar views. For a final project they will create a slogan and design to signify their cause, and create a bumper sticker or pinback with the slogan or design.

Bike Maintenance 101

Mr. Lowe, 1 block

How can you develop the basic skills necessary to keep your personal bike running smoothly and get the best possible experience out of riding? This course is designed for those students who want to explore the basics of personal bike maintenance but don't have time for the full three-block course or the full semester course. This class will cover the following topics in order: safety, tire basics, fixing a flat, brake adjustment, drivetrain basics and adjustment, and proper bike fit.

Calligraphy

Ms. Ruffner, 1 block

How can you use calligraphy to express your individuality? 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 learn how to use a variety of different fonts? If you answered yes to any of these questions, then this class is for you!

Carrying on the Art of Rug Hooking

Ms. Kennedy, 2 blocks

What can we learn from people and cultures through art (and specifically, rug hooking) and how do the arts enhance our well-being? Students will learn about the history of early rug hooking, become familiar with a variety of hooked rug techniques/styles, and learn everything they need to know to create their own hooked projects. Opportunities to learn about well-known rug hookers, designing their own projects, and hosting a hook-in for local rug hooking enthusiasts will be available.

Chemistry of Baking

Ms. Nichols, 1 block

What elements of chemistry are essential to successful baking? How do you make the perfect chocolate chip cookie? What is yeast? When should you use baking powder versus baking soda? These questions and many more will be explored during our investigation into the fascinating science of food. If you are excited to learn what's going on at the molecular level with the food that you eat, and if you're prepared to make mistakes and get messy, then this is the class for you!

Chinese Secrets

Victoria Su, Alina Wang and Ms. Mings-Lamar (faculty advisor), 1 block

What are the secrets of Chinese culture? By studying the art, festivals, traditions, food, and inventions of China, students will learn more about Chinese culture and how it has survived for thousands of years. Students will look at different forms of art to better understand the culture, with special attention being given to an important film that depicts the Chinese culture. Additionally, students will learn about the different regions of China and the different cuisines particular to those regions. Students will also learn how to play a variety of the traditional games of ancient China. By viewing their own culture through the lens of how Chinese culture has remained relevant and powerful, students will gain a greater perspective on the importance of understanding their own background and keeping their own culture's values

and traditions. [Note: Enrollment preference will be given to students with no prior experience of Chinese culture.]

Computer Applications

Mr. Tanner, 1 block

How do you effectively use computer software to create and edit personal and professional documents? Do you really know how to use a computer? How quickly can you type? What's the difference between a word processing program and spreadsheet program? Students will learn to navigate the basic functions in the fundamental computer programs they will use in their educational and professional careers. Students will learn to create and format basic documents such as a memo, personal/professional letters, and spreadsheets.

Creating Wildlife Habitat

Mr. Heath, 1 block

How do you create a healthy and sustainable habitat for wildlife on your own land? Students will study different land use possibilities with particular detail to creating wildlife habitat. Specifically, students will examine the types of soil on their land as well as the types of animals the habitat is being created for. Students will also consider the type of wildlife habitat that would be work on that property based on the terrain of the land, the types of pre-existing cover, soil types, and other available resources.

Creative Writer's Workshop

Ms. Lahiri, 1 block

How can I identify and improve my strengths as a creative writer? Are you interested in becoming a good creative writer, but don't know where to start? Or, do you enjoy creative writing but simply don't have enough time to dedicate to your craft? In this course, you will have the opportunity to get inspired, learn helpful writing tips, be given time, and receive meaningful feedback on your creative writing. You will have the freedom to write stories, poetry, or music lyrics, and you will come away a more confident and skilled creative writer.

Dance as Entertainment

Ms. McGregor, 1 block

How has dance evolved over the years in our society in different contexts? Dance as Entertainment looks at the evolution of dance, choreography/movement in movies, on TV/reality shows, and the Internet/YouTube. This course will provide students the opportunity to learn about the evolution of dance in our society and give them the tools necessary to talk about it in the correct contexts. Students will watch video clips online, portions of films with choreography throughout the 1900's, study movement in commercials, on TV and reality shows then discuss the changes that have occurred, analyze the messages portrayed and evaluate how dance is becoming viewed in our society. The class will work in collaboration to create a short video about the evolution of dance as entertainment using elements and artistic expression. This video will be shared on Exhibition Night.

