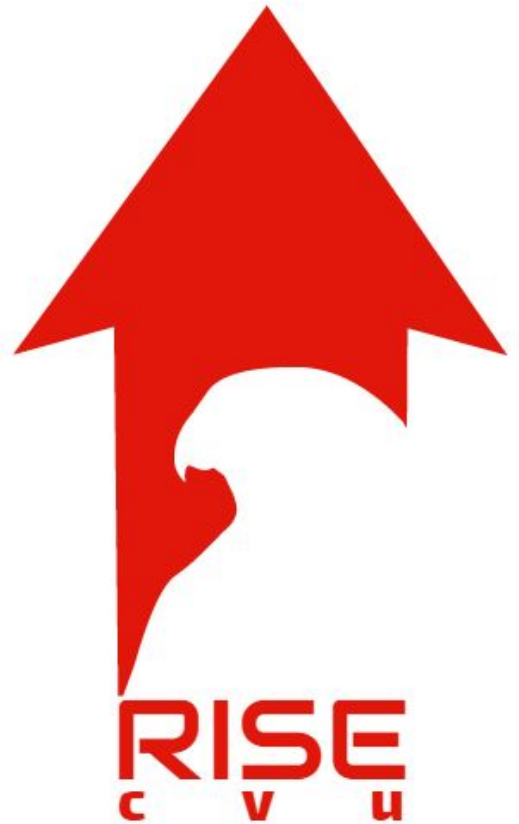


# RISE

Reflective Interest-based  
Student Experiences

Champlain Valley Union High School

A two-week interest-based  
learning intensive  
May 30 - June 12, 2019



## SEMINAR CATALOGUE

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**Overview:**

Our current educational model needs regular, system-wide, and equitable opportunities for students to develop and cultivate interests. We believe that RISE better accounts for the whole student (their interests and values), connects to the pursuit of lifelong learning, and will increase engagement and a desire to learn. Our model shows that, as a student-centered school committed to personalization and proficiency, we value the fusion of conventional and flexible learning opportunities to meet the needs of all students.

**J-Term Rise Framework:**




Students will sign up for a full-day of learning (all day or morning and afternoon) seminars that have a variety of different topics and independence levels.

**Options:**

Students will participate in RISE for a full day, but they may select to participate in:

- Two half-day courses (morning/afternoon)
- One full-day course
- BTC students: one session opposite tech schedule
- CTE students will be only at Essex
- Travel learning experience (added cost to student)

Students will have three distinct Independence Levels: Structured, Guided, & Independent. These three options will provide access to a variety of learning experiences based on the readiness of the participants.

- A Structured  experience will have a teacher administering the curriculum.
- A Guided  experience will have a teacher well-versed in the topic area helping a student co-design the curriculum.
- An Independent  experience will have an adult to help students shape and access their learning, but the students would completely craft their experiences (think small-scale Graduation Challenge/capstone or NEXUS/school-within-a-school).
  - This option requires significant student planning and conferencing prior to the seminar, including a teacher reference attesting to readiness, and the creation of essential questions, a plan to meet goals, and a customized assessment and exhibition strategy..

**Registration:**

11/12: Students receive an electronic catalogue via email of offerings to review, hard copies will be available in the library.

11/14: Students will receive a registration form via email. They will make selections for all day, or morning and afternoon. They will rank their top five choices.

11/16: Last day to input selections.

**J-Term Schedule: June 2019**

**Typical Day\***




8:00-9:00 AM	9:00-11:30 AM	11:30 AM-12:30 PM	12:30-3:00 PM
Delayed start for students / teacher prep	RISE Session 1	Lunch & Advisory	RISE Session 2

### **Accountability/ Graduation Requirement and Grading:**

#### **Attendance:**

All students must attend and participate every day during the RISE Session. Reminder: RISE is an intensive session and part of the academic school year. Please schedule all appointments before the start of RISE or in the afternoons after 3:00 PM. Please plan family vacations so as to not conflict with RISE dates. Students missing two or more RISE days are subject to automatic withdrawal from the course.

#### **Standards & Targets:**

Students involved with RISE will be held to high standards and have set expectations for each of the offerings from Structured  through Guided , and a mentor to help assure high standards be created for students pursuing Independent  Learning Seminars.

Each experience will be linked to one- three accountability measures: The Head, The Hand, and The Heart. The Head will be experiences that focus on the pursuit of intellectual growth. The Hand will be experiences that explore the making and design of a product. The Heart will be experiences that deal with personal and community well-being. Every experience will be linked to The Heart, which will manifest itself on a revised transcript as one of the graduation standards\* under Self Direction or Responsible and Involved Citizenship. Experiences linked to The Head will also appear on a revised transcript as one of the Academic graduation standards\*. Students will only be assessed on these skills and not discipline-specific standards. Students will reflect on their experiences at the close of each session and share reflections with their advisor and VIPs. Exhibitions of learning will also be incorporated.

Students will be required to meet any standards linked to The Heart and, if applicable, the The Head in each of their RISE experiences. Students who choose the Independent Learning Seminar will be required to align with The Head as well as the Heart .

#### **Grading & Transcript:**

RISE will be recorded as part of the new transcript narrative. Each learning experience will be marked with a short descriptor and the target focus. At the end of the descriptor there will be a mark indicating if the student met the objective of the course (Meets) or not (Does Not Meet). Successful completion of RISE each year is a CVU graduation requirement. Students who fail to successfully complete their RISE seminars (for either or both of skills and absence issues) will need to meet with the administration to create an alternative plan.

#### **SAMPLE SEMINAR DESCRIPTION:**

##### **Tolkien's *The Silmarillion***

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“All we have to decide is what to do with the time that is given us.” So says Gandalf in Tolkien’s fantasy world of Middle-earth. Do you love *The Hobbit* and *The Lord of the Rings*? Have you always wanted to understand the backstories and histories of the high elves, and the founders of the realms of humankind? Then spend your RISE time reading and discussing *The Silmarillion*, Tolkien’s Middle-earth creation story.

*Transferable Skills Standards: R&ICd and I&ITc*

#### **SAMPLE TRANSCRIPT NARRATIVE:**

**Tolkien's *The Silmarillion*** - I analyzed tropes, symbolism, and allegory in the fictional mythology of Middle-earth and took intentional steps to contribute as a member of a literary community. **(Meets)**

\*A full listing of standards used for RISE follows this page.

## RISE Standards KEY

### *Self Direction*

- a. Take initiative in, and responsibility, for learning.
- b. Demonstrate a growth mindset by persevering when challenged.

### *Responsible and Involved Citizenship*

- a. Take responsibility for personal decisions and actions.
- b. Understand, evaluate, and act on the civic dimensions of individual and public issues.
- c. Understand and examine social and cultural diversity.
- d. Demonstrate a commitment to community and personal wellbeing.

