



2024 JANUARY TERM



COURSE CATALOG





LYNDON INSTITUTE

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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 8-25, 2024.

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
- Students will be given the opportunity to self-select their January Term classes. No class changes can be made after December 8.
- Seniors, juniors, and sophomores should select different courses from the previous year.
- Students who are enrolled in courses at other schools will continue to attend according to their schedule.
- All students are expected to participate in Exhibition Night on January 25, 2024.

INTERNSHIPS

Seniors have priority for internship opportunities and students interested in interning during January Term. Internship proposals should have been completed through Mrs. Parson by November 3, 2023. This experience provides students a special opportunity to study under current professionals in a desired field of study for college/career during this 3 week term.

SCHEDULE OF BLOCKS

Block A	8:00 a.m. - 9:25 a.m.
Block B	9:30 a.m. - 10:55 a.m.
Lunch 1	11:00 a.m. - 11:30 a.m.
Lunch 2	11:30 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

Scheduling: November 10-14, 2023, in advisory

Course Change Deadline: December 8, 2023

Courses Begin: January 8, 2024

Exhibition Night: January 25, 2024, 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 Haunting?

Mr. Scavitto - 1 Block

What are the globally shared elements related to purported paranormal activity, and what do these elements tell us about humanity?

In this course, students will learn about and share stories of the paranormal from close to home and around the world. We begin this class with a simple premise: Everyone has a story or knows somebody who does. This class approaches this subject as a study of folklore and collective mythology.

Advanced Modern Mythology and Storytelling

Dr. Benoit - 1 Block

What are the core elements of a good story? How is a story assembled in a collaborative setting?

In this course, students will explore world mythology through the eyes of the classic role-playing game, Dungeons and Dragons. This course is intended for experienced players or creative storytellers but we'll work collaboratively to work to everyone's strengths. Students will cooperate to build a fictional world, and then each will design a scene which will mesh with those of other students to create an adventure. Each student's effort will be incorporated as part of the adventure.

Advanced Woodworking - Build a Traditional Pine End Table

Mr. Leonard and Mr. Bretschneider - 1 Block

What is craftsmanship? How does one develop the skills necessary to create a well crafted piece of furniture? What skills are needed to master the use of hand tools? Will these skills be useful later in life?

Using advanced woodworking techniques students will build a traditional small table using hand-tools and power tools. In a traditional table, the table rails are mortise and tenoned into the legs and the top is secured to the base with clips so that it 'floats' on the base. To enrich the learning process and speed up construction, we propose multiple methods to attach the rails to the legs—hand cut mortise and tenons, machine cut floating tenons, dowel joints, and Kreg screws.

To shape the parts of the table, students will use a table saw, miter saw, and band saw. To finish these pieces, students will use a block plane and sandpaper. Other hand tools used in the joinery will be mortising chisels and saws. If time allows, a drawer can be added—hopefully with some hand-cut dovetails.

Students signing up for this class will need to have successfully completed Mr. Angel's Intro to Woodworking class or have taken Mr. Leonard's Basic Woodworking class in a past J-Term. This class is not for teaching students basic wood-shop equipment and hand tool use. The prerequisite is the students signing up for this class will already have basic woodworking skills. No exceptions allowed.

Alpine Ski Racing (Alpine Team Athletes Only) **Coach Kresser, Coach Rolfe, and Keara Kresser - 2 Blocks**

What is the fastest line for where I currently am with my technique?

This course will incorporate timing, video analysis, equipment tuning, and drone usage, hopefully, to assist alpine athletes in answering the BIG question; How can I race faster? Skills to work on include but are not limited to - Line, balance, 3 phases of the turn, carving and mechanisms to assist with angulation.

An Exploration of Western Europe during the World Wars

Mrs. Smith and Mr. Ulrich

What was the impact of World War I and II on the continent of Europe? On individuals? As engaged citizens of the 21st century, what lessons can be learned from a study of the world wars and applied to today?

Having received the proper historical background and context for the trip during J-Term 2023, students will now embark on a twelve day, four country tour of Europe, to experience the history up close. Visits to the Netherlands, Belgium, France and England will highlight each country's role in the war, important historical figures, and the major battles that took place within each country.

Baking Around the World

Mrs. Nichols - 1 Block

How does baking influence a culture? What culinary traditions are shared across different cultures and what traditions are unique?

Food provides incredible insight into a culture. The selection of ingredients, the methods for preparing them, and the sharing of the final product all vary depending on the traditions and values of a place. In this class, students will look at different cultures around the world through the lens of baking. Whether creating more familiar classics like the French chocolate mousse or Spanish churros, or exploring new creations like Japanese mochi or the

South American treat alfajores, students will gain an understanding of what these cultures share and also what makes them unique.

Basic Woodworking

Mr. Leonard and Mr. Heath - 1 Block

What safety concerns are to be considered when working in a workshop setting? Why is planning vital to material usage and construction? What hand tools and machines are used for measuring, cutting, drilling, planing, joining and sanding?

Basic woodworking is designed to teach students beginning woodworking skills and knowledge in preparation for a career or personal skills for their lives as adults. Your instructor will emphasize hands-on training and lead discussions on woodworking theory and application. This course will introduce students to hand tools as well as portable and stationary power tools. Students will complete individual projects designed to provide practical experience in construction theory. Learn to use basic wood finishing techniques and 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.

Birds: Know Your Feathered Friends

Mrs. Nichols - 1 Block

How do birds fly? (i.e., How does avian anatomy create the foundation for flight?) Why are there so many different species of birds? Where is the nexus of science and art? What types of careers are available for bird lovers?

In this course, students will explore evolutionary biology through the lens of our much loved dinosaur ancestors: birds. Through research and careful examination of avian physiology, students will gain a better understanding of the diversity of form and function of these incredible winged creatures. Through detailed sketches, paintings, and the creation of 3-D models, students will tap into their artistic side to apply their learning. Guest speakers will share their knowledge of ornithology and provide a window into the many careers in science.

Bodybuilding and Barriers for Women

Mrs. Jackman - 1 Block

What are the fundamental principles and techniques that beginners will acquire to effectively engage in strength training and bodybuilding? How does exercise and gym culture affect the relationship that women have with their bodies? How has female bodybuilding culture reflected the shifts in female body ideals?

Have you ever wanted to get into the gym but felt intimidated? Whether it be the equipment, the people, or inexperience, there are a lot of barriers that keep people from starting gym based training. This class will give beginners an opportunity to learn the basics of strength training and then shift into how to bodybuild. Students will learn about the major muscle groups, how to train them for growth, and how to perform exercises with proper form. This course will focus on the female gym experience, taking a look at the history of female bodybuilding in the US and its connection to female body ideals.

