



Lyndon
INSTITUTE

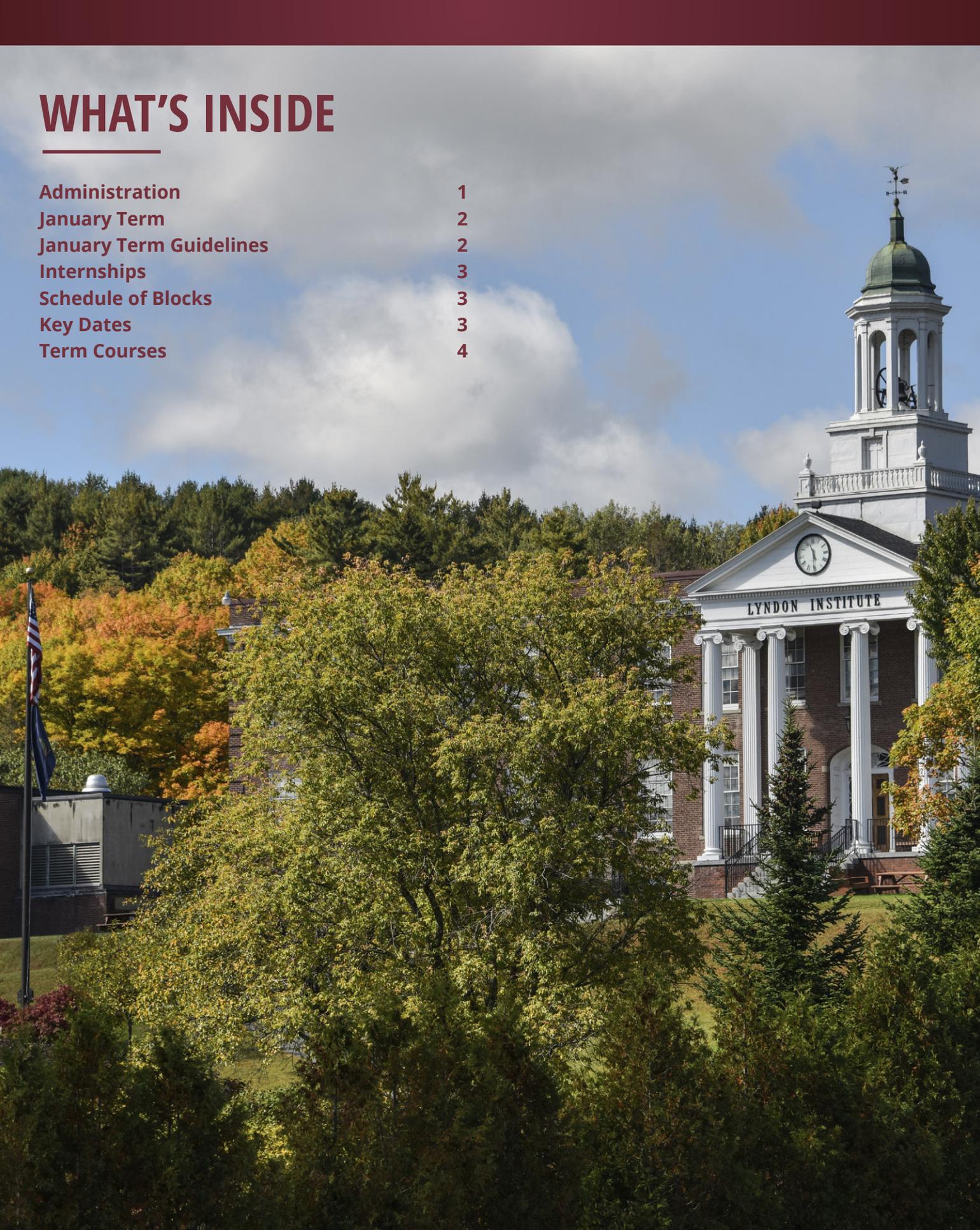


**2020 JANUARY TERM
COURSE CATALOG**



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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 13-31, 2020.