### *Creative and Practical Problem Solving*

- a. Generate a variety of solutions, supported by evidence.
- b. Interpret information and derive meaning through the use of inference, empathy, metaphor, or imagination.
- c. Frame questions, make predictions, experiment with possibility, and design strategies
- d. Develop and use generalizations, models, or abstractions.
- e. Set goals, make informed decisions, and take constructive risks.

### *Clear and Effective Communication*

- a. Understand and use discipline-specific vocabulary.
- b. Demonstrate organized and purposeful communication.
- c. Adjust communication to suit the purpose, context, and audience.
- d. Demonstrate standard conventions of expression including oral, written, performed, and emerging technologies.
- e. Participate and collaborate effectively and respectfully to enhance the learning environment.

### *Informed and Integrative Thinking*

- a. Use evidence and reasoning to effectively support ideas or solutions.
- b. Identify main and supporting ideas, patterns, trends, clues and relationships in sources of information.
- c. Analyze, evaluate, and synthesize information and perspectives to build understanding.
- d. Evaluate the accuracy, bias, and usefulness of information.

**Seminar Offerings by Area of Focus & Time of Day**  
**(seminars may be linked to up to three topic areas):**

**ALL DAY SESSIONS**

**Athletics/Health**

Adventure Buddies  
Bike Vermont  
Canoeing & Camping 101:  
    a Gateway to Your Mind  
Hiking Vermont's Long Trail  
On the Fly: Fly Fishing  
Sustainable Agriculture  
Wilderness Leadership  
    and NOLS Wilderness First Aid

**Community Engagement**

Sustainable Agriculture

**Culinary**

Sustainable Agriculture

**Culture/Language**

French Cabaret!

**Life Skills**

Adventure Buddies  
Canoeing & Camping 101:  
    a Gateway to Your Mind  
Intro to College and Careers  
What's Next?: Transition to College

**Music/Theater/Performing Arts**

Band Trip Intensive  
French Cabaret!

**Outdoor Adventure**

Bike Vermont  
Canoeing & Camping 101:  
    a Gateway to Your Mind  
Hiking Vermont's Long Trail  
On the Fly: Fly Fishing  
Sustainable Agriculture  
Wilderness Leadership  
    and NOLS Wilderness First Aid

**Science**

On the Fly: Fly Fishing  
Sustainable Agriculture

**Service**

Bike Vermont  
Wilderness Leadership  
    and NOLS Wilderness First Aid

**Social Studies**

Studying Conflict and Peacebuilding  
    in Washington, DC

**Visual Art/Design**

French Cabaret!  
Painting Outdoors

**See next pages for  
MORNING & AFTERNOON SESSIONS>>**

## **MORNING SESSIONS**

### **Athletics/Health**

American Red Cross Lifeguarding Certification  
Bikram Yoga  
Experiential Wellness  
Exploring Adventures in Golf "FORE!"  
    True Beginners  
Varsity Ropes Course

### **Business**

Voiced Action = Passion

### **Community Engagement**

Crafting in Vermont  
Knitting for a Cause

### **Craft**

Crafting in Vermont  
Eco-Printing  
Knitting for a Cause  
Upcycled Clothing

### **Culinary**

Art of Bread Making/Pizza Extravaganza  
Kitchen Catwalk: Social Media  
and the Young Foodie  
Lipsmackin' Backpackin':  
    How to Cook on the Trail

### **Culture/Language**

Cultural Immersion  
Thoughtful Masculinity  
Women in Hindu Mythology:  
    The Feminine Shakti

### **Design/Technology**

Junk Band

### **Film/Media**

Kitchen Catwalk: Social Media  
    and the Young Foodie  
On the Air: Storytelling through Podcasting  
"On Wednesdays We Wear Pink"

### **Games for Mind and Camaraderie**

Board Games and Card Games

### **Life Skills**

Art of Bread Making/Pizza Extravaganza  
Boater Safety and Skills  
Voiced Action = Passion

### **Literature/Writing**

On the Air: Storytelling through Podcasting  
Writing in the Woods

### **Math/Computer Technology**

Board Games and Card Games  
On the Air: Storytelling through Podcasting  
Wolfram|Alpha Unveiled

### **Music/Theater/Performing Arts**

Bob Dylan, NWA, and Kendrick Lamar:  
    a History of American Protest Music  
Junk Band  
Varsity Hip Hop: The Culture and Creation

### **Outdoor Adventure**

Boater Safety and Skills  
Exploring Adventures in Golf "FORE!"  
    True Beginners  
Lipsmackin' Backpackin':  
    How to Cook on the Trail  
Reading Vermont Landscapes  
Varsity Ropes Course  
We're Outdoors with Vermont's Fish and Wildlife

### **Science**

Farmer for Three Weeks: VYCC Farm  
Reading Vermont Landscapes  
Watershed of Lake Iroquois

### **Service**

Farmer for Three Weeks: VYCC Farm  
Knitting for a Cause

### **Social Studies**

A (Brief) Survey of WWII Military History  
Bob Dylan, NWA, and Kendrick Lamar:  
    a History of American Protest Music  
Cultural Immersion  
"On Wednesdays We Wear Pink"

**MORNING SESSIONS continue >>**

### **Social Studies (Continued)**

Varsity Hip Hop: The Culture and Creation

Women in Hindu Mythology:

The Feminine Shakti

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### **Visual Art/Design**

Black and White Photography

Crafting in Vermont

Kitchen Catwalk: Social Media

and the Young Foodie

The Art of Being Mindful

Working in the Abstract

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## **AFTERNOON SESSIONS**

### **Athletics/Health**

Focus on Fitness

Just Breathe

Non-intimidating Fitness for Fun

Sports Analytics

Time to Think Inside the BOX:

an Introduction to CrossFit

### **Business**

Start it Up!

### **Community Engagement**

Adopt a Grandparent

Exploring and Volunteering with Green

Mountain Habitat for Humanity

### **Craft**

Natural Dye Foraging for Fiber and Textiles

Paint, Ponder, and Pen

Trouser Transformation

### **Culinary**

Creating Mexican Street Food

Italian Desserts and Pastries

### **Culture/Language**

Creating Mexican Street Food

Got German?

Food and Culture

French and Spanish Speaking

Cultures: a Sampling!

Italian Desserts and Pastries

### **Design/Technology**

WILDTHING!: Helping Kids in Need

### **Film/Media**

Loving Vampires: an Undead Obsession

Understanding the 90's Through *Seinfeld*

Sci-Fi Before & Beyond!

### **Games for Mind and Camaraderie**

Designing Crossword Puzzles

Developing an Analytical Approach to

*Magic: The Gathering*

### **Life Skills**

Just Breathe

Minimalism: Pathway to Freedom

Non-intimidating Fitness for Fun

Start it Up!