Book Publishing: Self Publish Your Own Book

Mrs. Jackman- 1 Block

How do books connect people? Why do we create?

This course will give students the opportunity to create and self publish their very own book. Students will have creative freedom in deciding what type of book they'd like to create. The options include but are not limited to: short novels, short stories, children's books, picture books, graphic novels, comic books, poetry books, maga-



zines, and story collections. Students should come to this class with content that they have already written/drawn and want to publish. During class we will edit, revise, format, and submit for printing through the self publishing site, Lulu. The course will analyze the pros and cons of self publishing and traditional publishing. This course will include presentations by guest authors.

Breaking Chains: Exploring Modern Day Slavery

Mrs. Bias and Mrs. Berry - 1 Block

What are the different types of slavery in the modern era? What can we learn from the personal stories and experiences of individuals trapped in modern-day slavery, and how do these narratives help us understand the larger impact and urgency of addressing this issue? How does forced labor globally impact me? What can I do to combat modern day slavery?

Most students are under the impression that slavery is a thing of the past, but there are more people enslaved today than at any other point in history. In this course we will examine the various forms of exploitation that persist in modern societies, including forced labor, human trafficking, and child labor, and explore the factors that contribute to their existence. By examining case studies and individual experiences from around the world, we will gain a comprehensive understanding of the global reach of this crisis and how it impacts you. Education is often the first step towards change, so we will develop a mini-museum exhibit to teach others about the issue. We will empower you to be a changemaker and student activist yourself through learning about anti-slavery organizations and what they recommend individuals and groups do to combat this issue. Based on those recommendations we will take our own action steps towards breaking the chains of modern day slavery.

Bridging Communities: Mentoring at The Riverside School

Mrs. Bias - 2 Blocks

How does the experience of mentoring influence the self-direction and leadership potential of high school students, and how can these skills be harnessed for further success? What impact does mentorship have on the academic and

personal development of both high school and elementary students, and how does it contribute to a supportive community environment?

This 3-week course is designed to empower students from Lyndon Institute, known as the Viking Mentors, to work with elementary students at The Riverside School, the Heron Scholars, in a unique educational partnership. The high school students will serve as mentors and role models, providing academic support and fostering community building among the younger students. This program focuses on building bridges within our community while nurturing leadership skills and fostering mentorship relationships.

Build a Dragon: Roleplaying for Fun and (Mental) Profit.

Dr. Benoit - 1 Block

How do we take a creative idea and turn it into a visual and textural representation that can be used by others?

In this course, students will explore world mythology through the eyes of the classic role-playing game, Dungeons and Dragons. This course is intended for students who have little or no experience in the game, but more skilled players can join. Students will learn the basic mechanics of the game, create player characters, and play the game. Dungeons and Dragons has a long history of additions and alterations by players, and in this course each student will invent a non-player character or a monster which will then be meshed into the game. Knowledge of fantasy and science fiction literature, movies and visual art will be useful.

Bullseye!: Archery for Life!

Mr. Camber - 1 Block

How does one participate in archery in a safe and responsible manner? How do I successfully perform archery skills? How does one improve their archery techniques through practice? How does participation in archery leisure/recreational activities enhance a person's physical, emotional, and social well being now and in the future?

This is a class for students wishing to learn Archery with a recurve bow, longbow or compound bow. In this class



you will learn the steps of Shooting, and key points including, Alignment, Grip & Hook, String Release, Posture & Stance, Mind Set, Lift & Coil, Set-up, Anchor, Transfer into Holding, Aim, Timing, Use of an Archery Sight, Bow Release & Follow Through, Complete Shot Cycle Review.

Archery is a lifetime sport and there is always more to learn!

Connecting Physical Education to Mental Health in Teens

Mrs. Riendeau - 1 Block

How does physical education directly affect the mental health of a high school student?

In this course, students will have the ability to determine how physical education affects their mental health. Certain approved activities such as basketball, ultimate frisbee, dodgeball, etc. will be researched by students and played. Students will create a daily journal with written work on how they are feeling before, during, and after performing a certain activity. At the end of the course, the students will create a final product (formal written journal, video, powerpoint, etc) to illustrate how each physical education activity benefitted them mentally.

Conspiracy Theories

Mr. Scavitto and Mr. Crooks - 1 Block

What are conspiracy theories and why are they so prevalent in society? What are techniques we can use to approach these theories with a critical eye? What impact do these theories have on our society and how should communities respond to them?

In this course, we will talk about some famous conspiracy theories like the moon landing, flat earth, 9/11, and many others. We will also look at the psychology behind conspiracy theories. What is it about these ideas that makes them so attractive and why do they have such staying power?

Cook, Create, Design: A Culinary and Cookbook Course

Mrs. Atkins and Chef Fraser - 1 Block

How can you combine culinary expertise and cookbook design creativity to transform everyday cooking into an art form?

In this course, you'll learn the basics of cooking, from essential techniques to making delicious dishes from scratch, guided by your instructors Mrs. Atkins and Chef Brittnay. In addition, you'll explore cookbook design, discovering how to arrange your recipes beautifully and creatively in Adobe software InDesign and Adobe Photoshop.

Cooking Meals on a Budget

Ms. Furman and Ms. Vooris - 2 Blocks

How can you cook a meal on a budget?

Looking for a chance to learn basic cooking techniques? Wondering how to feed yourself or a family on a budget? In this course we will cook a meal on a fixed budget. Working collaboratively to make a few sample meals during weeks one and two, you will have the chance to create your own menu to present during week three. We will investigate the total cost, as well as the cost per person, of the meals prepared and created throughout the course. We will discuss the nutritional profile of each meal to ensure a balanced menu. There will be an empha-

sis on creating food from scratch, and we will be comparing both the costs and nutritional profiles of these meals with both frozen and restaurant-prepared meals.

Crafting Chess: Woodworking, 3D Design, and Strategic Play

Mr. Angell and Mr. Tomaselli - 1 Block

What benefits do we gain from learning the game of chess? How can I improve my woodworking skills to craft a one-of-a-kind wooden chess board that shows personal style while ensuring it's durable and functional for playing chess? How can I use 3D design and printing to bring my creative ideas to life in the form of individual chess pieces while also considering the function and appearance of the game?

You will design your own chess pieces while learning intro level Inventor skills. They will 3D print their designs for a complete chess set. You will learn basic woodworking skills as students create their own chess board. You will also learn how to play chess and look at the history of the game.