Designing Your Perfect High School

Dr. Norwood, 1 block

If you could design the ideal high school from scratch, what would it look like? Students will be provided the opportunity to collectively contribute to designing their ideal high school based on their perspectives and interests. In doing so, students will be guided to consider the numerous aspects that are associated with designing/re-designing school systems, e.g. budgets, facilities, demographics, law, curriculum, staff, teaching & learning, etc. Students will then present their findings to LI's administration for consideration.



Drone On

Mr. Etter and Mr. Raymond, 1 block

How are unmanned aviation vehicles changing the use of aircraft in the United States? This course is designed to introduce students to UAVs/drones (Unmanned Aviation Vehicle). Students will become familiar with how drones are currently used to solve real-world problems and how they are changing the use of aircraft in the United States. Students will learn about laws and requirements of the Federal Aviation Administration (FAA) and what it takes to become a licensed commercial drone pilot. There will also be some training in how to fly a drone.

Fat Biking and the Local Economy

Ms. Nichols, 1 block

How can the local economy and the sport of mountain biking continue to grow and remain sustainable in the Northeast Kingdom? Through this course, students will push their physical limits during fat biking adventures on the Kingdom Trails and will become more knowledgeable about the local economy through exploration of impacts of recreation on community businesses. Students will work with community partners, such as local bike shops and the Kingdom Trails Association, to create a clearer picture of the effects of mountain biking in general, and winter fat biking in particular, on business success. The course will culminate with a student proposal for a way to simultaneously bolster the local economy and to continue to sustainably grow the mountain biking industry in the Northeast Kingdom. [Note: Mountain biking experience or pre-approval from the teacher is required. There is a \$50 fee associated with this course.]

Fly Tying

Mr. Levine, 2 blocks

How does learning the art of fly-tying lead to more effective ways to catch trout? This course will expose students to the art of fly tying. Students will learn the history and origin of many patterns, as well as learning the different techniques involved in tying these many creations. They will be exposed to many classic pieces of literature that capture the history of this beautiful sport. We will study individuals such as Carrie Stevens, Lee

Wulff, Al Troth, and quite a few 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.

From Punk to Heavy Metal and Beyond: Exploring Fringe Music

Ms. Lahiri, 1 block

What are the essential elements that define punk music? In this course, students will explore the punk movement and the genres of music that occurred as a result. We will listen to various punk, new wave, heavy metal, hardcore, screamo, grunge, and industrial bands. We will examine the lyrics of songs that make political or social statements, explore what “punk” really is, and contrast punk with today’s more popular forms of music, including rap and hip-hop.

How to Succeed in Business by Really Trying: Resume Writing & Interview Techniques

Ms. Wayne, 1 block

How can we market ourselves as excellent and dynamic employees? Students will discover the basics of compiling and formatting a resume, as well as mastering the interviewing techniques that will help them stand out from the crowd. From their first job out of high school to a major career path, students will be prepared to hit the ground running in their job search.



How to Thrive in Winter

Mr. Manges, 3 blocks – \$25 fee

How can we travel safely in the backcountry during winter while also having fun? 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. Appropriate Leave No Trace practices for winter are introduced. Students will get certified in Wilderness First Aid and CPR skills to handle any potential emergencies encountered.

Humans of the Northeast Kingdom

Ms. Bias and Ms. Steen, 2 blocks

How can images and stories help us understand the complex nature of our community? Modeled after Brandon Stanton’s photo blog, Humans of New York, this course will allow students to photograph and interview people throughout the NEK. Students will study and practice effective photography and unique interviewing techniques before venturing into the school community to capture the images and stories of its people.

Ice Fishing

Mr. Bugbee, 1 block

What are the basic skills involved with ice fishing and how can I learn more about the sport? 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. Ultimately, students will have the opportunity get out on the ice to use what they have learned.