### **Literature/Writing**

Designing Crossword Puzzles

Graphic Novella

Music as Poetry

Paint, Ponder, and Pen

Tolkien's *The Silmarillion*

### **Math/Computer Technology**

Developing an Analytical Approach to

*Magic: The Gathering*

Sports Analytics

## **AFTERNOON SESSIONS continued>>**

**Music/Theater/Performing Arts**

Music as Poetry  
The History of Rock and Roll:  
Put it Up to Eleven

**Outdoor Adventure**

Bird Doggin'  
Can I Eat That?: Responsible Foraging  
in the Vermont Landscape  
Outwit. Outplay. Outlast.

**Science**

The Science Behind the Yellow Tape  
Veterinary Medicine on the Farm  
Wildlife Biology

**Service**

Adopt a Grandparent  
Exploring and Volunteering with Green  
Mountain Habitat for Humanity  
WILDTHING!: Helping Kids in Need

**Social Studies**

Crash Course: Art History  
Food and Culture  
Outwit. Outplay. Outlast.  
Sports Analytics  
The Big Questions  
The History of Rock and Roll:  
Put it Up to Eleven  
Understanding the 90's Through *Seinfeld*

**Visual Art/Design**

Crash Course: Art History  
Graphic Novella  
Paint, Ponder, and Pen

See next pages for  
DETAILED DESCRIPTIONS OF ALL SESSIONS>>



## Seminar Offerings listed Alphabetically with Description

*\*please note: students will enroll in two half-day sessions or one full-day session. Some of these offerings are full-day, some require travel, some have skills prerequisites. Please read the descriptions carefully.*

### A (Brief) Survey of WWII Military History

- 

We are still living with the legacy and the results of these climatic years. Understanding them and their ramifications are essential to understanding today's world. We will examine the strategic considerations of the main combatants from Pre-1939 to Post 1945 and replicate some of the major tactical actions that took place in the European and Pacific theaters of operation. Classroom units will be augmented by readings, videos, photography, and podcasts."

*Transferable Skills Standards: SDA and C&PPSc*

### Adopt a Grandparent

- 

"[My adopted grandmother] is 60 years older than I am, and we've become friends. I have grandparents in China, I miss them, and I thought how lonely and boring it might be to be older and not living at home. I would want companionship and someone to visit and make me happy."

– Morgan Chen, a former Adopt-A-Grandparent volunteer at the University of Virginia

Spend time with local seniors getting to know them by engaging in games, activities and conversations. As a community, let's make sure our seniors know how special they are to us!

*Transferable Skills Standards: R&ICd*

### Adventure Buddies

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Get in the saddle, on a bus, on a trail and into our fantastic community! Students will spend two weeks learning how to travel in our community and connect the many bus routes, walking trails, and bike paths in our local community. Every day will be a new destination and activity: Bocce at Oakledge, Picnic at Rockpoint, Scavenger hunt on Church Street, Ferry Ride to Essex, NY, community art project...we have so much fun in store! This is an all day option.

*Transferable Skills Standards: R&ICd*

### American Red Cross Lifeguarding Certification

- 

Learn how to effectively prevent and respond to water emergencies with the American Red Cross lifeguard training. The certification includes First Aid and CPR/AED training, is valid for two years upon completion and is accepted nationwide.

Prerequisites: Students must be 15 years old by the last day of the course and demonstrate proficiency in pre-course swimming skills (300 yard continuous swim, treading water for 2 minutes, retrieval of a 10 lb brick from 5 feet of water in 1 min 40 seconds or less).

**Pre-course swimming date: Monday 5/13 8-9 am (attendance mandatory).**

This course involves 7.5 hours of online content outside of the class meeting time. Students must demonstrate proficiency in all final rescue skills scenarios and pass both the CPR/AED and Lifeguarding Skills written exams with a minimum grade of 80%. Student Fee: \$225 (scholarships available).

*Transferable Skills Standards: R&ICa*

### Art of Bread Making / Pizza Extravaganza

- 

If you could only have one food, what would it be? If bread is the answer, this course is for you. Learn how to make your own bread from scratch including an all-time favorite: pizza! Learn all you KNEAD to know about leavening, measuring, mixing - and more - to make the dough RISE in this hands-on seminar.

*Transferable Skills Standards: R&ICd*

### Band Trip Intensive

- 

The first six days will be immersive study of band literature in preparation for two travel opportunities. On Friday, June 7, the ensemble will participate in the Trills and Thrills Festival in Lake George, NY. On Monday-Wed, June 10-12, the ensemble will travel to NYC to experience an exchange performance, a masterclass, and see some professional performances. The cost for this course is estimated at \$600. Some fundraising will be available. *Previous experience in a CVU band or comparable large ensemble experience on a band instrument is a prerequisite.*

*Transferable Skills Standards: SDa and C&ECd*

### Bike Vermont

- 

Do you have an interest in biking and want to explore Vermont's dirt and paved roads as well as trail systems? This course is designed for all biking styles and abilities. Our days will include workshops on trail etiquette, reading trail maps, bike maintenance and basic first aid. We will also take daily rides on Vermont roads and trails while including a service component. Bikers will choose their style of riding, design their journey, and plan their trips.

*Transferable Skills Standards: SDa and R&ICd*

### Bikram Yoga

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With the temperature at 105 degrees and 40% humidity, you will get sweaty! The practice of yoga has many benefits including increased flexibility, balance and coordination as well as awareness of the mind-body connection. It is also a natural stress buster and confidence booster. In this course you will learn more about the benefits of hot (Bikram) yoga by practicing in a studio with a certified teacher. This course is appropriate for all levels of fitness and can be especially helpful for competitive athletes looking to achieve peak performance of the body. You will have the opportunity to participate in the standard 90 minute class, shorter 60 or 75 minute classes, and hot pilates. There is a \$30.00 fee for this course. Some scholarships available.

*Transferable Skills Standards: R&ICd*

### Bird Doggin'!

- 

Have a bird dog? Want to hunt? Nothing is better than heading outdoors with your best friend. Learn about flushers, retrievers, and pointers, and how train to them for what they do. Explore different training techniques for the different type of dog you have and the quarry that you are trying to find. You will understand the different birds' natural history and how to recognize and find their habitats.

*Transferable Skills Standards: R&ICd*

### **Black & White Photography** උදා නැව් බැඳීමේ ක්‍රමය



Learn the traditional analog photography process - from shooting 35mm B&W film to printing enlargements in the darkroom. This course is intended to introduce students to b&w photographers and film based photography processes. With an emphasis on fine art photography students will spend time composing and shooting 35mm film before learning to develop film and print enlargements in the darkroom. No prior experience necessary.