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 .50 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 20th.
- 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 31, 2020.

INTERNSHIPS

Students have an opportunity to explore careers by spending time with a professional currently working in the student's career field of interest. Seniors will have priority, but they must contact Mr. White before November 13th 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 20, 2019

Courses Begin: January 13, 2020

Exhibition Night: January 31, 2020, 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 Crash Course in Personal Finance

Mr. Lowe & 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 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 course will cover the following topics: budgeting for college, understanding debt and credit, why credit scores matter, buying or leasing a car, tax fundamentals, and a mini crash course in investing. A summative project of the student's choice will serve as a final product.

Academic Competitions

Mr. Starling, 1 block

What academic topic do you always wish you had more time to learn about independently?

This course will be an opportunity for students to dive into the world of academic competitions in a semi-structured environment. The primary focus of research will be Scholars' Bowl materials in disciplines of the students' choice, but there will also be opportunities for students to study for and take the Mu Alpha Theta (National Math Honor Society) log-1 test for January, study for and take one of the National Junior Classical League online tests, prepare for the heart of the forensics season, and much more. Students will produce a discipline-specific study guide for posterity and will participate in an exhibition Scholars' Bowl match against LI faculty (many of whom are Scholars' Bowl alumni themselves).

Advanced Jewelry Making with Wire

Ms. Helmbreck, 1 block

How do you make a herringbone wrap, and several variations of it, to combine with decorative techniques and ultimately create your own unique designs?

This is a self-taught course that follows a series of online video instructional tutorials created by jeweler and jewelry teacher, Jessica Barst. In this advanced class, you will watch the tutorials and teach yourself a wide variety of herringbone techniques to make herringbone wrapped double loop links, herringbone wrapped drops, herringbone bracelets and earrings, and Pipa knot designs. Jessica Barst is a well known Youtuber and has an Etsy store and jewelry supply store in Dallas, Texas. This online course provides easy to understand instructions for advanced students who have completed Introduction to Jewelry Making With Wire. This course is designed for students who enjoy independent learning via online tutorials and can comfortably use small hand tools to twist, clamp, and manipulate wire.

[Note: The prerequisite for this course is Introduction to Jewelry Making with Wire. There is a \$10 fee associated with this course.]

Automotive Electrical Systems

Mr. Camber, 1 block

What are the laws of physics involved in electricity with motors, sound systems, etc., and how does understanding these laws contribute to saving time in diagnosis and repair? Students will discover the variety of automotive electrical components, explore operation,

design and troubleshooting, and learn about the fundamental building blocks of basic electricity, including the relationship between voltage, amperage, and resistance.

Bad Sci-fi Science

Mr. Bishop, 1 block

Can science fiction still teach us something even if the science behind the fiction is bad? Have you ever watched a science fiction movie and wondered to yourself, "Can that really happen?" This course examines the science, or lack thereof, in popular science fiction. Students will watch selected clips from popular science fiction films and be asked if scenes are believable or not. Then experiments will be conducted to prove or disprove the science depicted on the screen.

Basic Bike Mechanics

Mr. Lowe, 1 block

How do you keep a bike running safely and smoothly? Students will learn the basic mechanic skills necessary to work on their bike in a safe and effective manner. Major systems that will be covered are wheels, brakes and drive train. Students will be taught how to fix the most common issues cyclists face with their bikes. Mountain biking brings over 100,000 visitors to the community every year and adds over 10 million dollars to the local economy. Many summer jobs in the area are connected to cycling, and a basic working knowledge of bicycles can help students be competitive for these jobs. As a final project, students will make a five minute instructional video on a skill of choice (wheel truing, rear derailleur adjustment, or brake adjustment) that could be used to teach other students how to fix a certain aspect of the bike.

Basic Cooking

Ms. Paul & 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. 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 and 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.

Being 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 whom to vote for. This course will look at what it means to be political. Students 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 and research candidates that hold similar views. For a final project students will create a slogan and design to signify their cause and create a bumper sticker or pinback with the slogan or design.