Crafting the Perfect Cast: A Fly Tying Adventure

Mr. McCarthy - 1 Block

What does it take to make a fly that will be both attractive and catch a range of fish species? What does it take to teach another student how to tie a specific fly pattern? What are some of the key understandings and skills to becoming a capable fly fisher?

This course teaches students how to tie a number of go-to patterns for fly fishing in the NEK. Students will also learn principles of casting, reading water, and strategies for being an effective fly fisher.

Create Your Own Custom T-Shirts

Mr. Levine - 1 Block

What strategies and collaborative skills can enhance the creation of custom t-shirts, fostering teamwork and individual creativity in the design and production process?

In this course, you will have the opportunity to plan, design, collaborate, and craft your own custom t-shirts. The course will begin with tie-dyeing, a unique art form

with various design approaches. Following this, you will have the chance to create your own personalized t-shirt designs, whether it's related to a sports team or any other concept of your choice.

Once your designs are ready, you will learn how to create stencil templates that can be converted into silkscreens for printing. Additionally, you'll be involved in making your own silkscreens, adding a personal touch to your creations.

At the end of the course, you will have three to four t-shirts to call your own, reflecting your individual style and the collaborative effort put into this class.

Digital Design for Print: Stickers and Posters

Mrs. Atkins - 1 Block

How can digital design techniques be harnessed to create visually compelling and persuasive stickers and posters for various purposes? How can effective design and print support be provided to amplify the impact of the Modern Slavery: Breaking Chains J-Term course in raising awareness and fostering change against modern slavery?

Discover the art of creating impressive stickers and captivating posters in the digital realm. This mini-course teaches visual communication skills to craft compelling print materials that grab attention

We will also be working with the Modern Slavery: Breaking Chains J-Term course with design and print support.

Empower and Protect: Self-Defense and Legal Awareness

Mr. Sattelberger and Mr. Tomaselli - 1 Block

Can you, within legal and moral responsibility, defend yourself in a physically threatening situation?

Students will research the SNS to see how your body is affected in a dangerous situation. Students will understand the legalities 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. Students will learn the importance of awareness and choices. Students will discuss the

preparation that it takes (mentally and physically) to be prepared to defend yourself. The students will demonstrate three self defense moves to the teachers satisfaction..The students will list three times they would be justified in using self defense.

Famous Boxers and Matches Throughout History

Mr. Levine and Mr. Heath - 1 Block

How does the sport of boxing help individuals overcome life's adversity?

Is there any other sport where athletes face more adversity than boxing? Why is it that an overwhelming amount of boxers within the sport are found in the minorities within our society? This course will have students research selected famous boxers throughout history. They will watch famous matches and research aspects that made the boxer unique and eternally famous.

Feeding Hope: Strategies for Combating Food Insecurity Locally

Mrs. Berry and Mrs. Bias - 1 Block

What does food insecurity look like in the Northeast Kingdom? What programs and resources can people access locally if they are food insecure? How can I help address food insecurity locally?

Currently two in five people are struggling with hunger in Vermont. This course will teach you about food insecurity by working with community partners to learn about the issue and how it affects people in the Northeast Kingdom. We will explore the topic of food insecurity from birth to the elderly and develop an informational literature exhibit to help people learn about the resources available to Vermonters. Outside of the classroom, we will spend several days actively volunteering with our community partners to further understand the issue and make a difference. If you are interested in exploring local volunteer opportunities but do not know where to start, this class might be a great fit for you, as we will help you make community connections with a variety of organizations.

Note: You will be expected to participate in the volunteer experiences if you are enrolled in the course.

Fly LI

Mrs. O'Connor and Mr. Lawler - 1 Block

What does flying an airplane entail? What career opportunities exist in the field of aviation beyond being a pilot and how are they expanding? How can aviation evolve in order to remain sustainable through climate change? What is the importance of aeronautical decision making? How does physics, engineering, technology, science, and mathematics play a role in aviation?

How do aircraft fly and what career opportunities are there if I am interested in aviation? Humans have always been fascinated by flight. From the very first powered flight by the Wright brothers to today's high-tech commercial, military, and newly designed electric aircraft, there are enduring principles. Taught by professional pilots, this course is designed to excite the student's interest in aviation by learning about the fundamentals of flight in class; then traveling to Burlington to experience real-world aviation operations. By the final week, students will have a comprehensive understanding of the complexity of the aviation world and potential career opportunities. Subject to weather and availability, responsible students will be given the opportunity to have a short experience flight from Caledonia County airport. This class is best suited for students with a curiosity for aviation and/or those seeking practical application of STEM concepts.

FOOD TRUCK: Design Your Own!

Ms. Eckrote - 2 Blocks

What decisions need to be made when creating a food truck business if it is going to last?

Students will be provided with opportunities to explore and practice team building skills during the planning, development and presentation of a food truck project.



Students will be able to make decisions regarding the name, type of food and a marketing slogan to encourage customers to visit their food truck.

French for Our Young Friends

Mrs. Hamblett - 2 Blocks

How do I use my knowledge of language and culture to enrich my own community and broaden my opportunities? How do I use language to communicate with others? How are we connected? How do the structure and vocabulary of a language express peoples' voices in culture?

This course entails teaching French to our younger students in local elementary schools. Have you taken French and have successfully passed it with a "B" or better? Perhaps you would be interested in going to some local elementary schools to teach?

From Fleece to Fashion: Unleash Your Creativity with Wool Fiber Arts

Mrs. Furman - 2 Blocks

What properties of wool make it ideal for specific textile applications, such as felting, weaving, and knitting?

How do humans create textiles from various fibers? What fiber qualities make a specific fiber ideal for various textile applications? What fibers are grown in Vermont? With a focus on wool, students will be introduced to three textile forms: knitting, felting, and weaving. With the assistance of local fiber artists, students will then delve into the process that converts wool from sheep (raw fleece) to a usable fiber (yarn or roving). Students will utilize self-direction and work collaboratively with peers to create small wool projects.

Fundamentals of Coaching and Officiating Youth Sports

Mr. Hale - 1 Block

How can I help my local sports programs if I have interest in coaching or officiating?

Have you ever had a desire to be a coach of a sports team? Maybe officiate athletic competitions? Do you want to give back to your local youth athletic programs?

If your answer to any of these questions is yes, then Fundamentals of Coaching and Officiating Youth Sports can help point you in the right direction. This course will help you learn how to make practice plans, communicate with players, parents, and officials. Students will learn how to become a certified official for sporting events, learn signals and terminology used by officials in many of our local sports programs.