*Transferable Skills Standards: SDa*

### **Board Games and Card Games: Chance or Skill?** උදා නැව් බැඳීමේ ක්‍රමය



Ever wondered which games are skill, which are chance and which are a combination of the two? Set your hypothesis, play the game, and reflect on the game play. In the process, we will learn about probability behind the games and bluffing. Learn about how to work with your teammate(s) and against your opponent(s).

*Transferable Skills Standards: SDa and C&PPSa*

### **Boater Safety and Skills** උදා නැව් බැඳීමේ ක්‍රමය



Maritime safety is the responsibility of everyone on the water. The majority of boating accidents occur due to inexperience and lack of knowledge about safe boating. These accidents involve all types of boaters; paddlers, sailors and power-boaters. The purpose of this RISE course offering is to teach boaters the key aspects of boater safety. Participants will participate in both classroom and on-water learning experiences.

*Transferable Skills Standards: SDa and C&ECa*

### **Bob Dylan, NWA, and Kendrick Lamar: a History of American Protest Music** උදා නැව් බැඳීමේ ක්‍රමය



Do you like discussing music, culture and politics? This is the course for you, people! Americans have used song to enact change since the nation's inception. This course will examine the common threads between America's earliest protest songs to its most modern: from Joseph Warren to Kendrick Lamar and beyond. In doing so, the course will also touch upon the historical events that inspired the music: the Great Depression, the Civil Rights era, the Vietnam War, the Cold War, and racial/class strife from 1990-today. Students will practice text and audio analysis and group literary discussion.

*Transferable Skills Standards: R&ICc and I&ITc*

### **Can I Eat That? Responsible Foraging in the Vermont Landscape** උදා {Zxl nni ක්‍රමය



Are you someone who enjoys exploring the woods? Are you intrigued by the idea of surviving in the wilderness? Or, do you worry about how you will feed yourself once the impending apocalypse strikes? Edible plants abound in the Vermont forest for all types of people, from ferns and ramps to berries and cattails. In this class, we will focus on what you can and can't eat from our surroundings, what the nutritional benefits of the different plants are, and how to harvest from the land without harming it. We will create our own guides to the edible Vermont wilderness.

*Transferable Skills Standards: RICd and C&ECa*

### **Canoeing and Camping 101: a Getaway for Your Mind**

- 

In today's world of school, JumpRope, technology and, well, everything coming at you at break-neck speed, there's nothing like paddling down a slow-moving Vermont river to calm your mind and open your awareness to what's around you. Pair this with an evening around a campfire and night sky full of stars and you've got the perfect reset button for life. Welcome to Canoeing and Camping 101: A Getaway for Your Mind.

In this course students will learn: water safety, paddling skills, types of boats and recreation opportunities on local VT waters, basic overnight camping skills, and self-reflection all in the service of breaking away from the seemingly endless stream of news, social media and the pressures of school.

*Transferable Skills Standards: R&ICd*

### **Crafting in Vermont**

- 

Students will explore the history and impact of the diverse local crafters and artists in the state of Vermont for information and inspiration to create an artistic craft of their own.

Students need only the following:

- Curiosity to explore and meet or chat with local crafters and artists.
- Willingness to develop creative ideas.
- Interest to create a tangible craft or piece of art with other "crafters" in a shared setting.

*Transferable Skills Standards: SDa and SDb*

### **Crash Course: Art History**

- 

Ever been to a museum? Do you want to? Or is it just a boring place you get dragged on field trips and family vacations? Either way, this is the course for you! In this course we will look at some of the most important paintings and artistic movements in Western culture. We will spend time in class viewing and discussing works of art, and what they reveal about the culture from which they come. We will enrich our learning through several field trips to museums, including a day trip to Boston. The second week of class, students will spend their time completing a hands-on work of art that visually demonstrates a thematic interest (gender, war, sex, nature) over time along with their own personal artistic expression of that theme.

*Transferable Skills Standards: SDa*

### **Creating Mexican Street Food**

- 

Learn to make Mexican street food - tacos, tamales, quesadillas, panuchos, chalupas, and more! We'll prepare authentic dishes as we explore regional differences and get to know our chiles and salsas. Most of the prep and cooking will take place outside, rain or shine, with minimal infrastructure (think: tarp, propane burner, and a bucket to wash dishes in), so come prepared to be flexible, listen to good music, eat delicious food, and have fun!

*Transferable Skills Standards: SDa*

### **Cultural Immersion** ʔú2 nxl b` @yytɪl Å



Get out of your bubble and explore how other people live.

This course will first allow you to think and reflect upon who you are. Then we will begin exploring some other cultures and religions. Possible cultures and religions we will immerse ourselves in are: Abenaki, Chinese, Vietnamese, Nepali, Quebecois, Islam, Judaism, and others. We will learn about these other cultures in many ways, including: making and eating food, field trips to places of worship, guest speakers, videos, music, dancing, and more.

*Transferable Skills Standards: R&ICc and I&ITc*

### **Designing Crossword Puzzles** ʔú\* ʔZxl nnl @yytɪl Å



What's a nine-letter word for fun? CROSSWORD!

In this course, we'll solve and analyze different types of crossword puzzles and learn the process of how they're designed (including the use of software). We'll then create our own puzzles.

If you enjoy playing with words and their meanings, come on DOWN (and ACROSS) and give it a try.

*Transferable Skills Standards: SDb and C&PPSa*

### **Developing an Analytical Approach to Magic: The Gathering** ʔú\* ʔZxl nnl @yytɪl Å



*Magic: The Gathering* is a fun and complex game. Join us to deepen your connection to both aspects!

Whether a first-time player or a seasoned veteran, learn to advance your skills in deck-design, play sequencing, intricate combat situations and many more critical and nuanced elements of Magic. Best of all, enjoy opening some booster packs, challenging your classmates, and becoming a student of the game!

*Transferable Skills Standards: SDa and I&ITa*

### **Eco-Printing** ʔú2 nxl b` @yytɪl Å



Eco-printing is a technique where plants, leaves, flowers, fruits leave their shapes, color, and marks on fabric. Learn various techniques to transfer nature's pigments to T-shirts, scarves, fabric and paper. These contact prints are referred to as "eco-prints" where each piece is unique and one-of-a-kind. We will also take a "field trip" to get clothing to "upcycle".

*Transferable Skills Standards: SDa and C&PPSa*

### **Experiential Wellness** ʔú2 nxl b` @yytɪl Å



In this RISE workshop, we will explore a variety of wellness activities both in and out of CVU. Activities will include yoga, meditation, CrossFit, paddle boarding, and at least one full-day hike. We will travel to various locations to participate in these activities. Students will reflect on their process through journal writing after each session.

*Transferable Skills Standards: SDa*

### **Exploring Adventures in Golf “FORE!” True Beginners**

-  

Get the ball rolling! We'll help TEE up the skills, knowledge, rules, and etiquette of the great game of golf. Students new to the sport will learn about the basics of this lifelong activity to prepare you to play at golf courses in your hometown and around the world! Players will practice at CVU and local driving ranges and golf courses. We'll provide the golf balls and clubs (if needed); you bring the motivation and willingness to try something new!