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

Chess

Ms. Lowe, 1 block

How can learning to play chess improve your mental performance? Do you want to raise your IQ, increase your creativity, and improve your memory? Would you like to become a better problem-solver, reader, and planner? Could you benefit from improved concentration and decision-making skills? Well, you can develop all these skills and more all while playing a simple game of chess, "...one of the oldest and most popular board games, played by two opponents on a checkerboard with specially designed pieces." So, if you answered yes to any of these questions, then our J-Term Chess Club (JT-CC) is for you!

College 101

Ms. Dodge, Ms. Manter & Ms Potter, 1 block

How can you be more prepared to research and apply to college? In this course, students will go through the process of researching and "applying" to college. They will explore the FAFSA and Supermatch scholarship search, Common Application, and Supermatch college search. Students will explore the various types of post-secondary programs (apprenticeship, certificate program, Associate's Degree, Bachelor's Degree, Master's Degree, Ph.D.) and the type of high school curriculum required for each program. Students will also research the range of possible jobs within an area of interest.



Competition Math

Mr. Hickey, 1 block

How can you learn to think creatively and logically at the same time? Students will solve math problems from previous math competitions including The University of Vermont Math prize, The Vermont State Mathematics Coalition talent search contest, and the American Mathematics Competition. Emphasis will be on innovation of problem-solving techniques. Group work, class discussion and student presentations will be essential.

Creating a Wildlife Habitat

Mr. Heath & Mr. Hansen, 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 best work on that property based on the terrain of the land, the types of pre-existing cover, soil types, and other available resources.

Drone On

Mr. Etter, 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.

Election 2020

Mr. D'Olimpio, 1 block

How did Donald Trump win the 2016 election and lose by 3,000,000 votes? This course will look at the major candidates in the Democratic Primary and the expected

Republican nominee Donald Trump for the upcoming presidential election of 2020. The course will examine the results of the 2016 election, the primary process, and the Electoral College system, and the role of polling. Students will examine candidate policy proposals and strategies. Students will identify with one of the candidates and will ‘campaign’ for the chosen or assigned candidate. Students will campaign, lobby, raise awareness and build name recognition with members of the community on behalf of their candidate.

Eye on LI: 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.

Faces 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.

Fitness for Life

Ms. McGregor, 1 block

How can I establish a healthier lifestyle through physical and psychological balance and what impact will that have on me personally, others in my life, my work, and me in my

future community? In this course, students will explore personal wellness choice and evaluate ways to improve one’s lifestyle through a holistic lens: physically, mentally, socially and emotionally. Physically, students will research and develop fitness plans of interest to them that fit into their way of living that will improve one’s physiological being over time. Mentally, students will explore stress management and relaxation strategies and techniques to apply to one’s own life and assist in keeping a healthy mind-body balance. Socially, students will study the benefits of healthy lifestyle choices and exercise then through collaboration determine ways in which being a healthier overall individual can contribute to society and community in general. Emotionally, students will analyze ways in which a healthier approach to life and living can impact one’s feelings, beliefs, and thought processes.

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. They 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.

Food, Football and Faith

Mr. Simpson, 1 block

How do food, football and faith connect our present-day lives to our ancient past? Throughout history, there have been many things that bring different people together for a variety of reasons. Sometimes people gather together around the dinner table to share not just a meal, but stories and conversation. Other times, people will come together for entertainment or for the thrill of competition. Yet other people are interconnected through their common beliefs in a higher power. In this

class, you will learn how food, football and faith have brought people together over the millennia and discover how some things persist no matter how much change occurs.

Football: The Making of a Playbook

Mr. Simpson, 1 block

What goes into the creation of a playbook for football?

The game of football has changed in every aspect, including the rules, the equipment, and especially the schemes. Have the schemes changed that much though? Students will look at the evolution of the game, the techniques used, and the way coaches attack opposing schemes.

Fractional Phobia

Ms. Pearce, 1 block

Why are so many students afraid of working with fractions? Students will investigate this question and see if they can get to the root of the issue. This process will involve gathering data from students and teachers, analyzing these data for patterns, and presenting the findings through summaries and graphs.

