

Electives: Course Descriptions, 2022-2023

Acting Basics

Teacher: Will Hahn

Credit: 1 (Fine Art or Elective)

Meets: Full year, once weekly (see grid), you can sign up for a single semester if desired

Text: TBD (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 reading 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 standing before and communicating clearly 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 simply help us be 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 live at least once per semester.

Cooking and Nutrition

Teacher: Cindy Delasser

Meets: Mondays once weekly, (see grid – there are 2 potential times for the class), you can sign up by quarter if desired

Materials/Grocery Fee: \$40 per quarter.

Requirements: Curriculum will be provided but a pocket folder or binder is needed for handouts.

Time Expectation: 1-2 hours per week outside of class (varies by student)

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

Prerequisite: None

Description:

Quarter 1: Cooking basics: Getting to know the kitchen, measuring, reading recipes, using a knife, food pyramid, comparison shopping.

Quarter 2: Holiday Cooking: Holiday recipes, Making healthy alternatives to favorite recipes, table etiquette/manners, baking skills, homemade gifts.

Quarter 3: Comfort foods : Making healthy alternatives to our favorite winter foods, balancing meals.

Quarter 4: Baking: Breads, cakes, casseroles.

Updated 7/23/22

Daily Cuisine for Independent living

Teacher: Claire Ritter

Meets: Full year, once weekly for 1 hour (see grid)

Required materials: None. I will provide all material students need in the form of handouts and packets of information. There will be a supply (for food items) and copy fee TBD.

Homework time expectation: 2 hours weekly depending on assignments. Some weeks there will be research/writing type assignments, some weeks there will be a recipe assigned to cook at home. So the 2 hours will depend on the assignment.

Teaching format: Brief lecture time then hands on to create the food dishes being discussed.

Description: Regardless of your plans after graduation, at some point you will choose to move out of your childhood home. You will need to figure out how to cook for yourself, usually on a very small budget. Whether you will be trying to figure out what to eat from your dorm room or from your apartment, you will have limited resources (both food staples and money). This class seeks to equip you with the knowledge and recipes to cook for yourself, whether you find yourself unable to handle yet another dining hall meal on your college campus or have no idea how to cook on a limited budget in your new apartment. All students will leave this class with printed recipes and food supply lists.

Discipleship Growing Emotionally Healthy Relationships with God and Others

Teacher: Kym Smythe

Credit: 1

Meets: Full year, once weekly (see grid) (Note: can be taken by semester - Fall - Spirituality Focus, Spring - Relationship Focus)

Text: \$50.00 - Contact Mrs. Smythe @ kymLc@yahoo.com for details

Homework time expectation: 1 hour per week, light reading and journaling, prayer

Teaching format: Lecture, class discussion, video clips

Description: We will read scripture, share in conversation, learn habits to grow deeper in mature, loving relationships with Jesus, others and ourselves. First Semester we'll focus on our relationships with God and explore topics including unhealthy spirituality, our authentic selves in Christ, families, grief and loss, silence and sabbath, and creating a lifelong plan to live in God's love. Second semester, we will focus on relationships with others and explore topics including listening well, clarifying expectations, avoiding assumptions, growing in integrity, "fighting" fairly and effectively, and developing compassion.

Health

Teacher: Marilyn Groop

Credit: .5 (Fulfills ½ credit required for graduation)

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 health course will help teens to develop healthy attitudes and practices while young and to understand 1) how their bodies and minds work which helps them practice prevention of bad habits 2) how to recognize warning signs when something is wrong, 3) the proper functioning of their body and mind, 4) healthy emotions and relationship skills which

Updated 7/23/22

allows them to live and work well in society, and 5) healthy spirituality which prepares them for their own personal walk with God.

*Contact teacher before ordering text and you will be provided with a coupon code.

Music Theory

Teacher: Higo Rodrigues

Credit: 1 (Fine Art or elective)

Meets: Full year, once weekly (see grid) * NOTE: this class meets at Evangelical Presbyterian Church in the hour preceding choir on Monday evening

Text: To be determined

Description: In Essentials of Music Theory students will learn concepts such pitch, rhythm, scales, intervals, chords, and harmony. By the end of the semester students should become knowledgeable and highly skillful at identifying, reciting, and notating fundamental musical symbols, elements, and structures. Students will also begin to gain and articulate an understanding and appreciation of musical structure.

Photography 1

Teacher: Dorie Duquette

Credit: 1 (Fine Arts or Elective)

Meets: Full Year, once weekly (see grid)

Note: A minimum of 5 students required to hold this class; maximum students 12

Lab/Materials Fee: TBD

Text: *Better Photo Basics: The Absolute Beginner's Guide to Taking Photos Like the Pros* by Jim Miotke

Other materials needed: Student must have access to a camera, computer, and internet.

Homework time expectation: 1-2 hours per week outside of class (varies by student)

Teaching format: lecture, homework, projects/papers

Description: Students will learn the basics of photography including: how to compose a shot, how to use lighting, how to edit, and how cameras work. Weekly, digital photographs (homework) will be uploaded by the students to a shared site. In the past, the class has used a Shutterfly group site for submitting homework, but other options are being explored.