*Transferable Skills Standards: SDa*

### **Exploring and Volunteering with Green Mountain Habitat for Humanity**

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How does homeownership help a person gain strength, stability and self-reliance? Green Mountain Habitat for Humanity helps make homeownership a reality for low-income, working families in Chittenden County. Together we will explore the process that families go through to receive a house, how Green Mountain Habitat meets their requests, and volunteer with the organization to see how we all can help give those in need a “hand up” towards owning their own home.

Students who participate in this class will need to be 16 years old by the time this class starts in order to volunteer at the ReStore and 18 years old to volunteer on the construction site.

*Transferable Skills Standards: SDa*

### **Farmer for Three Weeks: VYCC Farm Volunteer**

-  

Do you want to get out and get your hands dirty? Are you interested in where your food comes from and how farmers produce it? Come volunteer with us at the Vermont Youth Conservation Corps farms in Richmond, and dig right in! We will be getting our hands in the soil daily. Students involved in this volunteer session will be working on many projects ranging from seeding, transplanting, and weeding/hoeing -- typical spring type farming activities. We would also have time to discuss those topics around agriculture. Vegetables grown on the Richmond campus go into the Health Care Share, a food donation program for local families. The VYCC farm mission states, “The Food and Farm Program empowers youth to unite with their community to address the complex issues of hunger, nutrition, food access, sustainable agriculture, and responsible land use,” and we will do our best to help fulfill that mission.

*Transferable Skills Standards: R&ICd*

### **Focus on Fitness**

-  

Do you want to get in better shape but can't find the time?

This course will expose you to many different types of physical activities that will improve your overall fitness. Along the way, you will set goals, learn about nutrition, and maybe even find your passion for fitness! Physical activities may include walking, running, hiking, crossfit, weightlifting, and obstacle courses. This course will be tailored to the individual-all fitness levels welcome!

*Transferable Skills Standards: SDb*

## **Food & Culture**

-  

“Food is a central activity of mankind and one of the single most significant trademarks of a culture.”

--Mark Kurlansky

This course will dig into the connection between what we eat and who we are. We'll examine cross-cultural customs around food production, preparation and consumption and look at the way historical factors, such as politics, economics, ethnicity and religion, have shaped what we eat today. We'll analyze how individuals and communities identify themselves and their culture through food.

*Transferable Skills Standards: R&ICc and I&ITb*

## **French and Spanish Speaking Cultures: a Sampling!**

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Come and sample a little French and Spanish speaking cultures! We will explore art, music/dance, film (with subtitles), and food!

*Transferable Skills Standards: SDa and R&ICc*

## **French Cabaret!**

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Do you want to explore French, being a cabaret performer, musician, playwright, designer, technician, director, or choreographer? If so, this is the RISE opportunity for you! Participants will choose an area of focus from the list below and collaborate on making a delightful French entertainment. Tout le monde est bienvenu!

PERFORMING - acting, singing & dancing; musical accompaniment

FRENCH - cabaret culture, history, language through song; scripting

THEATRE DESIGN - costuming ; scenery & props ; lighting, sound, projection

THEATRE PRODUCTION - playwriting, stage management ; technical crew ; marketing

*Transferable Skills Standards: SDa and C&ECe*

## **Got German?**

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Sprichst du deutsch? Would you like to learn? This is an introduction to the German language. You will acquire basic vocabulary and structures to exchange information about yourself, relating to name, age, origin, family and interests. You will also learn basic vocabulary to tell time, order food, tell a little story, talk about the weather, and describe yourself.

*Transferable Skills Standards: R&ICa and C&ECa*

## **Graphic Novella**

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Who needs the Marvel Universe when you have your own universe of characters, ideas, and plots? Start with a character/alter- ego or a tale you want to tell and tell your story with pictures. Learn basics: how to create clean, appealing imagery, how to lead the eye across the page, and how to simplify your visuals. You don't need to be into fantasy or superheroes.

*Transferable Skills Standards: SDb*



### **Hiking Vermont's Long Trail**

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We are out of here! This course takes us off the grid, into the Green Mountains, to hike a section of the Long Trail. We will take a couple of days to plan and prepare for our adventure. Then we will head to the trail where we will embark on an adventure that takes us out of the comforts and trappings of our daily lives and provides a landscape where we can connect with ourselves and the beauty of Vermont.

*Transferable Skills Standards: R&ICa*

### **Intro to College and Careers**

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This course provides students with the opportunity to explore the college experience within the context of their future career goals. Students reflect upon their strengths, interests, values, and goals by focusing on three key questions—Who am I? What are the habits of effective people? What will I do after high school?—and learn about the expectations necessary to succeed in academic and professional settings. In addition to the core curriculum, students will complete four or more modules on a variety of topics, such as time management, test taking, personal budgeting and communication skills. The course will also include college visits to better understand different college environments and begin to understand personal preferences. This seminar offers Dual Enrollment credit in partnership with CCV.

*Transferable Skills Standards: SDb and R&ICd*

### **Italian Desserts and Pastries**

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Explore the regions, authentic ingredients and traditions behind some of Italy's most delectable desserts and pastries. Students will have the opportunity to get in the kitchen and create beautiful and edible treats from all over Italy.

We will learn from where frittelle hails and when it is typically eaten, why Italians eat panettone at Christmas and the different ways to spice up your cannoli. If your taste buds aren't watering yet, we will also work with a local gelato shop to learn the art of making this famous Italian treat.

*Transferable Skills Standards: R&ICc*

### **Junk Band**

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Explore building and inventing percussion, wind, and string instruments using a variety of recycled and unconventional materials. We will investigate the qualities of pitch, volume, rhythm, and timbre with the instruments we create and work toward a final composition and performance.

*Transferable Skills Standards: SDa*

### **Just Breathe**

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Has life ever gotten so busy that you feel like you can't even stop to catch your breath? Learn about the benefits of using mindfulness and breathing strategies to reduce stress, understand the brain/heart/breath connection, and of course put the theory into action.... Just... Breathe...

*Transferable Skills Standards: R&ICd*



### **Kitchen Catwalk: Social Media and the Young Foodie**



Using just your phone, you're going to explore the delicious world of food styling and photography. We'll analyze Instagram, blogs, magazines, and cookbooks for inspiration and tips, meet with experts in the field, and experiment with props, lighting, and venues, all in service of creating real and delicious stories with local food. You'll also, of course, get to cook and eat.