Games without Screens

Mrs. White - 1 Block

How can we build community, even while engaged in competition? What does it look like to behave with distinction in strategic competition? How can we relate game-play skills to real-world scenarios?

Students will develop strategic thinking and communication skills as they play board games (no screen-based games) like Risk, Chess, Scotland Yard, and others. Some games students will play as a member of a small group, some will be played as individual competitors. While playing, we will focus on helping each other develop strategy, winning gracefully, losing with dignity, following rules, and communicating clearly in face-to-face strategic competition. We will also discuss how these skills apply to real life scenarios, and in building community, even in tough situations.

History's Got Game

Mr. Etter - 1 Block

How do we learn history? What value can video games have for education? How accurately does a particular video game (pre-selected) present history? How do we make a product review for a video game or other product?

Video games have an important role in passing on information about historical events and time periods, especially today when many kids don't take an actual history class until they are in high school. They are a great way to generate interest in history because when people find a game they enjoy, they want to learn more about the people involved and the causes and outcomes. Video games can also pose alternative outcomes to historical events that result in people questioning the decisions made, or



our understanding of why things happened the way they did. Video games are another tool for us to learn about history and we should try to understand how they teach us about our past instead of writing them off.

History of Board Games

Mrs. Hamblett - 1 Block

Why would someone play or buy this game instead of others? What's the hook? Which core element will keep people engaged in my game? Which decisions am I giving players that will keep people playing? How do players interact with one another and does it fit with the theme?

For thousands of years, board games have captured our imagination as we have conspired against, chased, and attacked one another across the table from our friends, foes and families and locked horns in quest of victory. We will delve into the universal roots of our cultural history, highlighting the importance of game playing as a vital part of the human experience.

We will look into the strategies of alquerque, backgammon, chess, Cluedo, Draughts, Fox and Geese, Go, Halma, Ludo, Monopoly, Noughts & Crosses, Oware, Pachisi, Scrabble, Snakes and Ladders, solitaire, Trivial Pursuit along with many more.

How to Thrive in Winter: Outdoor living and travel skills in a winter setting

Mr. Manges and Mrs. Saco - 3 Blocks

How can we as humans travel safely in the backcountry during winter while also having fun? What do we need to be able to do this on our own or with a group of friends? Are these skills transferable to other seasons or environments? What skills do we need to treat any potential emergencies encountered? What adaptations do animals and plants make to be able to survive in a winter world? What adaptations and skills did early humans utilize in their survival and migration? What can we learn about winter survival from indigenous New Englanders?

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 search & rescue techniques and use appropriate Leave No Trace practices. The class will spend time outside daily and there are also local field trips and an overnight trip to a cabin. Students will explore indigenous connections to this region as well.

Students will get certified in Wilderness First Aid and CPR skills to handle any potential emergencies encountered. *Students need to be present for the entire cpr/wfa class to receive certification and there are fees associated with this portion of the class (\$25).

Proper outdoor clothing is a must for this class: winter jacket, snow pants, winter boots, winter hat, gloves/mittens. If a student does not have them we have gear to loan out.

ILOVERMONT

Ms. Aussiker - 1 Block

What are some of the lesser-known, quirky, or off-the-beaten-path locations in Vermont that offer unique and memorable experiences? What are the benefits of immersing oneself in the local culture and community of Vermont and how can students go about doing this? How do the arts, including music, literature, and visual arts, reflect the

culture and heritage of Vermont, and how can students explore these aspects of a location during their visit? What are the economic and social impacts of tourism on Vermont, and how can responsible tourism practices benefit both visitors and local communities? How can students capture and share their experiences of a location through various forms of media, such as photography, writing, or video, to inspire others to appreciate and visit the state? What role does storytelling and local folklore play in shaping the narrative of Vermont, and how can students learn about and participate in this storytelling tradition during their visit?

In this course, students will wear the lenses of a tourist to explore Vermont. They'll explore iconic places in their own state to discover what makes that place so iconic and special. Ultimately, students will gain an appreciation for their own hometown and state and will understand why people love visiting this area. Lastly, students will understand how to prepare for visiting a new place and taking in a new experience. We will take at least two class trips together, one toward the beginning of J-Term, and one larger trip at the end of J-Term to apply all of our learning about how to get the most out of visiting a new place. We will also do some place-based writing around campus or Lyndon Center to help us think about our home from a new perspective. Students should be ready to dress warmly, as we may be traveling by bus, van, or foot on any given day.

Improve Your Athletic Performance & Overall Wellbeing Through A Variety of Movement Techniques

Mrs. McGregor - 1 Block

What strengths and weaknesses do I physically hold in my body? How does cross-training (learning other techniques for movement, like dance or stretching or yoga) build my skills/performance as an athlete? In what ways can these physical goals, exercises, and endeavors assist me in meeting other life goals?

Are you looking to enhance your athletic abilities? Do you need more endurance, coordination, power, flexibility? Do you want to be more well physically and understand how to achieve those wellness goals? Learning various

movement techniques can enhance your athletic skills and approach to overall physical wellbeing - NO specific movement experience is required and NO public performance will occur. Just come with an open mind, willingness to try new movements and exercises, and collaborate with your peers.

A student taking this course will improve upon their ability to perform on the athletic field in any sport, set and achieve goals for a safer and healthier physical life, and learn new ways to approach movement and understand their body in motion.

Independent Study-Math

Mr. Hickey - 1 Block

What math skills do I have now and how can I maintain and improve those skills?

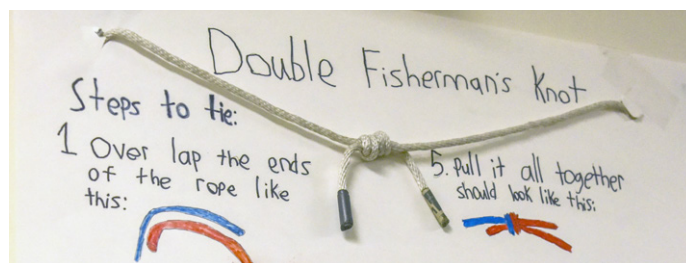
This course is for students looking to continue working on their math skills during J-term. Students will create their own goals and work individually and in groups to achieve those goals. This is a great option for an AP Calculus student wanting to maintain and improve the skills they already have. Students might want to get better at solving problems from math contests like the UVM Math Prize, AMC 10/12, or VT Talent Search. There could be a student in this class learning enough about the programming language Python to be able to solve some of the Euler Project challenges.