From Zero to Screenplay

Mr. Scavitto, 1 block

What are the elements that make a screenplay a unique storytelling medium? In this course, students will learn the fundamentals of screenwriting and go from an initial concept to a short finished script in just three weeks. Students will also create a storyboard, casting suggestions, shooting locations and come up with an approximate production budget based on the script's needs.

Graphic Design: Abstract to Concept

Ms. Atkins, 1 block

How do you take an abstract design and develop a creative design while also mentoring youth who are the future of graphic design? Students in this course will learn how to use Photoshop and create abstract designs from scribbles and transform these into concrete designs. LI students will also collaborate with younger students in two area schools and share what they have learned about using

Photoshop. This two-fold course is for any individual who would like to explore graphic design, Photoshop, abstract design and who enjoys being a mentor to younger students.

Graphic Design Art for Janus

Ms. Atkins, 1 block

What can you create and share in a visual graphic art manner for Janus? Students in this class will have the creative freedom to create design pieces for inclusion in the 2020 publication of Janus, a collection of art, poetry and prose that is published every year by the English, Fine Arts and Graphic Arts programs. In this class, students will review the artwork included in previous editions of Janus and collaborate with Mr. Stahler's poetry contributors. Students will then design various works of graphic art which will be included in the next edition of Janus.

Hacky Sack 101

Ms. Stone, 1 block

What benefits do collaborative activities like Hacky Sacking offer? Students will research the history of the Hacky Sack, techniques, designs, and how to make a Hacky Sack. Learning about the origin of the Hacky Sack and the different designs and techniques offers opportunities for students to integrate skills and knowledge from different subject areas to create a recreational tool. As a final product students will demonstrate Hacky Sack skills and show the Hacky Sack they created.



How Much Math Do You Really Need?

Ms. Pearce, 1 block

How much math do you really need? In this course, students will research career and college programs to create a pamphlet which highlights how much math is needed to apply for and be successful in specific college programs as well as how math skills and knowledge are applied in various career pathways.

How to Thrive in Winter

Mr. Manges & Ms. Cobb, 3 blocks

How can you 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.

[Note: Students need to be present for the entire CPR/WFA class to receive certification. Proper outdoor clothing is a must for this class: winter jacket, snow pants, winter boots, winter hat, gloves/mittens. There is a \$25 fee for this course.]

Humans of the Northeast Kingdom

Ms. Bias & 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.

Introduction to Hip-Hop Production

Julian Stahler & Mr. Angell (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 course, 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 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 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.

[Note: There is a \$10 fee associated with this course.]



Kids Act Out! A Children's Theater Workshop

Ms. Wayne, 2 blocks

Why is working in the theater arts an important opportunity for the children in our area? Students will work as a team to develop a theater workshop experience geared towards elementary students. Developing and testing theater games, warm ups, and other creative activities, the class will create a dynamic hour-long program designed to encourage children to explore the key elements of theater: body, imagination, voice, concentration, and collaboration. In the third week, the class will take this program on the road and travel to five different local elementary schools to engage with the children and put the activities they coordinated to the test.

Knot in a Good Way

Mr. Hickey, 1 block

How are knots for different uses tied, and how does the material of the rope/cord/webbing affect these knots? Students in this course will learn to tie approximately 20 knots. They will learn the appropriate uses of these knots, their strengths and weaknesses, the history of some of these knots and alternate names for them. Students will also learn about the attributes of different rope material and how to properly store rope. They will learn what the ABOK number of a knot means.

Learn to Cross-Stitch

Ms. Pearce, 1 block

How can learning to cross-stitch help you relax and stay grounded as an individual? In this course, 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. Students will learn how to separate the strands in floss, anchor thread without having to tie a knot, and read a cross-stitch chart. They will then learn how to work across rows and calculate fabric. Cross-stitching is a great activity to do to keep your hands busy, mind calm and can be done almost anywhere. The crafts produced can provide one with a proud sense of accomplishment.