Introduction to Hip-Hop Production

Julian Stahler and Ms. Norwood (faculty advisor), 1 block

What are the essential elements needed to produce hip-hop and how can you use technology to do this? In this

class, students will learn how to use industry-standard software to create digital hip-hop beats. Over the course of two weeks, students will learn how to produce beats from a wide variety of hip-hop subgenres including primarily trap, and a bit of “boom bap,” and lo-fi. At the end of J-Term, students will share their projects that they have created over the course of the class.

Introduction to Snowboarding

Mr. Patrick, 2 blocks – up to \$150 fee

What are the basic skills required in order to snowboard? This course is for students who are brand new to snowboarding. Students will learn snowboarding from the very basics of putting on their equipment, safely controlling direction and speed, using lifts, basic resort rules and etiquette, basic freestyle maneuvers up to intermediate and advanced terrain technique. Students will need their own winter outdoor-clothing including warm base layers, warm socks, snow pants, ski parka, warm gloves and neck cover. It will be helpful for students to have their own ski/snowboard goggles, ski/snowboard helmet and a face mask for the very cold weather. Rental helmets will be provided if the students do not have their own. [Note: There will be a fee associated with this course.]

It’s Just About Time

Mr. Angell and Dr. Norwood, 1 block

How does your perception of time define you? We all experience the effects of time, but do we really understand what it is and how we are each defined by it? In this course, students will explore the concept of time and how it relates to their personal lives. Students will explore the different ways to measure time throughout history and how this has a direct influence on life today. Students will develop an understanding of what life was like before clocks and then before standardized time. However, is there really such a thing as standardized time? Do we all experience the passage of time in the same way? Or, is this experience unique to each of us as individuals? The course will culminate with a final product in which students create their own time pieces which reflect who they are as individuals.

Jewelry Making With Wire

Ms. Helmbreck, 1 block

What are the basic techniques required to produce jewelry from wire? Following a series of online video instructional tutorials created by Jeweler and Jewelry Teacher, Jessica Barst, students will learn a wide variety of techniques to make necklaces, bracelets and earrings with wire and beads. Jessica Barst is a well known Youtuber and has an Etsy store and jewelry supply store in Dallas, Texas. This course provides easy-to-understand instruction for beginners that students can be complete at their own pace. Some of the jewelry techniques students will learn include: wire wrapped link chains; wire wrapped briolette drops; multi-strand necklaces and bracelets; a wide variety of earrings; and caged beads.

Journalism

Mr. MacKinnon, 1 block

What are the essential elements required to design and produce a newspaper? Students will be introduced to the profession of print journalism. Students will have the opportunity to learn and write in many journalistic forms including but not limited to sports writing, feature writing, photojournalism, opinion (op-ed) writing, and broadcast writing. Students will also spend time reviewing the professionals and their craft that will be used as a model for their own work. The finished product from this course will be a newspaper that will include all students’ work to be displayed and disseminated on Exhibition Night.

Junque Journals

Ms. Lemnah, 1 block

How can I recycle and use perfectly good, clean papers in order to create my own book? In this course, students will collect, design, plan, and create their own Junque Journals. Made from recycled and upcycled papers - flyers, menus, maps, stationery, patterned papers, and ephemera of all kinds - this type of book sells for \$50 and more in shops. This project will give students the opportunity to make a basic book structure and personalize it to suit their own tastes.

L.I. Cares

Ms. Holden, 1 block

Why is it important to help ourselves before we help others? Activities may include surveying student's emotional needs and life experiences, doing craft projects that promote calm mindfulness and caring for others, learning about and sharing mental health resources in the community, as well as positive affirmations, and sharing kindness with the community. Exploring emotions could also be a topic of discussion.

Learn to Cross-Stitch

Ms. Pearce, 1 block

How can learning to cross-stitch help me relax and stay grounded as an individual? Students will develop a go-to toolkit of cross-stitch basics that they can use to help them avoid mistakes, create beautiful crafts, and enjoy the sense of relaxation that cross-stitching can instill. During class, students will learn how to cross-stitch by working on a sampler that is a beginner's level project. We will learn how to separate the strands in our floss, anchor our thread without having to tie a knot, and read a cross-stitch chart. We will then learn how to work across rows, calculate fabric, manage multiple colors, work specialty stitches and add beads to our work. Cross-stitching is a great activity to do to keep your hands busy, mind calm and can be done almost anywhere. The crafts you produce can leave you with a proud sense of accomplishment.