Introduction to Daily Fantasy Sports

Mr. D'Olimpio - 1 Block

How can we use data analysis, strategic thinking, and responsible gaming practices to excel in Daily Fantasy Sports while ensuring an enjoyable and ethical experience?

Daily Fantasy Sports (DFS) is a rapidly growing and exciting form of sports entertainment that combines strategy, statistics, and competition. This three-week introductory course is designed for students who want to learn the fundamentals of DFS, including player selection, lineup building, and strategy development. Students will explore various sports, including football, basketball, hockey, and more, to understand the DFS landscape and gain the skills to participate responsibly.



Intro to Professional Life: Skills for Career Success

Mrs. Atkins and Mrs. Parson - 1 Block

How can I develop the skills and knowledge necessary to thrive in my chosen career path and achieve long-term success in the professional world?

Are you uncertain about your future career path or in need of guidance to take your first steps? Join this course, where you'll learn how to create a professional resume, learn workplace skills, build a business portfolio online using LinkedIn, and gain clarity about your career interests through surveys and communication skill activities. We can help you pave the way to a successful future.

Knot In A Good Way

Mr. Hickey - 1 Block

How are these different knots tied and when are they used? Which activities and hobbies would these knots be used for? What effect does the material and construction of the rope/cord/webbing have?

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

Let's Map It Out!

Mr. Etter- 1 Block

How do you use maps? How do maps tell a story?

If a picture paints a thousand words, then a map paints at least a thousand. Maps are some of the most utilized tools. The ability to interpret maps is a skill that can help

you in countless situations. This class gives students the opportunity to work with maps, and ultimately use a series of maps to tell a story. Every day you will be challenged with a variety of maps and will have to figure out what you are looking at and what story the map tells. You will also learn about many different types of maps and how they can be used, and study how using multiple maps over time or in different locations can tell a story.

LI Athletic Legacy Class

Mrs. Dunphy-Brown - 1 Block

How does looking at the accomplishments of the past help us shape our own idea of what our identity is as a school?

This class will explore the athletic accomplishments of LI athletes by updating record boards, maintaining the trophy case, and researching through the archives of articles that were preserved during the time that Merlyn Courser was Athletic Director. The hope is to scan, preserve and record these articles to eventually make them available to the school website so that athletes from the past can look up athletics events or athletes and reconnect to their past at LI. It will also facilitate discussion and learning as to how athletics at LI have evolved and changed over the years.

The final product will be the records we have been maintaining through this course to be updated, as well as creating a new document to begin the digital preservation of the delicate newspaper clippings that have been saved.



Students who are participating in the Musical are required to sign up for the corresponding area.

Lights, Places, Action! - Musical

Mr. Lindholm, Mrs. Norwood, and Mrs. McGregor - 2 Blocks

What goes into presenting and performing a musical? What are differences between performing a comedy versus a drama? How does stage presence and delivery change the performance? How can you create an honest performance? How does the art of movement enhance intention and purpose in theatrical performance? What is the function of music in a musical?

Acting and Theater is being able to tell a story through the performer, audience, scene partner, movement, singing, dance, and the psychical space. Acting uses many methods, techniques, structures, and context to fully grasp the feel of the performance. Evaluating acting changes depending on context, performance space, target audience and delivery systems. This musical will be presented to the public and students will be able to experience being a part of a full-length show.

Through instruction, students will learn about the art of dance, dance performance, collaboration to create work, creative and practical problem solving, various styles/genres of dance and the elements of dance and dance design/structure to create movement patterning with intention, and body awareness as a performer. Music course is required for those students who are involved in the J-term musical.

Lights, Places, Action! - Musical Tech: Set Design

Mrs. Barksdale and Mr. Lindholm - 1 Block (eg. C Block)

What are the elements to designing a set and props? What are the steps to designing a set and props that enhances the performance, fits with the director's vision, and is functional?

Description: This course is built into Lights, Places, Action! - Musical Performance in which you will assist in designing, constructing, producing, maintaining, and

organizing sets and props for the upcoming musical. See *Lights, Places, Action! - Musical Performance* for more information.

Lights, Places, Action! - Musical Tech: Costume Design

Mrs. Barksdale - 1 Block (eg. D Block)

What are the steps to designing character costumes that enhance the performance, fits with the director's vision, and strengthens the character?

This course is built into *Lights, Places, Action! - Musical Performance* in which you will assist in designing, constructing, sewing, assembling, and organizing costumes and props for the upcoming musical. See *Lights, Places, Action! - Musical Performance* for more information.

Mahjong - Master the Tiles, Rule the Game!

Mrs. Vooris - 1 Block

How can students hone their problem solving skills in a collaborative environment?

Mahjong is a popular Chinese game that involves the use of tiles in a game of strategy, memory, and skill. If you like the card game Rummy then you will love Mahjong. The aim of the game is to score points by forming 'mahjong', which is done by achieving a specific combination of tiles by picking them up, while others are discarded. We will begin this course by learning the tiles and rules of Mahjong and end the course with a tournament.

Making the Leap: Life After High School

Mr. McCarthy - 1 Block

What's coming for me after I leave LI, and how can I best prepare for it? How can my choices in high school put me on the path I want after high school? How can I learn from others who have gone before me? Why are LI's Transferable Skills an important framework for my future?

Whether you are going to college, trade school, or work, the first year out of high school has a lot of changes and challenges. This course will offer students insights into the challenges that await them.



Through interviews with LI grads, faculty, and local community members students will be offered a wide range of experiences to benefit from.

Meditative Art

Mrs. White - 1 Block

How can we use artistic expression to support self wellness?

In this class students will explore various art mediums to create a more peaceful mindset, including watercolor, graphite drawing, paper quilling, origami, and finger paint, or others as requested by students. We will have quiet music, some breathing techniques, and time to create. We will learn about the different meanings of each color and use it to communicate and focus on self-awareness. This class is meant to help you try out new ideas, survey mediums, and use art as a tool to center yourself.

Network Wiring Standards and Application

John Peters - 2 Blocks

Why is an understanding of operating parameters important in the installation of equipment? What are the ramifications when equipment installation is improperly performed? Why are operating parameter tests important?

Have you wondered how internet service providers achieve the "lightning fast speed" they advertise? Wonder no more, at the basic level properly installed and terminated network media is the key. As with anything else related to computer technology, electrical and computer engineers have developed standards and procedures for the proper installation, termination and testing of network media so you can enjoy "fast and reliable" service.