Learn to Debate

Ms. Berry, 1 block

What are the essential elements required for an individual to become a skilled debater? In this course, students will learn to formally debate. We will follow the guidelines of the National Speech and Debate Association as well as use their recommended topics. Several debate models will be introduced to students so that they are exposed to a variety of different formats. They may include the following: Lincoln-Douglas Debates, Public Forum Debates, World Schools Debates and Policy Debates. Students will work independently and in small groups to research a variety of current issues and then debate them during class. This will be a good class for students who would like to learn more about current events and enjoy sharing their opinions on issues. No public speaking experience is necessary, but students will need to be comfortable talking in front of the other members of this class in order to fully participate.

Learn to Play the Harmonica

Mr. Finnegan, 1 block

How can learning a musical instrument make you a more worldly person? One of the greatest skills you can gain is to play a musical instrument, and few are as portable and accessible as the harmonica. If you can breathe (and you can), you can play the harp. In this course, students start by learning basic skills such as blowing a single note. Students will then explore chords, breathing patterns, and some simple techniques of inflection allowing them to develop that popular train whistle sound. The ultimate goal for students is to learn the melody of a song of their choosing (or if blues is your thing, something improvised). Come play a humble instrument and learn to communicate with others through music, a language even more universal than words.

LI Ambassadors

Ms. O'Connor & Mr. Rainville, 1 block

How can you positively represent Lyndon Institute to the outside community and potential new students? In this course, students will become more knowledgeable about the historical and current events and academics

on campus. Students will become the primary group of students chosen for potential student and parent tours and shadows.

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 upkeep of 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.

"LI"ve From Here

Ms. Norwood, 1 block

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

Living a Plant-Based Lifestyle

Mr. Rainville, 1 block

What are the personal and global impacts of eating a plant based diet? In this course, students will examine, reflect, and determine the impact of plant-based nutrition by way of civil discourse, film, research, and experience. Dive deep into how what we eat can play a role in global issues such as climate change, deforestation, water supply, and individual health. By doing so, students will address current views for and against plant-based



nutrition and create a presentation that includes a food tasting that tests the audience on which dishes are plant-sourced versus animal-sourced.

Makey-Makey Music

Ms. Norwood, 1 block

What instrument would you create if everything you saw became a music maker? Through a Makey Makey kit, the world is your musical playground! In this course, students can take anything they can imagine and turn it into a touchpad that interacts with a computer program. If combined with music software, everyday objects become instruments. Students are invited to explore the possibilities of technology in music, create an instrument, and compose a song or two with their new invention.

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. Developing this understanding 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.

Martial Arts: Grappling

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

How can you use an opponent's sympathetic nervous system to your advantage when defending yourself? In this course, students will research how the sympathetic nervous system works in reaction to high stress situations. Students will explore techniques to neutralize an opponent on the ground. Students will also practice methods of bringing an opponent to the ground for the purpose of controlling or forcing submission. Finally, students will also examine techniques for dealing with an opponent who has put them on the ground.

Martial Arts: Self-Defense

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

What 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 explore the legal aspect of self-defense and how to practice safely with a partner, (threat identification/avoidance, ending conflicts, etc.).

Martial Arts: Traditional

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

How can martial arts lead to more self-discipline and better achievement in life? 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. A brief history of various styles will be discussed to assist students in understanding the origins of various styles. This course will focus on traditional martial arts kicks, punches and other techniques.

Mindfulness for a Lifetime

Ms. Kennedy, 1 block

How can individual mindfulness impact our larger communities? Students will investigate and experience a variety of mindfulness strategies and activities that can be used throughout life to reduce stress and enhance overall wellness. Additionally, students will understand the neuroscience behind mindfulness and its

benefits. The final product will be a flyer or pamphlet of mindfulness activities that guests can take with them to improve mindfulness in their own lives.