Let's Strengthen Those Basic Math Skills

Ms. Pearce, 1 block

What is preventing me from being successful in my math class? Are you struggling in your Algebra or Geometry class because you still really do not have a grasp on the basic math skills? That problem has a fraction (eek!). What do they mean by "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.

LI's Athletic and Academic Legacy

Ms. Courser and Ms. Dunphy-Brown, 1 block

What are the characteristics that define Lyndon Institute students over time and how can we identify and honor those characteristics? Students will investigate and research Lyndon Institute's rich athletic and academic awards. The goal is for students to work collaboratively to continue the compilation of biographical information of award honorees and the creation of displays for Honor's Assembly, update the athletic recognition shields of individual state champions and record holders, and pursue projects related to updating the data for the trophy case, the honors plaques and upkeeping the trophy case. We will also upkeep the Champions' Hall of Fame outside the gymnasium. 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.

Live From Here

Ms. Norwood, 1 block

What are the skills necessary to produce a variety "radio" show from start to finish? Write, produce, and perform your own show in Live From Here. Singing, storytelling, skits, poetry, and more are student-created, directed, and performed in this hour-long show performed during Exhibition Night.



Logging**Ms. Brooks, 2 blocks**

How does the logging industry work? Students will get hands-on experience working in the woods with a varying degree of equipment. They will also see how a log yard is run and how to scale wood. This course will take place at the Lyndon Wood Yard in Lyndonville, VT and various locations around the NEK depending on where cutting is taking place at the time.

Loss and Grieving**Ms. Kennedy, 1 block**

How do we recover from the loss of someone or something that is important to us? Using students' own questions as the driving force, students will examine the many losses we experience in life and how we handle those losses. Using a variety of resources, including but not limited to religious leaders, grief counselors, historians, fiction and non-fiction texts, videos, and one another, students will delve into thanatology, the study of death and dying. As human beings, it is natural to face loss often in our lifetime, yet rarely do we talk about it candidly. If you've ever asked yourself "Why did this happen to me?", then this is the class for you.

Making a Better Dungeon Master**Mr. McKinnon, 1 block**

How can you use modern technology and design-thinking to become a better Dungeon Master? Students will learn how a MakerSpace can help them become better Dungeon Masters in the ever-growing venue of tabletop gaming. Students will build their own wooden DM Screens, learn how to design and 3D print figures, develop game books and weekly plans, and develop strategies for better hosting games.

Making the Music**Mr. Bishop, 2 blocks**

How can we blend art, math and science to make music? 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 at least one musical instrument which they will build in class.

Manipulation: The Art of Teaching and Learning**Ms. Perry, 1 block**

Is it ethical to use your understanding of the connections between learning and the brain to change someone's behavior? This course will explore how people learn. Using this information we will recreate experiments that change behavior. The class will address the question of whether changing someone else's behavior through manipulation is ethical or not. Should there be limits to using knowledge to change behavior? If so, where are those limits? If not, why?

Martial Arts**Mr. Sattelberger, Mr. Stuepfert, and Mr. Tomaselli, 1 block**

Do you know how to defend yourself if you needed to? Students will learn how to defend themselves and how to keep themselves out of dangerous situations. They will also learn how to practice martial arts safely. This class focuses on traditional martial arts kicks, punches and other techniques.

Martial Arts: Grappling**Mr. Sattelberger, Mr. Stuepfert, and Mr. Tomaselli, 1 block**

How can you use an opponent's sympathetic nervous system to your advantage when defending yourself? We will research how the sympathetic nervous system works in reaction to high stress situations. We will look at techniques to neutralize an opponent on the ground. We will practice methods of bringing an opponent to the ground for the purpose of controlling or forcing submission. We will also examine techniques for dealing with an opponent that has put us on the ground.

Measure Twice, Cut Once Miniatures**Ms. Lemnah, 2 blocks**

How do you apply traditional building and craft techniques to the construction of scale miniatures? Learn

how to build a scaled miniature room box. Working from kits, students will plan and practice the organization, planning, and building techniques of working with the 1/24 scale (1" = 1/2") miniatures; as well as learn some of where this art form originated and its scope today (it's a huge hobby and business, especially in the UK). Students will leave with their finished room box, complete with lights and possibly music.