*Transferable Skills Standards: SDa*

### **Knitting for a Cause**



Put your knitting skills to philanthropic use by identifying a worthy cause for which you can knit something special. In this guided course, you will drive your own creativity through choosing a pattern and yarn during a field trip to a local yarn store, and knitting a small project of your choice that fills a need in our community. Once a project is established, you will work independently at your own pace, with advice or guidance from the instructor whenever you need it. Students are welcome to knit alone, or as a group in the classroom.

Prerequisite: Basic knitting skills such as how to hold knitting needles, and forming knit and purl stitches.

*Transferable Skills Standards: R&ICd*

### **Lipsmackin' Backpackin': How to Cook on the Trail**



No kitchen? No problem. Don't settle for granola bars and freeze dried. In this course, you'll learn the ins and outs of cooking in the backcountry—everything from planning and packing to preparing mouthwatering meals on any kind of stove. We will take short half-day hikes and then practice our favorite recipes in the woods.

*Transferable Skills Standards: SDb*

### **Loving Vampires: an Undead Obsession**



What is the role of Vampires in popular culture (TV, Film, & Literature)? More than any other symbol Vampires have captured the interest of the masses. We love them and we hate them but most of all we are obsessed with them. Students can expect to learn about the origins of the Vampire Myth while also exploring how vampires are portrayed in popular Television shows, Films and Literature.

*Transferable Skills Standards: R&ICc and I&ITc*

### **Minimalism: Pathway to Freedom**



Why do we take vacations? Relaxation? Adventure? Culture? Maybe, but maybe also to get away from our STUFF! Think about that light, airy feeling when you first walk into a hotel room that has only what you need and nothing that you don't. Am I right?

Minimalism is an emerging lifestyle that, above all else, can set you free. Collect experiences instead of things, limit possessions to items that bring you joy or get used regularly, eliminate the stress of clutter, reduce your carbon footprint, and conserve financial resources to live well and securely with less.

*Transferable Skills Standards: R&ICd*

### **Music as Poetry**

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Kendrick Lamar, the "greatest living rapper," won the 2018 Pulitzer Prize for music—a win largely attributed to the gravity and craft of his lyrics. So, what makes music poetry? Why do we feel a connection with certain songs or artists? How can we train ourselves to listen not only for rhyme and rhythm, but with a critical literary ear? In this course, you will gain an appreciation for modern music and the poetic devices within.

*Transferable Skills Standards: SDa and C&ECa*

### **Natural Dye Foraging for Fiber and Textiles**

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Foraging the grocery store, the kitchen, and the trails nearby, this class will teach how to use easily found items to naturally dye fiber and textiles. We'll experiment with different materials and techniques to dye yarn and material, as well as explore the history of dyeing and plan projects for your newly dyed items.

*Transferable Skills Standards: SDa*

### **Non-Intimidating Fitness for Fun**

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For those who identify as female or non-binary/non-gender conforming, and who know they need to exercise but have never found what trips their trigger... this course is for YOU! We will work together to make healthy eating choices, explore weights in the fitness center and try a variety of exercise classes to see what works best for you. Our goal is to spend time together improving our overall health and fitness in a fun and supportive group.

*Transferable Skills Standards: SDb*

### **On the Air: Storytelling Through Podcasting**

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Do you have a story to tell? The last few years have seen a massive rise in the popularity of podcasts. Smash hits like NPR's *Serial* and Marc Maron's *WTF* have captured public attention and encouraged thousands of people to get on the air and tell their own stories. Why not YOU next? Join us as we write, edit, and produce our own podcasts. No experience necessary.

*Transferable Skills Standards: SDb*

### **On the Fly: Fly Fishing**

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Have you ever wanted to age yourself by 30, 40, or maybe even by 50 years? Fly fishing can do that and much more. In this RISE experience learn how to cast and rig a fly rod, fly tie, map fish position, understand fish behavior, identify insects as well as demystify stream etiquette.

*Transferable Skills Standards: R&ICd*

### **"On Wednesdays We Wear Pink."**

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Explore societal norms from the late '90's to early 2000's through the viewing of popular titles such as *Mean Girls*, *Clueless*, *Gossip Girl*, and many others! Join us for this winning combination of teen dramedy and provocative discussion.

*Transferable Skills Standards: R&ICc and I&ITb*

### **Outwit. Outplay. Outlast.**



In the summer of 2000, Survivor became a reality television phenomenon. There is a lot to learn from this enduring competition such as basic survival skills, physical and mental toughness, teamwork, and the social game. After initially acting within a team with survival and engineering challenges, you will be put to the individual test, mentally and physically. Eventually, there will be one sole survivor from our own social experiment in this half-day campus experience.

*Transferable Skills Standards: R&ICa*

### **Paint, Ponder, & Pen**



Painting AND Poetry? It's a win/win combination! The focus of this school-appropriate twist on the "Paint & Sip" phenomenon is to encourage all students, regardless of artistic or writing ability, to engage in "Paint, Ponder, and Poetry" activities, where they will be asked to think about varied subject matter, paint it, and then write about it using various forms of poetry, including haiku, acrostic, tanka, ballad, limerick, ode, sestina, sonnet, and free verse. The culminating activity will be a field trip to Burlington's "Paint & Sip" studio, where students will sip on age appropriate beverages and create one last "masterpiece."

*Transferable Skills Standards: SDb and C&PPSb*

### **Painting Outdoors**



Plein-air painting is the art of painting outdoors. Follow in the footsteps of Claude Monet and the Impressionists as we head outside with our paints and canvases. During this full day workshop, we will be using a variety of media (watercolor, gouache, water-based oils) to paint local landscapes from observation. There will be some off-campus travel. This workshop is designed for students who have an interest in art and the outdoors.

*Transferable Skills Standards: SDb*

### **Reading Vermont Landscapes**



Learn how to read Vermont landscapes and figure out the ways it has changed over time. Through spending time outside collecting data and making field observations, you will explore the different processes and events that have shaped Vermont over time, while gaining a deeper understanding of the ways in which geology, watersheds, plants and animals are connected within a place.

*Transferable Skills Standards: SDa and I&ITa*

### **Sci-Fi Before & Beyond!**



Explore what makes Sci-Fi engaging to so many people. Share and/or discover your favorites! Watching many movies in CVU's big screen theater will be combined with inevitably lively discussions. We will watch early, classic, & contemporary movies (and shows) and trek to Ticonderoga for the Star Trek Original Series Set Tour.

*Transferable Skills Standards: SDa and I&ITa*

### **Sports Analytics**

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Sports analytics refers to the use of data and quantitative methods to measure performance and make decisions to gain advantage in the competitive sports arena. More and more, analytics influence decision making. In this course, we will ask questions like: How can I win my fantasy league? When should you punt? When should you foul? What IF? Come ready to apply your critical thinking skills to answer key questions that players, coaches, and managers have to make on a daily basis. No prerequisite sports knowledge required, just an interest in problem solving.