Model United Nations

Ms. Berry, 1 block

How does diplomacy work and what are some current international issues as well as some possible responses to those issues? This course 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 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 where students debate and develop resolutions to global issues. Students participating in this course will have the opportunity to prepare for and participate in 1-2 Model United Nations Competitions in the Spring Semester if they wish (dates to be determined).

[Note: Some fees may be associated with attending competition.]

Operation Access: Design and Computer Science

Dr. Di Giulio, 1 block

How can you design and fabricate a functional accessible game controller? Attention coders, makers, engineers, designers, and gamers: Operation Access seeks collaborators to create accessible game controllers. Gaming should be open to anyone, regardless of disability, limitation, or issue. Current game controllers require a pair of functioning hands with all fingers. We want to design and create a range of accessible controllers for all people. Expect to destroy, build, fail, figure, plan, program, 3d model, and fabricate.

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 functional items that will display what they have learned at Exhibition Night.

Powersports

Mr. Camber, 2 blocks

What power sources does the future have in store for powersports? In this course, students will be introduced to the world of powersports and associated career opportunities that are available to skilled individuals. Students will learn how to diagnose equipment problems, provide maintenance and repair of ATVs, snow machines, motorcycles and lawn and garden equipment. Students will also learn about engine, electrical, and powertrain units and explore state-of-the-art fuels for clean emissions.

Project Planning and Digital Organization

Mr. Lowe, 1 block

How do you plan for large events in your life or for an organization that you are a member of? Students in this class will learn the ins and outs of basic project planning. The course will start by introducing the concept of backwards planning and how to apply that concept to planning projects, no matter the size or scope. Students will explore the full functions of Google calendar, third party organization programs and apps, then apply these skills to organize their everyday lives. Finally, students will work in teams to tackle a school project that needs to be planned and present this plan in electronic form at the end of the class.

Rock 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 and blues music jamming and improvisation. Students will learn the essential skills of being able to listen to others and be able to 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.]

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 they can improve their times.



SAT Prep: What You Need to Know

Mr. Ulrich, 1 block

What is the SAT for and why is it important? This course will provide students with the strategies needed to improve their performance on the SAT. The primary focus will be on the math sections, but strategies for reading & writing will also be discussed.

Scrapbooking

Ms. Riendeau, 1 block

How can the art of scrapbooking create a communication of self-directed memories for the future? In this course, students will work with scrapbooking technology and tools to create a hands-on visual art project using pictures they have taken over the years. Students will be able to take home their scrapbook pages at the end of the J-Term course as a final project and keepsake.

Shaping Metal

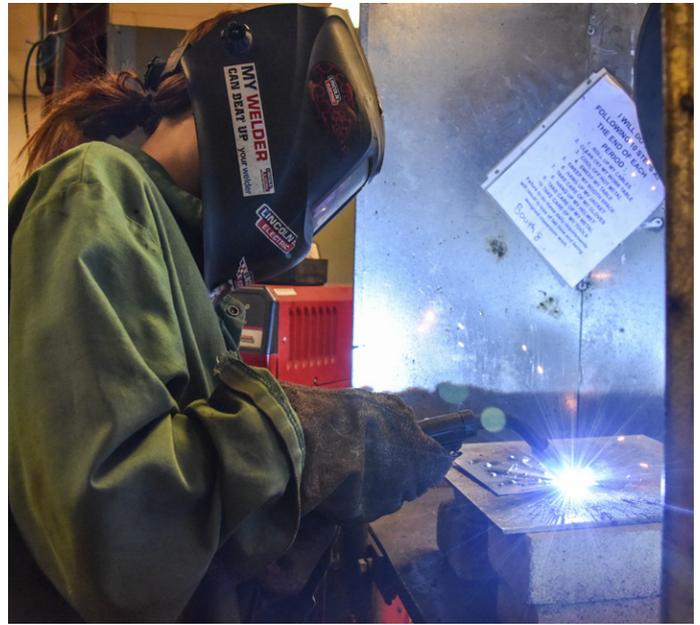
Mr. Grant, 3 blocks

What does it take to make your own "Puking Pig"? This course involves shaping and forming metal and using various techniques to create a version of the famous "Puking Pig". In the process, students will be able to create, bend, and weld their own metal object by first using a shrinking tree stump where to create a "tuck" in the sheet metal. Students will then planish the metal back out to create a shrink or a rounded metal object as well as build an English wheel, another technique to form metal for the parts of the Puking Pig.