Model Rockets

Mr. McKinnon, 1 block

How does fin-shape, cone-structure and weight distribution affect the flight of a rocket? Students will learn about the construction of model rockets, propellants, launch safety and procedures and, of course, LAUNCHING model rockets. During the first week students will start with quicker, prototype models using air for accelerants. During this time students will go over the safety control systems for chemical accelerant rockets, while also designing single and two-stage chemical-accelerant rockets for flight during the second week.

Music Composition and MusicCOMP Competition

Ms. Norwood, 1 block

What are the elements of music composition that provide the foundational structure for successfully creating a composition that is organized and makes sense to the listener? In this course, students 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.

Music Jamming and Improvisation

Mr. Levine, 1 block

What are the essential elements necessary for rock/blues improvisation? This course will introduce students to

the art of rock/blues music jamming/improvisation. Students will learn the essential skills of being able to listen to others and be able play in the same chords to develop just enough structure to be able to improvise with solos and rhythms. They will be exposed to many classic jam bands which capture the history of this beautiful approach to music. Students will study individuals such as Jerry Garcia, Jimi Hendrix, Trey Anastasio, Billy Cobham, The Black Crowes, and several others. [Note: Students should be supplying their own instruments such as guitars, both electric and/or acoustic, bass guitars, etc.]

North American Battle Gaming and its Relatives

Elijah Clark and Ms. Pearce (faculty advisor), 1 block

What is LARP and how did it originate as a sport, hobby and game? LARP (Live Action Role Playing) is a hobby similar to a combination of improvisational theater and a combat sport. It's a hobby field where people physically portray and act out make believe scenarios or at the very least follow a rules system to stimulate a combat game. LARP originated in three places in the 80's and is known as Battle Gaming and LARPing by most participants in the sport. Amtgard, Dagorhir and Belegarth are the National Organizations that run the majority of events in North America and boast the most members. The goal of this course is to prepare students to be able to LARP safely on their own and be able to take the steps to join local organizations if desired. Students will focus on preparing participants with the necessary knowledge, contacts and skills in the elective rather than jumping into the sparring and theater that make up the majority of the hobby events. [Note: There is a \$10 fee for this course that must be paid before winter break begins.]

Personal Finance Crash Course

Mr. Lowe and Ms. Lowe, 1 block

What financial decisions will you need to make in the next decade and how will you ensure you make the right ones? This workshop is a crash course in personal finance specifically geared to high school juniors and seniors who are anxious about financial decisions they will be making over the next decade. This workshop will cover the following topics in order: budgeting for college,

understanding debt & credit, why credit scores matter, buying or leasing a car, tax fundamentals, and crash course in investing.

Pottery

Dr. Di Giulio, 1 block

What are the essential design elements and techniques required to produce quality pottery? Pottery is a J-Term experience in which students will gain basic proficiency with wheel-thrown and hand-formed clay vessels. Students will focus on functional items, such as plates, bowls, or cups, working clay, through firing, trimming, and glazing, to finished products. Students with previous experience, either through J-Term or other courses, will be able to advance their wheel or hand-forming techniques into more complex vessels. Students are expected to produce three items that function and display their learning at Exhibition Night.

Rubik's Cube Challenge

Ms. Dunphy-Brown, 1 block

How are perseverance, strategy, problem-solving and planning used to decode and solve a Rubik's Cube? Students will learn to solve a Rubik's Cube, and various other puzzles. Students will engage in problem solving, strategy and planning. Additionally, students will participate in contests to see how we can improve our times.

Self-Defense

Mr. Sattelberger, Mr. Stuepfert, and Mr. Tomaselli, 1 block

How are the basic elements of self-defense? Students will learn how to defend themselves and how to keep themselves out of dangerous situations. They will also learn how to practice martial arts safely.