*Transferable Skills Standards: SDa and I&ITa*

### **Start It Up!**

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Start it Up! simulates life in a startup by providing participants a hands-on approach to team-based problem solving, ideation, and business model development. The goal is for teams to create, test, and pitch a viable product and/or service, using the Business Model Canvas as a tool for business development. This RISE offering will include field trips to local businesses and guest speakers.



Define



Create



Validate



Build



Pitch

*Transferable Skills Standards: R&ICb and I&ITa*

### **Studying Conflict and Peacebuilding in Washington DC**

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From 1933 to 1945 the US and the world failed to take meaningful action as 11 million people were victimized by the Nazis. What can we learn from those mistakes that could help us avoid future mass atrocities and genocides? If you are interested in politics, human rights, or how to become an effective peacebuilder, come join us for this RISE experience. We will begin with an orientation at CVU, travel to Washington, DC for four days of activities, and then return to CVU to apply and share our learning. This is a full day RISE experience. Students would take just this course and not be enrolled in a second RISE session. Current or former HPAC students would have priority, but this RISE is open to all 11th and 12th graders. There will be a cost associated with this trip (approximately \$450).

*Transferable Skills Standards: R&ICb and C&PPSa*

### **Sustainable Agriculture**

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What is sustainable farming? How does what we eat connect to environmental sustainability? The program is designed for people interested in immersing themselves in sustainable, local food systems in a hands-on educational setting. In this full-day experience, we will explore environmental sustainability by visiting small, diversified farms that employ practices that work to improve soil, water and air quality, sequester carbon and increase biodiversity. We will hear from expert farmers and get our hands in the soil at all levels of food production from seed to plate. An emphasis of this experience will also include cooking and eating locally and in season as we work to improve planetary and personal health.

*Transferable Skills Standards: R&ICd*

### **The Art of Being Mindful** ʔ'ú2 nxl b` 'Zyytɪl Å



Are you interested in developing mindfulness practices? Do you enjoy painting or crafting? In this course we will explore our own inner landscape of heart and mind through the use of mindful practices and combine the love of creating to create a unique piece of art.

*Transferable Skills Standards: SDa*

### **The Big Questions** ʔ'ú° ʔZxl nnl 'Zyytɪl Å



Philosophers ask and seek answers to important questions about the fundamental nature of reality. We have the opportunity to explore alternative perspectives on the purpose of our lives. This creative introduction to philosophy and the workings of our minds explores the “great ideas” of history: from Socrates and Confucius to Nietzsche and Harari.

While focusing on great thinkers like Buddha and Aristotle, we gain insights into how we live today. We will explore questions like: “What does it mean to be human”?, “Who am I”?, “Do we have free will”?

*Transferable Skills Standards: SDa and I&ITa*

### **The History of Rock and Roll: Put It Up To Eleven** ʔ'ú° ʔZxl nnl 'Zyytɪl Å



Throughout the history of the United States post-World War II, a hidden hand has propelled thought, inspired action and given voice to the voiceless, underheard or oppressed: rock music. Rock music has soundtracked violent conflict, peaceful protests, massive cultural shifts and inspired professionals ranging from politicians to scientists. This course will analyze the progression of rock music as a cultural force throughout civilizations, highlighting movements in culture propelled by music from the significance of Elvis Presley merely shaking his hips, to the advent of music as a cultural community in and of itself via the Grateful Dead to the improbable rise of the politically charged Hardcore that inspired Grunge.

*Transferable Skills Standards: SDa and I&ITa*

### **The Science Behind the Yellow Tape** ʔ'ú° ʔZxl nnl 'Zyytɪl Å



We've all seen forensic scientists on TV, but what do they really do? Step behind the yellow tape and explore some of the scientific techniques involved in crime scene evidence collection and analysis. Perform techniques such as fingerprint collection, blood spatter analysis and crime scene mapping. Explore case studies and the use of evidence in the outcome of the case.

*Transferable Skills Standards: SDa*

### **Thoughtful Masculinity** ʔ'ú2 nxl b` 'Zyytɪl Å



Is it okay for a man to wear pink? Is it okay for a man to be a virgin? This class will explore what it means to be male in the US. We will examine the societal pressures that males face, explore the societal and individual consequences of these pressures, and finally investigate and consider alternatives to the cultural norms for a man. This class is open to anyone who would like to better understand our society and examine ways to begin to create changes to our cultural norms.

*Transferable Skills Standards: R&ICc*

### Time to Think Inside the BOX: an Introduction to CrossFit

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Are you interested in starting CrossFit training? This course will give you the opportunity to learn about and experience CrossFit training at a local Box (gym) with your teachers and peers. Together we will learn about the domains of fitness included in CrossFit, what CrossFit competitions are like, goal setting, and how to safely and effectively perform movements used in CrossFit workouts. This course will have an additional fee. Scholarships available.

*Transferable Skills Standards: R&ICd*

### Tolkien's *The Silmarillion*

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"All we have to decide is what to do with the time that is given us." So says Gandalf in Tolkien's fantasy world of Middle-earth.

Do you love *The Hobbit* and *The Lord of the Rings*? Have you always wanted to understand the backstories and histories of the high elves and the founders of the realms of humankind? Then spend your RISE time reading and discussing *The Silmarillion*, Tolkien's Middle-earth creation story.

*Transferable Skills Standards: R&ICd and I&ITc*

### Trouser Transformation

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This seminar will dismantle old clothes and transform them into sturdy tote bags. We will examine a variety of bags, look at the construction and each participant will come up with their own (or shared) design using our old clothes as inspiration.

Instruction on sewing and using the machines will vary depending on level of experience. No sewing abilities? No worries. Participants will walk away from this experience with at least one of their very own creations.

*Transferable Skills Standards: SDb*

### Understanding the 90s Through *Seinfeld*

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What can a show about "nothing" tell us about an entire decade? In this course students will watch multiple episodes of the 90's sitcom "Seinfeld", discuss their significance, analyze varied articles and videos about 90's culture and history, and walk away with a greater understanding of a transitional decade that witnessed the end of the Cold War, and ignited a technological revolution with the birth of the Internet. Also.. we will laugh, because "Seinfeld" is hilarious.

*Transferable Skills Standards: R&ICc and I&ITb*

### Upcycled Clothing

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Upcycling clothing is a creative way of repurposing clothing. Do you have a favorite item of clothing that needs a little updating? Want to take a "Goodwill find" to the next level? Love the fabric of that shirt, but want to turn into something else? Then this class is for you!

**Each student will choose a garment that they see potential in, design a plan and recreate that garment. Reduce, reuse, recycle is in full use in this course.**

*Transferable Skills Standards: SDb*

### **Varsity Hip Hop: The Culture and Creation**



This course is designed to examine Hip-Hop in the Modern World from its origins to its current position worldwide, and examining the structure of lyrics and beat as an art form. The elements of hip-hop—MCing, DJing, and dancing—will be explored in how it pertains to the culture and its overall importance.