This course covers the material covered in the first three weeks of the Cisco Networking Academy for Cisco Certified Networking Associate (CCNA) certification and the first several chapters of the official Computer and Telecommunications Industry Associates (CompTIA) NET+ certification study guide. Specifically, students will be learning about Layer 1 (Physical) and Layer 2 (Data Link) of the open systems interconnection (OSI) model which is the standardized foundation for telecommunications and computer networks. This is a basic introductory course. While certification paths will be discussed, the scope and length of this course are insufficient for a student to attain CCNA or CompTIA Net+ certification.

Pallet Potentials

Mr. McCarthy - 1 Block

How can I build a range of sturdy pieces (shed, desks, boxes, frames) in a very creative, cost efficient way?

Wooden pallets are more than just something used to deliver a product; they are sturdy materials that can be utilized to build a wide array of useful items. Most importantly, the price is right. With a premium on practicality, creativity, and something akin to craftsmanship, students will be engaged in planning and building an array of products.

Keep in mind, one man's shed is another man's tiny house!!

Pickleball: Master Everything From Flabjacks to Falafels

Mr. Hale and Mr. D'Olimpio - 1 Block

How can we apply the fundamentals of Pickleball to become skilled players and engaged sports enthusiasts while fostering teamwork and good sportsmanship on and off the court?

Pickleball is one of the fastest-growing sports in the United States and offers a fun and engaging way to stay active and build teamwork skills. This three-week introductory course is designed for students who want to learn the fundamentals of Pickleball. Whether you're new to the sport or looking to improve your skills, this course will provide you with the knowledge and practice necessary to enjoy Pickleball to the fullest.

Real Estate: Buying, Selling, and Investing

Mrs. Riendeau and Mrs. Polsenberg - 1 Block

How does buying and selling real estate in Vermont work and how can investing in real estate provide long-term financial gains?

This J-term course in buying, selling, and investing in real estate is specifically designed for high school students who might feel overwhelmed by the idea of buying their first home or piece of land or those who have an interest in investing in real estate. Students will write their own personal finance or business plan that they can utilize in the future for when they buy, sell, or invest in real estate.

Rubik's Cube Challenge

Mrs. Dunphy-Brown - 1 Block

How will I learn to persevere, strategize, problem solve and plan to decode and solve a Rubik's Cube.

Students will learn to solve a Rubik's Cube, and various other puzzles. We will engage in problem solving, strategy and planning. (As well as contests to see how we can improve our times.) We will also research some of the math involved in different solutions to the cube and how they relate to less turns of the cube.

Self-care and Social Media

Ms. Lamothe - 1 Block

What does the overuse of technology and social media do to my brain? How does inappropriate use of social media relate to the law? What strategies can I use to cope with stress and anxiety commonly associated with technology and social media use? How can I use technology and social media in a healthier way?

This course will focus on effective ways to practice self-care with a strong emphasis on digital well-being. Students will learn the effects technology and social media has on their mental health as well as self-care practices they can implement to cope with the stressors and anxiety associated with the many platforms they use today.

Self-Wellness: Where do I start?

Ms. Eckrote and Mrs. White - 1 Block

How do you define wellness? How can good use of the goal-setting process lead to better total health? How can we support each other as we begin to make positive health choices?

Have you ever thought you wanted to make a change but did not know where to start? Do you want to develop habits that will lead into lifelong wellness? In this class we will dive into the idea of total health. Self Wellness is not just about exercising, it also includes mental health, emotional health, spiritual, intellectual, financial, environmental, and occupational health. The importance of strengthening all elements of life is vital to one's overall health and wellbeing. This is intended to be a safe place for people looking to make goals, take first steps, and practice healthy habits.

Sounds of the Silver Screen: A Film Music Odyssey

Ms. Ausskier - 1 Block

How does a musical score impact the meaning of a film? What is the role of music in enhancing the emotional impact of a film, and how do film scores achieve this? Who are some of the most influential composers in the history of film music, and what are their notable contributions to the medium? How can film scores influence the audience's perception of characters, events, and themes within a film? What is the process of analyzing and critiquing a film score, and how can one develop the ability to discern the effectiveness of music in a movie?

If you love music and movies, this is the course for you! In this course, students will study the evolution of film scores (the epic background music in a movie) from the beginning of the film industry to today's popular films. Together, we will determine what makes a film score successful and even iconic. We will begin with a case study of the score from the recent film *Oppenheimer*, which features an Oscar-worthy score. We will explore how that particular score enhances and impacts the overall meaning and our understanding of the film. Be ready to listen to and experience different (and maybe strange!) music on a daily basis.

Speedtrap: Building and Racing Mousetrap Cars

Mr. Hickey - 1 Block

How can we apply basic scientific principles to build a mousetrap car and modify it to be faster? How do factors like torque, friction, and mass affect the performance of these cars? How do these concepts also apply to other situations outside the classroom?

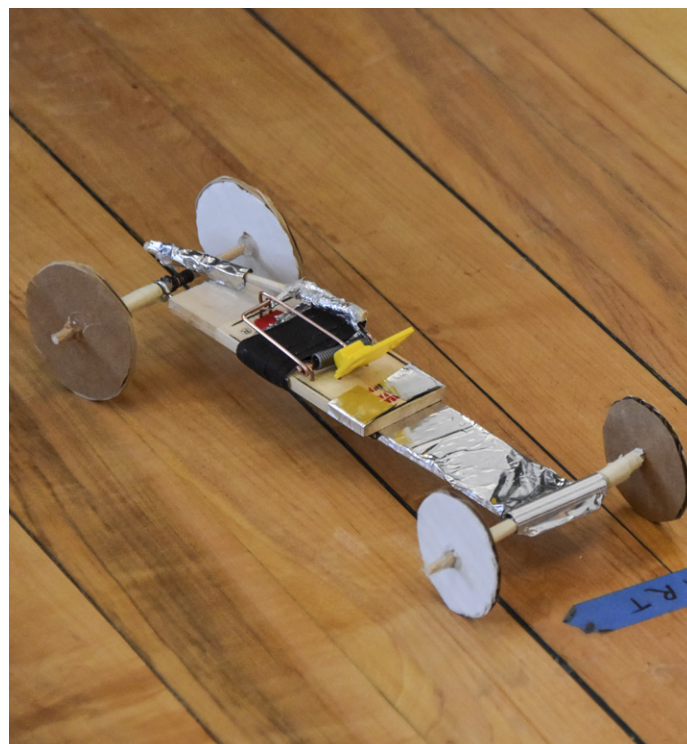
Students will build and race model cars powered by ordinary household mouse traps. Repurposed, common materials will be used to create these cars. The cars will be raced and timed on a 5 meter race course with a laser timing system.