She Persists

Ms. Cobb, 1 block

What are the stories behind women in non-traditional career fields? In this class students will explore the lives and careers of women in non-traditional fields. Through in-person interviews, students in this class will be

exposed to women who are living lives challenging the status quo. Whether in STEM, finance, outdoors careers or beyond, this class is intended to ignite the imagination of young people who are typically arbitrarily confined to a certain way of life by our society's norms and expectations.

Skills for a Lifetime

Mr. Bugbee and Mr. White, 1 block

What are valuable personal skills for success in life and on the job? This course is based on the belief that good citizenship must not only be learned but also applied. Join us in a step by step guide to developing the skills to be active and productive participants in the communities of school and work. The materials focus on preparing for employment, on the job skills, and investigating life on your own. These skills will last a lifetime.

Southwest Geology

Ms. Ruffner, 1 block

What mechanisms of geology have occurred in the United States Southwest and where can we see them applied today? Geologic history is the key to this course and to understanding the story recorded in the rocks of the Southwestern US. By knowing more about the geologic history of the Southwest, you can better understand the types of rocks that are in your backyard and why they are there. [Note: While this course is open to all students, it is a prerequisite for students who plan to attend the trip to the Southwest in April 2019.]



Storytelling Games

Mr. Stahler, 2 blocks

How does the link between role-playing games and the art of creative writing and crafting short works of fiction help produce better storytellers? 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 story-telling. 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 Training and Conditioning

Mr. Aldrich, 1 block

How can improving your strength and conditioning have a positive impact upon your well being? A sound mind and body is crucial for a healthy/productive lifestyle. Strength and Conditioning is part of forming a sound body. Learn the basics of weight training techniques. Learn how and why you train certain ways. Develop your own workout routine. All of this in an environment that is supportive and non-judgemental. No matter what fitness level you are at presently, you can improve it, a little or a lot, it's up to you.

Tasty Cooking

Ms. Atkins and Ms. Fraser, 1 block

How can you use a popular app to produce delicious meals while learning the basics of cooking and kitchen management? Students will use the popular app, Tasty (Tasty.co), as seen on Facebook and Instagram to create yummy recipes in the kitchen. The course will focus on preparing, producing and eating the Tasty dishes created. Students will learn proper and safe handling skills of the kitchen, sanitation, seasoning techniques, reading recipes, preparation, and preparing of popular dishes of choice. All students will also learn how to manage a kitchen environment including use of appliances and equipment as well as clean up.

The Art of Relaxation

Ms. Cobb and Ms. Lahiri, 1 block

Why and how do various stress-reduction techniques learned through the ages stand the test of time? Feeling stressed or anxious? In this course, students will learn the most effective stress reduction techniques which are backed by research to help students cope with life's daily stressors. Students will discover helpful tools for handling social, academic, and family stressors, and come away from this course with numerous strategies to help face future stressors with ease.

The Athlete in Film

Mr. MacKinnon, 1 block

How can film demonstrate the impact of athletes on culture and history? Throughout history, sports have shown time and time again that they have the power to impact a culture's outlook and morale in many different ways. In this J-Term course, students will be introduced to several sports-related films, primarily non-fictional, that demonstrate the cultural and historical significance of the power that sports can have. Some of the films that students will watch are *Miracle* and *Cinderella Man*. These two films, along with others that students will select with teacher approval, will demonstrate several non-fiction examples of when athletic competition is more than just a game.

The Choreography Project

Ms. McGregor, 2 blocks

How does the process of creating and performing choreography deepen our understanding of ourselves and events around us? The Choreography Project is an

intense and challenging exploration of dance elements and one's creative mind. Each day, students will be faced with timed movement assignments, creating new work and their own online choreography portfolio, revising work, and developing work for public performance and adjudication. Students will work against deadlines, open their minds to new ideas without judging, and be ready to physically and mentally dive into the art of making dances.

The Face of Business

Mr. McCarthy, 1 block

What does it take to be a successful business owner in the Northeast Kingdom? For this course, students will meet with local business people to have conversations about business. In doing so, students will gain an understanding of the important skill sets for success in an array of business endeavors; develop some of the "soft skills" that are helpful in professional interactions; analyze the manner in which businesses both serve and benefit from a local community; and explore and sharpen



their business interests.