*Transferable Skills Standards: RICc*

### **Varsity Ropes Course**



Do you yearn to experience the thrill and excitement of going over the wall again? Are there elements from the ropes course that you never completed and it haunts your dreams? If you answered “yes” to either of these questions, then “Varsity Ropes Course” is the RISE experience for you!

We’ll revisit some classic Project Adventure ropes course activities (as well as PA warm-up games), experience new activities, and test our mettle at Quarry Hill Adventure Course.

*Transferable Skills Standards: RICd and C&ECe*

### **Veterinary Medicine on the Farm**



Are you interested in the science of farm animal care? If so, this is the RISE for you! During this experience we will split our time between a local farm and the classroom.

On the farm we will generate scientific questions through basic animal care like grooming and feeding, as well as veterinary science procedures like genetic testing and immunization.

In the classroom we will be answering those questions by investigating the why and the how of animal care. The classroom time will be personalized based on what each student finds most interesting and engaging on the farm.

*Transferable Skills Standards: SDa*

### **Voiced Passion = Action**



Inspired and designed by students, the VP=A session offers you the resources, time, and learning to create positive change using your most powerful tool: your voice. Participants will learn from local and national experts and develop mini projects such as short films, slam poetry, songs, or dance. You will improve your abilities as a writer, speaker, and creative thinker while exploring your interests and your passion. The VP=A group requires honest, thoughtful, and supportive collaboration.

*Transferable Skills Standards: R&ICb and C&ECc*

### **Watershed of Lake Iroquois**



Examine the ecology of Lake Iroquois through a series of exciting field trips and presentations by local experts on topics such as water quality, invasive species, lake history, and field explorations/monitoring. After being introduced to diverse topics on the ecology of the lake, students will spend the rest of the course examining an ecological area of interest to them. The majority of the time will be spent at Lake Iroquois, students should be comfortable being around water.

*Transferable Skills Standards: SDa*



### **We're Outdoors with Vermont Fish & Wildlife** 2022 nhl b` @Zybnl Å

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Students will be experiencing fishing, hiking, wildlife tracking and interpretation, a full day at Dead Creek (including meeting with a biologist), and two sections dealing with hunter safety education, including possible BB gun firing. The agenda is still being built, but the idea is that the Vermont Fish and Game Wildlife staff will be leading 20 students and a teacher through activities that are outside—rain or shine. Students will be expected to drive or arrange transportation most days. The full day will be on a bus.

*Transferable Skills Standards: SDA and C&ECe*

### **What's Next?: Transition to College** 2022 nhl b` @Zybnl Å

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This course provides students the opportunity to explore the many resources available to students to help them transition to college and be successful. Well over 2/3 of college students indicate that they have felt “homesick” and “lost” on campus. Come learn about strategies for first year success and the many resources available to students on their campus to aid in transitioning into their new college environment. Guest speakers, current college students (former CVU students) and campus visits will help students to learn more about how to self-advocate and transition well to college life. Includes a visit to UVM to explore student supports. You will even get some great tips on how to decorate your college room!

*Transferable Skills Standards: SDb and R&ICd*

### **Wilderness Leadership and NOLS Wilderness First Aid** 2022 nhl b` @Zybnl Å

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“Of all the paths you take in life, make sure a few of them are dirt.” - John Muir  
In this full day offering, students will develop their self-reliance, group-work, and leadership skills in a wilderness setting. They will come to understand the CVU motto of “Take care of yourself, take care of each other, and take care of this place” in a whole new context. Students will become NOLS Wilderness First Aid and certified, do their own leadership inventory and training, hike the trails in the region, and do community service for the Green Mountain Club and Vermont Youth Conservation Corps. Designed for experienced hikers (16 years and older) who hope to lead a group in the future. Student Fee: \$200 (scholarships available).

*Transferable Skills Standards: R&ICd*

### **Wildlife Biology** 2022 nhl b` @Zybnl Å

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Wildlife biologists use nature as a laboratory and combine the principles of biology, chemistry and mathematics to study the diversity and interactions of living organisms in their natural environments. Students will create observational records in the form of a field journal using the Grinnell style. The course will also explore multiple data collection and analysis techniques employed in the field such as use of dichotomous keys, ethograms, and biodiversity measures.

*Transferable Skills Standards: R&ICc and I&ITc*



### **WILDTHING! Helping Kids in Need**



Ever wanted to help kids with disabilities but never knew where to start? Here is an opportunity to start from scratch, converting a PowerWheels WILDTHING toy into a useable, joystick driven wheel chair for young children that have never been able to move on their own. Give the gift of independence. Give the gift of mobility.

NO prior experiences required! Opportunities to work on and learn mechanical, electrical, and programming aspects to a real-world, engineering project that will change the life of a young member of our community.

*Transferable Skills Standards: R&ICd and C&PPSa*

### **Wolfram|Alpha Unveiled**



We've all used Wolfram|Alpha's computational intelligence to answer questions in mathematics, science and technology, society and culture, and everyday life, but what makes the website work? The answer: Mathematica.

Mathematica is a computational programming tool used in science, maths, computing, and engineering.

During this RISE experience we will learn the basics of the cohesive language behind the programming of Mathematica.

Where we go from there depends on you....

*Transferable Skills Standards: SDb and I&ITc*

### **Women in Hindu Mythology: The Feminine Shakti**



This class will explore the diverse and often conflicting roles of women in Hindu mythology, ranging from powerful Goddess to subservient wife and mother. We will examine a variety of sources, including excerpts from classics like the Bhagavad Gita and the Ramayan as well as more modern texts like comics and fables.

*Transferable Skills Standards: R&ICc and I&ITc*

### **Working in the Abstract**



"But nobody is visually naive any longer. We are cluttered with images, and only abstract art can bring us to the threshold of the divine." - Dominique de Menil

Do you yearn to explore true color, shape, and lines? Ever wonder how abstract artists construct their compositions? Drip, pour, mask, drybrush, fingerpaint, and feel your way to a series of abstract works.

Students will choose their own materials and work in a studio where acrylic, watercolor, monotype printing, pastel, and charcoal can be used for unique and personal effects.

*Transferable Skills Standards: SDb*

### **Writing in the Woods**



"Two roads diverged in a wood and I -- took the one less traveled by, and that has made all the difference."

Robert Frost loved to go "botanizing" -- walking through the woods with friends and family to find inspiration in nature. Join us as we study Frost, the person and poet. We will be visiting the Robert Frost Interpretive Trail in Ripton, VT, where we will discuss his work and view it in the woods near where he lived and worked.

Students will then write their own nature poems inspired by Frost's craft and philosophy and create their own interpretive poetry trail in the woods at CVU.

*Transferable Skills Standards: SDb and C&ECc*