

Updated 7/20/20

## Additional Classes: Course Descriptions, 2020-2021

### Acting (Introduction)

Teacher: Will Hahn

Credit: 1

Meets: Spring semester, once weekly (see grid)

Text: TBA (various scene selections based on sign-up and ability. Every effort will be made to not buy texts. Props and costumes will always be optional.

Homework time expectation: 1 hour (memorization of lines, preparation)

Teaching format: We will examine various aspects of acting and rehearse short scenes with an eye toward improving general skills, understanding the joyous challenge that is performance, and readying suitable materials for brief presentations before an audience.

Description: Acting has two connotations which are often wrongly mixed. To some it can mean “faking”, putting on a false front to cover wrongdoing or mislead others. But acting is truly part of performance, the activity in which one consciously presents to others who are conscious of observing. Every human being must “act” in the sense of clearly standing before and communicating with our fellow beings. Being onstage is simply a more direct and pure form of participating in a class discussion, giving a short presentation to business colleagues, calling out a comic chant to encourage a friend, or looking someone in the eye when hard truth needs telling. We are all actors- this class will make us better ones.

This process will be fun. Students will learn about staging, posture, projection, and learn scenes to perform alone or with others. We will aim to perform in the student lounge, and also to stage a night of short one-act style performances..

### Cooking and Nutrition

Teachers: Cindy Delasser & Marlo Hughes

Credit: .25 per quarter

Meets: Once weekly, 3<sup>rd</sup> and 4<sup>th</sup> quarters (see grid)

Materials/Grocery Fee: \$30.00/quarter

Text: 1<sup>st</sup> quarter: *Kid Chef*, ISBN: 978-1-943451-20-3

2<sup>nd</sup>-4<sup>th</sup> quarters: *Betty Crocker Cook Book 1981 Edition*, ISBN-13: 978-0307098221  
(Available on Amazon.com)

Additional required materials: 2” 3-ring binder for handouts

Homework time expectation: 1-2 hours weekly (varies by student)

Teaching format: lecture, hands-on, projects, homework

Description:

- **3<sup>rd</sup> Quarter:** Comfort foods: Making healthy alternatives to our favorite winter foods, balancing meals, etc.
- **4<sup>th</sup> Quarter:** Baking: Breads, cakes, casseroles, etc., & college survival skills

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### **Debate (Fulfills Public Speaking Requirement)**

Teacher: Melanie O'Sullivan

Credit: .5

Meets: **Once** weekly, 1<sup>st</sup> semester (see grid)

**Minimum of 4 students; maximum of 12 students**

Prerequisites: Preferably 11<sup>th</sup> & 12<sup>th</sup> grade, mature 10<sup>th</sup> grade

Required materials: folder for any handouts

Homework time expectation: 1-2 hours weekly

Teaching format: In-class instruction and practice; homework

Description: According to the American Debate League, debate (as well as public speaking) provides students numerous “[L]ife long benefits.” These benefits include the ability to effectively communicate both orally and through the written word, the ability to utilize critical thinking skills, and learning how to effectively research, organize and present a topic.

The purpose of a debate is to convince another person or persons (those with a differing opinion) that you are correct. In this course, students will be provided with a minimum of two debate topics. Students will be divided into “teams” in order to “argue” their team’s opinion (for/against, pros/cons, etc.). Students may not necessarily agree with the opinion assigned to their team, but they will learn to effectively research, organize that research, and present their arguments clearly nonetheless. These will be formal debates, and I will be the moderator.

Respect is of the utmost importance in this class! Not all students may feel comfortable with the public speaking required in a debate, but each and every student will be respected at all times. Lively but respectful discussions and/or disagreements are expected!

### **Health (Fulfills ½ credit required for graduation)**

Teacher: Marilyn Groop

Credit: .5

Meets: Spring semester, once weekly (see grid)

Text: *High School Health for the Whole Person*, available from 7SistersHomeschool.com

<https://7sistershomeschool.com/product/high-school-health-for-the-whole-person/>

Homework time expectation: 1-2 hours per week

Teaching format: Lecture, class discussion, video clips

Description: This class teaches the basics of anatomy and physiology, focusing on prevention and disease processes. A unit discussing mental health will also be taught.

### **Music Theory**

Teacher: Gretchen Lort

Credit: 1

Meets: Full year, once weekly (see grid)

Text: TBD, possibly *Alfred's Essentials of Music Theory*, ISBN-10: 0-88284-897-6  
or ISBN-13: 978-0-88284-897-6

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Homework time expectation: 1-2 hours weekly, depending on music experience

Description: This is a Level I music theory class that will be focused on learning to read music, sight singing, and ear training. Students will learn about various aspects of music such as melody, harmony, texture, and rhythm.

### **Skills for High School Success**

Teachers: Melanie O’Sullivan & Kym Smythe

Credit: .25 per quarter

Meets: Once weekly, quarterly (see grid), Students may take *any or all* quarters

Text: None

Additional required materials: 1” 3-ring binder for handouts; syllabi from other courses taken

Homework time expectation: Less than one (1) hour weekly

Teaching format: Minimal lecture, PowerPoint, handouts, class discussions, Q & A

Description: Mrs. Smythe and Mrs. O’Sullivan each have over 20 years of experience homeschooling their own children and the blessing of teaching other homeschooled students! They have seen many students become overwhelmed by the amount of work and the expectations placed upon them in high school. The skills required to be successful in high school, specifically at Mt. Sophia, do not always come easily. The skills learned in this course will easily transfer to life after high school, be it college, a job, the military and beyond. This course is taught by quarters. Students are free to take any or all quarters.

- **1st Quarter:** Study Skills and Academic Coaching
- **2nd Quarter:** Stress Management and Academic Coaching
- **3rd Quarter:** Time Management and Academic Coaching
- **4th Quarter:** Academic Coaching

### **Unbroken- Life Lessons of Dignity, Hope and Faith**

Teacher: Kym Smythe

Credit: .5

Meets: Spring semester, twice weekly (see grid)

Prerequisites: None

Homework time expectation: 1 hour maximum

Teaching format: Lecture, light homework, discussion, group class activities

Description: This class uses an immersive curriculum, teacher led reading and group discussions to cultivate an environment where students listen to one another and build one another up while exploring the character traits of dignity, hope, and faith. Louis Zamperini’s story of overcoming insurmountable odds in sports, war, imprisonment, socialization and hopeless despair create a springboard for conversations and life changing lessons. Students will learn and be inspired to emulate important life skills that build character, teach resilience, provide hope, and demonstrate forgiveness.