The Past Comes to Life

Mr. Etter, 1 block

What techniques are used in archeology to uncover the secrets of the past? 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 in 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 Patchwork Quilt Project

Ms. Sicard and Ms. Tomaselli, 1 block

How can readily available resources be used to create a patchwork quilt? Students will be introduced to common quilt blocks and will have the opportunity to design one of their own and then machine or hand sew it. Examining quilt block designs offers opportunities for linking an interesting cultural item to math and geometry skills, ranging from studies of lines and two-dimensional shapes, to fractions, calculations, tessellations, symmetry, and rotations. Recreating quilt blocks with pattern blocks explores aspects of equivalence, transformations, and patterning.

The Sports Gene: Inside the Science of Extraordinary Athletic Performance

Mr. D'Olimpio, 1 block

*What role does genetics play in the performance of athletes? In this course, students will read and discuss David Epstein's *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*. This book explores the cultural and genetic differences that are present in top-athletes around the world in various forms of physical skills - from sprinters to marathoners, pitchers and batters, male v. female and attempts to offer scientific explanations for the variations. In this controversial and engaging exploration of athletic*

*success, *Sports Illustrated* senior writer David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving this great riddle. He investigates the so-called 10,000-hour rule to uncover whether rigorous and consistent practice from a young age is the only route to athletic excellence. Epstein dispels many of our perceptions about why top athletes excel. He shows why some skills that we assume are innate, like the bullet-fast reactions of a baseball or cricket batter, are not, and why other characteristics that we assume are entirely voluntary, like an athlete's will to train, might in fact have important genetic components.*

Traveling Children's Theater

Ms. Wayne, 2 blocks

What is required to create an engaging theater production for young children? 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

Mr. Etter, 1 block

How can understanding happiness help you become happier and healthier? 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 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.

Vermont Recreation Certification

Mr. Crooks, 1 block

What is required to earn Vermont certification to operate a motorboat, an ATV, and/or a snowmobile? Students will have the opportunity to become certified in one to

three areas, depending on each individual's pace. They will have the options to become certified in the state of Vermont in operating a motorboat, ATVs and/or snowmobiles. [Note: there is a student fee of \$29.50 per individual certification, this due upon completion of each course.]

Web Design

Ms. Atkins, 1 block – \$10 fee

How do you design a website? Students will use the popular web platform, Wix.com to create stunning web sites. Students will also learn Photoshop CC skills to edit imagery and Illustrator CC to create a logo for their web sites. Students will also be creating their own domain names and will launch live on the web! Students in this class do not need prior knowledge of Photoshop or Illustrator, or even their own imagery; everything you need will be provided!

Winter Photography

Ms. Atkins, 1 block

What skills are required to become a proficient winter photographer? Students will use DSLR Digital Cameras to capture the beauty of winter through the lens of a camera. Students will also use Photoshop CC to edit imagery, and will print and mount work for display. Students will be outside shooting in various winter weather.

Women Welders

Ms. Tyler, 1 block

What basic skills and techniques are required for young women to learn how to weld? In this course women welders will learn how to weld using the GMAW process. Students will also learn to step outside of their comfort zone and take a nontraditional technical class. This class will teach students about safety in a shop environment, personal protective equipment used in welding, how to use the welding simulator, the mig welding machines, torches and the plasma cam machine. Each student will develop several welding skills and will complete a project or two at the end of the class to take home.

You Don't Know Me!

Ms. Bias and Ms. Steen, 1 block

How can you help make the portrait of 'Gen Z' more interesting, nuanced, complete or real? Do adults really know what it's like to be a teenager? Are media portrayals of teen life accurate? What do they get right? What do they get wrong? Dive into current media to investigate how your generation is perceived and portrayed. Then, determine what people are missing or misunderstanding about today's teens. Create a photo array, video series, podcast, or other visual or audio depiction that helps to provide a more complete picture of what teen life is really like.



Mission, Vision, and Values

OUR MISSION

Lyndon Institute inspires our students to become accomplished learners, creative thinkers, and compassionate community members.

OUR VISION

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.

WE VALUE

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

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.

Our location and surroundings in the Northeast Kingdom.

Cultivating global awareness and cross-cultural understanding.



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