Star Wars!

Mr. Stahler, 1 block

How do traditional mythological archetypes such as Star Wars express themselves in a contemporary work of pop culture? George Lucas' Star Wars franchise has been a mainstay in the cultural landscape since 1977, appearing not only on movie screens but across many other forms of media, from television to games. This course is designed to not only learn about and celebrate the franchise's contribution to our collective cultural imagination from a variety of perspectives (artistic,



economic, political), but to also explore the origins of the basic storyline and its roots in ancient mythmaking, particularly drawing from the scholarship of Joseph Campbell, whose work in comparative mythology and psychology had a direct influence on Lucas' development.

Storytelling Games

Mr. Stahler & Mr. Scavitto, 1 block

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 and productive lifestyle. Strength and conditioning is part of forming a sound body. Students will learn the basics of weight training techniques and develop their own workout routine in an environment that is supportive and non-judgemental. No matter what fitness level students are at presently, it can be improved.

Teen Voices: The Art of the Story

Ms. Steen & Ms. Bias, 1 block

What are the stories that define you and how can sharing those stories strengthen our community and build resilience? This course will adopt the mission of The Moth: "To promote the art and craft of storytelling and to honor and celebrate the diversity and commonality of human experience." In a collaborative workshop environment, students will explore the art of storytelling as they develop the skills and confidence to tell their stories with heart, humor, and honesty.

That's News to Me!

Mr. Etter, 1 block

How can you read the news and be a more informed citizen? Ironically, the news is rarely something new. The majority of events that are reported on and have significant impacts on our lives are deeply rooted in history. This can make it difficult to open an article and dive into the complex relationships and long past of the issue. The goal of this course is to develop strategies for breaking down an issue and learning ways to gain a deeper understanding of the topic and become more informed. Students will work together as a class to learn strategies and practice breaking down current events. Eventually, students will choose their own article and will use the strategies to unravel the origins and history of a news article. They will present the topic to the class and this will also be their exhibition.

The Athlete in Film

Mr. MacKinnon, 2 blocks

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 course, students will be introduced to many historical sports stories through the lens of motivation and inspiration to a plethora of sports-related films (non-fictional), news articles, and other various publications. Students will watch and read stories that demonstrate the cultural, historical, motivational, and inspirational significance of many instances that show the power that sports can have. Students will demonstrate their thoughts and understanding through various project based assessment that will include writing, illustration, and analytical discussions.

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? This course 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 Dominant Human Species

Mr. D'Olimpio, 1 block

Why do humans dominate the Earth? This course will be presented in the format of a book discussion group that will involve a deep dive into our past. Homo sapiens rule the world because it is the only animal that can believe in things that exist purely in its own imagination, such as gods, states, money and human rights. Starting from this provocative idea, we will uncover the history of our species from a completely fresh perspective. The

'Cognitive Revolution' 70,000 years ago was a game-changer. We will discuss the invention of money as the most pluralistic system of mutual trust ever devised; that capitalism is the most successful religion ever invented; that the treatment of animals in modern agriculture is probably the worst crime in history; and that even though we are far more powerful than our ancient ancestors, we aren't much happier. Reading required.

The LI-Podcast Project

Dr. Norwood, 1 block

How do you make an interesting and entertaining podcast that people will want to listen to? Students in this course will learn all of the ins and outs related to designing and producing a podcast. Students will work in teams with specific tasks: content producers & researchers, sound engineers, project managers and, of course, the hosts. Potential topics for podcasts are limited only by one's imagination. Throughout this process, a variety of podcast models will be referenced including Radio Lab, The TED Radio Hour, and This American Life. In the end, each group will produce a podcast which will be uploaded to the Internet for all the world to hear.