Snowmobiling in the Kingdom

Mr. Choquette - 1 Block

Why, with the environmental shifts, is snowmobiling still an essential aspect of Vermont's culture, and what is its impact on our local community?

Students will explore the culture of snowmobiling in Vermont as we look at the history and evolution of the sport in the state, the impacts it has on the community,



the laws and safety associated with snowmobiling, and the general maintenance of the machines, trail network, and club. By the end of the course students will have the opportunity to receive their Vermont State Police Snowmobile Safety Certification, a safety snowmobile safety inspection, and, if snow permits, will be going on a trail ride. You will need to be able to provide your own machine that is legal to ride on the trails.

Stop Motion Animation Movie

Mr. Levine - 1 Block

How can collaboration and self-direction enhance the ability to visualize and plan ahead when embarking on the creation of a motion picture?

In this course, you'll have the chance to work together, brainstorm, and bring your individual Stop Motion Animation movie ideas to life while also focusing on developing important skills in collaboration and self-direction. You'll learn how to plan, create, and collaborate effectively, all while taking the lead in steering your unique animated masterpiece towards success.



Storytelling Games

Mr. Stahler and Mr. Scavitto - 1 Block

How does one tell a good story? How can one create a good story collaboratively? How does one turn a collaborative experience into a personal one? How do rules help or hinder collaborative story-telling? How can a role-playing experience inspire the creative writing process?

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 the referee (usually referred to as the "gamemaster"). From these experiences, they will craft works of fiction and game settings that will be collected in an edited class anthology.

Tessellations: Using Tiles to Create Patterns to Create Art and Puzzles

Mrs. Dunphy-Brown - 1 Block

How can students utilize the mathematical properties behind tessellations to create different types of art and mathematical puzzles and to manage time to accomplish completed pieces of art?

This class will explore the mathematical patterning called Tessellations. We will explore what they are, how they are made and create art based on them. M.C. Escher based his art on tessellations and we will do a case study on his art. We will begin with simple triangle tessellations and move on to more complicated ones. We will also create puzzles students can make using the mathematical properties behind them.

The Art of Fencing

Dr. Bloomfield - 1 Block

How does the sport of fencing work?

Are you curious about the ancient art of sword-play? Movies depict swashbuckling pirates doing back flips but the art of fencing is actually refined and precise. This course will introduce people to foil fencing (the most common starting blade), from footwork to handwork and safety. You need have no experience fencing to join.

The Art of Storytelling

David Stahler - 1 Block

What makes a good story? How do you tell an engaging tale? Why do we tell each other stories and what can we learn from them?

The roots of literature lie in the oral tradition—people sitting around a fire, telling stories. This course focuses on the art and history of storytelling. Folk tales, tall tales, legends, ghost stories, even family or local lore—all are the subject matter for this class. Students will research stories, develop their own versions, practice performance techniques, and work with both the instructor and guest artist Tim Jennings to learn how to spin a good yarn and entertain an audience.

The Athlete in Film

Mr. MacKinnon - 2 Blocks

How can film demonstrate the impact of athletes on culture and history? When is sport more than a game? What can we learn from sports stories that depict the overcoming of odds?

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 a few instances that show the power that sports can have. Some 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 Great Debate: What is better, the book or the movie?

Mr. Choquette - 1 Block

Why are filmed or play versions of books different from their written counterparts, and what does the producer and screenwriter have to take into consideration when making these changes?

Want to end the age old debate of which is better, the book or the movie? This J-term course will work on ending this discussion as both the book and movie will be compared and analyzed. We will be looking at how the author wrote, the director's decisions, and reviews of both media types to see which, in the end, is the ultimate winner. We may even look at a third contender, the play version...depending on the book chosen by you.

The Road More Traveled: Travel Writing

Mr. MacKinnon - 1 Block

How do you take something that may seem ordinary and make it exciting? What is the value of sensory imagery in writing? Why do writers take their time in selecting the proper words? How does a travel writer go about describing people in their stories?

Students enrolled in this course will receive opportunities to practice the craft of travel writing. Using the model of the travel writer Bill Bryson, students will learn to take experiences, whether ordinary or not, and through conscientious word choice and the immersion of sensory imagery, be able to tell a story about any variety of experiences that they may have had. Bryson's novel titled *A Walk in the Woods* will be read and used as a model for this course. The accompanying film will also be screened prior to students engaging in this work of building their own travel writing story. Student stories will be drafted, edited, and compiled into an anthology.

Traditional Scrapbooking 101

Mrs. Hamblett - 1 Block

What are some of the decisions you faced in creating your artwork? Did you encounter any difficulties when creating your artwork? What did you learn about yourself while creating your album? What responsibilities come with the freedom to create?

This course sets students up to discover the joy of scrapbooking. To capture memories and create a unique album to keep and to share. We will cover choosing the right supplies to get started, tips for journaling effectively, and various scrapbook styles and themes that are popular today. Will work on designing interesting layouts, developing an artistic eye, and storytelling aspects of scrapbooking. This type of course is hands-on: and allows students to tap into their creativity, take a break from the standard textbook, and interact with their personal course content.

“Literature becomes personal when they realize there are themes that can relate to their own life”

Student supplies list: No anticipated costs for students except for the cost of printing photos. Students will need photos. Photos they want to work on; a family trip, school trip, excursions. All supplies will be provided by the teacher(s).

Turning Points in History: The 2024 Vermont History Competition

Mrs. Berry - 1 Block

What is a turning point in history? What are examples of turning points in history? How do I use primary and secondary sources to research a topic? What makes a good research question? How do I effectively communicate my knowledge of my chosen topic to my audience?

Do you have fond memories of participating in Vermont History Day when you were in middle school? Or wish that you had gotten a chance to give it a try? If yes, this is your opportunity to compete in the High School Division of the competition. In this course, you will act as a historian and become an expert on a topic of your choice through the creation of an exhibit, website, documentary,

performance or paper. You may work individually or in small groups (up to 5) to create your project on the 2024 theme of “Turning Points in History.” You will research primary and secondary sources on your self-selected topic and also learn how to write a process paper and an annotated bibliography, which are required elements of the competition. If you enroll in this course, you should plan to attend the state competition at the University of Vermont on Saturday, April 6th, 2024 where you will present your claims to local historians, educators, and other professionals who participate as judges.

Understanding Happiness

Mr. Etter - 1 Block

What is happiness? Why is it important? How can you be happier and healthier?

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 and gain a new perspective, and realize that happiness is a science.

Unified Sport

Mr. McCarthy - 1 Block

How can we best grow together as a community?

LI’s Unified Basketball team has become a high point of the spring sports season. Unified Team basketball creates opportunities for growth and understanding between our general population and our special needs population through sports. This J-Term class will offer a bigger opportunity for more students to play with the team and strive to better understand themselves and our entire LI community. The class will meet for one block and we will have a wide range of activities and team building exercises. You do NOT have to commit to playing on the Unified team to be part of this J-Term.



Unified STEM and Community

Mr. Benoit and Ms. Ruggles - 1 Block

What are the basic scientific laws that interact with daily life and how can we demonstrate them without using math?

Join our Unified STEM Class! You will learn about Science, Technology, Engineering and Math through hands-on activities and building meaningful connections with your peers. Dive into captivating experiments, innovative problem-solving, and collaborative projects that will not only develop your STEM skills but also create a supportive learning environment. Join us in this exciting journey where education meets friendship, and where you'll leave with more than just knowledge—you'll leave with lasting bonds and a renewed passion for STEM.

Vermont Recreation Certification 2024: Motorboat, ATV, Snowmobile

Mr. Crooks - 1 Block

What does it take to become licensed in Vermont to operate a motorboat, an atv and/or snowmobile?

Students will have the opportunity to become licensed 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, atv and/or a snowmobile. There is a student fee of \$34.95 per individual certification, this due upon completion of the atv and snowmobiling courses. A fee of \$39.95 is due at the beginning of the boating license and safety course.

Wargaming D-Day

Mr. Stahler - 1 Block

What were the important battles that took place in France during and after the D-Day invasion? What other important battles that took place in World War 2? What is the "Fog of War" and how can it impact how a battle unfolds? How do you work with other people to achieve a goal? How can a game teach history?

Memoir 44 is a popular board game published by the company Days of Wonder. Created by Richard Borg, Memoir 44 is an easy-to-learn, difficult-to-master game that recreates famous battles from World War 2, in particular the battles that unfolded along the coast of France during the D-Day invasion. In this class, students will learn how to master the basic rules, then play through a series of pre-made scenarios based on actual battles. Along the way, they will learn about the history of these battles, research other famous battles from World War 2, and create their own scenarios based on their research that they can publish on Days of Wonder's website.

Weaving Wonders: A Wall Tapestry Workshop

Ms. Barksdale - 1 Block

What makes something art? What kind of feeling do you want to evoke with your art?

Tapestry is an ancient form of textile art which has been practiced all over the world for thousands of years. Ancient Egyptians and the Incas used woven tapestries as shrouds in which to bury their dead. The Greeks and Romans used them as wall-coverings for civic buildings and temples like the Parthenon. Today it is a on-trend to have small to medium sized woven wall hangings that accentuate texture and color combinations adorning your walls, usually for a calming and cozy effect.

It typically consists of a base material, such as wool (in fiber and/or yarn form), which is woven using a variety of techniques to create a pattern or design. Many woven wall hangings feature tassels, fringe or ribbons on the bottom edge, adding an extra layer of texture and movement to the piece.

In this three week course students will explore the art of weaving a wall hanging. The Scandinavian word “hyge” may come to mind; this class should feel relatively relaxing. We will have tea while we work!

You know Netflix - let's talk about the Chill.
Relationships, Sex, & Culture: Lies you've been told, things you should know, questions you may have
Chelsea Corrow - Umbrella and Ms. Lamothe - 1 Block

How does the culture we live in influence / impact our understanding of relationships, sexuality, sexual health, and wellness? How can we promote a healthy, holistic, and inclusive understanding and embracing of gender, sexuality, and relationships? How can we break the stigma surrounding sex and sexuality to have open, honest, shameless conversations around barrier methods and contraceptives as

means of preventing and reducing the chance of unwanted pregnancy, STI / STD? How can we engage in healthy, safe relationships, work through potentially unhealthy norms, and recognize warning signs of abusive behavior?

How do I know if I am in a healthy relationship? How do I end the relationship I am currently in? Why doesn't the world see my identity as important? Am I the problem? Is anything in porn real? Am I normal? Welcome to Relationships, Sex, and Culture 101. In this class we will dive into any and all questions you have regarding relationships, sex, and the world we live in that influences our understanding of it all.

This course will focus on the aspects of sexuality that we often do not talk enough about. During the three weeks, we will identify what it means for us to be in a



healthy relationship, aspects of unhealthy relationships, and warning signs of abusive behavior. We will dive into the various components of Consent as it relates to sex, but also our day to day. We will unpack harmful cultural messages we have received throughout our lives about sex, relationships, gender, and sexuality and how they have impacted our understanding of and expectations for ourselves, friends, and partners. Finally, we will explore various aspects of sexual health and wellness including, but not limited to: sexuality, anatomy & physiology (parts & their purposes)

YOUtopia: DIY Zine Manifestos for a Better World

Jack Thomas - 1 Block

What is the most powerful force in the known universe? How can my own beliefs about utopia harmonize with my greater community? What does it mean to be an individual member of a collective society? Was I surprised by any of my classmates' manifestos; if so, why? How does my zine manifesto relate to what I might want to pursue for my college and career aspirations?

In this course, you'll engage in guided meditation, personal reflection, and group discussion to refine an idea that you deeply want to share with the world. Then, using collage, digital design, and/or drawing, you'll create a "zine" (miniature magazine) from a single sheet of paper so you can share your mini-manifesto with the world through ethical, creative communication. Several examples of zine manifestos will be shared to support the learning experience and model best practices. You'll also learn basic relief printmaking to print your own zine back cover - a fun skill you can use long after class is over! Once your zines are complete, we'll use a free phone app to create stop-motion animation videos of your zine being read aloud. On the final day of class, we'll have a celebratory film screening of everyone's zine videos! After the screening, you and your classmates will trade copies of your zines so that everyone leaves class with a full set of zines for their personal collection. You'll also get a scanned high-resolution PDF of your own zine so you can print more in the future, and keep it for your portfolio.



Mission, Vision, and Values

OUR MISSION

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

OUR VISION

Because we believe every individual can contribute to a better world, we inspire and empower our students to provide solutions to complex problems and make an impact on their communities both locally and globally.

OUR VALUES

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

- Practicing honesty and integrity
- Exercising kindness, empathy, and compassion for all members of our community
- Being ambassadors of our school, its reputation, and its 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
- Engaging in extracurricular and social activities at LI
 - Becoming adaptable and flexible community members
 - Learning from mistakes as well as 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 beyond



Lyndon
I N S T I T U T E

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