The Patchwork Quilt Project

Ms. Sicard & Ms. Tomaselli, 1 block

How can readily available resources be used to create a patchwork quilt? Students in this course 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, fractions, calculations, tessellations, symmetry, and rotations. Recreating quilt blocks with pattern blocks explores aspects of equivalence, transformations, and patterning.

The Walls Project

Ms. Flynn, 1 to 3 blocks

How does the use of color influence the way we live? Do you tire of the sad and dreary walls as you walk through the halls and up and down the stairs? On these cold and gray winter days do you wish for color and cheer? Would

you like to make some changes, and bring some beauty into the days in ways both subtle and bold? Join us in learning how color and the human brain associate. Join us in painting the walls with sweet, subtle colors that ease stress and bright bold murals that inspire.

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 students to take a look at their lives. 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 course students will learn strategies to harness their strengths to achieve their goals and increase their happiness, and ultimately, a greater sense of self-awareness.

Unexplained Vermont

Mr. Scavitto, 1 block

What are the myths and mysteries hidden in the haunted hills of our verdant state? Students will find and interview people about the unexplained occurrences in Vermont. Which are the most haunted towns in Vermont? What's the most haunted building? Which LI faculty members have actually seen a ghost? What about UFO's? What about the dark creatures that lurk in the woods of the Northeast Kingdom? Students will produce a presentation on an aspect of an unexplained occurrence in Vermont. The research must include an interview and some supporting evidence to go with it.



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 due upon completion of each course.]

“What If?”: An Alternate History Experience

Ms. Smith, 1 block

What would the world be like if a particular historical event had a different ending? Have you ever studied history and wondered what the world would be like if a particular moment had a different outcome? What would have happened if Archduke Ferdinand wasn't assassinated in 1914? If President Roosevelt hadn't died in 1945? If Napoleon had been successful in Russia? If the attacks on 9/11 never took place? Students in this course will be given the opportunity to choose one specific point in history and explore that point to determine how the world would be different if history had an alternate ending. Students will consider both short-term as well as long-term impacts as part of their historical research. The course will culminate in a student-based project that provides both historical facts as well as alternate endings.

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 and Lightroom CC to edit imagery and will print and mount work for display. Students will be outside shooting in various winter weather.

[Note: there is a \$10 fee associated with this course.]

You Be the Judge: Mock Trial

Ms. Smith, 1 block

What are the significant challenges faced by Americans in the judicial system today? Students will learn about the criminal and civil justice systems in the United States and then prepare to demonstrate their knowledge by engaging in a mock trial. Students will take on roles such as lawyers, witnesses, and judges as part of the mock trial preparation and performance. The goal of this course is to help promote an understanding and appreciation of the American judicial system among students.

Youth Employment: Rights and Responsibilities

Mr. White & Mr. Bugbee, 1 block

What are the basic rights and responsibilities of young workers? Youth employment can be a rewarding experience for learning valuable skills such as personal responsibility, time management, and financial understanding. However, with employment comes labor law, workers rights (yes, even young workers have rights!!), and responsibilities, especially safety. This course will empower young workers to investigate their rights and limitations under labor law, gain a deeper understanding of workplace concerns such as sexual harassment and confidentiality, and learn about safety precautions expected in all employment situations.



Mission, Vision, and Core 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.

CORE VALUES

RESPECT - for self, others, and Lyndon Institute by:

- Practicing honesty and integrity at all times
- Exercising kindness, empathy, and compassion for all members of our community
- Being ambassadors of our campus, the school's reputation, and LI's legacy
- Being positive and productive members of our inclusive and welcoming community

RESPONSIBILITY - to become accomplished learners, creative thinkers, and compassionate community members by:

- Striving for academic excellence
- Being engaged extracurricularly, academically, and socially at LI
- Becoming adaptable and flexible community members
- Learning from mistakes, as well as the successes, of self and others
- Recognizing, and appreciating, that each individual at LI is a part of a global community
- Making positive contributions to LI, the regional community, and the world



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