



# Experiential Learning 2023

Grades 9-12





## Experiential Learning Program Overview

Course Dates: March 13–17, 2023

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**What is Experiential Learning?** American Heritage School’s Experiential Learning serves as an intensive implementation of the 4R-ing methodology, with the purpose of bridging academic experiences and exploration of real world applications—all in harmony with American Heritage School’s mission statement.

High School Experiential Learning is a five-day course of study devoted to a single subject offered by American Heritage School. During Experiential Learning, regular classes in grades 9–12 are suspended and replaced with project-based and place-based learning experiences in academic fields of interest to AHS students, under the mentorship of experienced AHS instructors, professionals, guest presenters, and practitioners.

The week consists of a focused, single-course format and allows the school to take advantage of community resources, to be responsive to student needs and interests, and to experience a variety of places and styles of learning. Experiential Learning courses may include classes at school, educational field trips and/or guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

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Students and parents choose from a list of offerings provided by the School. Please note that some of the same courses are offered each year and students are only allowed to take the same course one-time during their high school experience. For example, if you had “Mindfulness: Becoming Emotionally Strong” last year, you are not able to take it again. High school students receive a letter grade and .25 credit hours, which are required towards graduation for each year of Experiential Learning Week participation.

**What was the process for developing Experiential Learning?** The initial concept for Experiential Learning came from the FACE Demonstration School, Stonebridge Academy (Virginia), which has a well-developed and highly successful experiential learning program in its high school. However, hundreds of schools around the nation (middle/secondary/post-secondary) use experiential learning programs to improve the quality of the educational experience for students and teachers. In 2013, the AHS Teacher Development and Curriculum Committee proposed Experiential Learning to the Board of Trustees, which approved the pilot program for the 2013–14 year. As with other programs at the School, we have done a significant amount of refining through the years, incorporating significant input from teachers, parents, administrators, and students. More input is welcome as we move forward and improve the program each year.

**When is Experiential Learning?** Experiential Learning Week will be held for Grades 9-12 during the week of March 13-17. These dates were carefully chosen in conjunction with teachers and administration to minimize disruption to continuing curricular programs and courses.

## **What is the learning value of Experiential Learning?**

*Focused Learning.* Experiential Learning enables American Heritage School students to engage in intensive 4R-ing through in-depth research, applied reasoning, personal relating, and careful recording of “real-world” lessons and experiences. Experiential Learning should be a character-building experience and should also require hard work from students.

*Portfolio of Learning.* Experiential Learning culminates in American Heritage style portfolios, notebooks or another method of the 4R-ing Record component. The portfolio or another method of completing the Record component, as is most appropriate for each Experiential Learning option, creates an opportunity for students to create a record of what they have learned and the ways in which that knowledge relates directly to them and can help them be useful in the hands of the Lord. Consequently, portfolios are a key component of the Experiential Learning program.

*Credits & Grading.* High-school credit is awarded to students who participate in and earn passing grades in experiential learning week courses.

**Who is eligible to participate, and what expectations must students meet to participate?** AHS students in grades 9-12 (including AHS Essentials students) are eligible to enroll in Experiential Learning courses offered in 2023. Enrollment is a privilege that will be extended to students who meet basic academic requirements and demonstrate self-government in adherence to the Honor Code. Students are expected to work diligently during Experiential Learning Week. Students must understand that this is not a break from studies; rather it is an opportunity to explore in depth an area of personal interest. The dress code during Experiential Learning Week will consist of the school’s regular uniform, dress uniform (typically for a field learning experience), or spirit apparel, as specified by the instructor.

**Are students required to participate? Can they choose any option?** All full-time students are expected to participate. AHS Essential students are invited but not required to participate. Not all Experiential Learning options will be available to every student every year. Some options may not ultimately carry based upon low enrollment interest, and some students may not be able to register for courses that are already full (priority registration begins with eighth grades first, followed by seventh grade). Academic performance, self-government, or other pre-qualification requirements may also be considerations.

**Can a student participate in Experiential Learning without being enrolled at the school?** No. Students must be enrolled in curricular high school offerings, on-campus to participate.

**What is the cost of this program? How will Experiential Learning Week affect AHS tuition?** AHS tuition will not be affected by Experiential Learning Week. All High School Experiential Learning Week courses have an associated fee that ranges from \$25-\$80. The board and faculty committees that developed the program felt it important to include a nominal participation fee to increase the commitment level of students to the program and to cover basic costs; however, in no case should the participation fee discourage a family or student from participating. Please contact an administrator if financial assistance is desired.

## Experiential Learning Course Registration Instructions

Register at: [american-heritage.org/experiential-learning](https://american-heritage.org/experiential-learning)

Registration opens at 7:00 am on the following days (see below) according to seniority.

- **Grade 12** Registration opens on Monday, January 9
- **Grade 11** Registration opens on Tuesday, January 10
- **Grade 10** Registration opens on Wednesday, January 11
- **Grade 9** Registration opens on Thursday, January 12

**Registration closes Tuesday, January 17, at 8:00 am for all students.**

Administration will review and approve all course registrations. If a student registers for a course that administration determines the student does not qualify for (see above, p. 4, regarding limited cases in which students may not qualify for a course), administration will notify the student and help the student to enroll in their next preferred course.

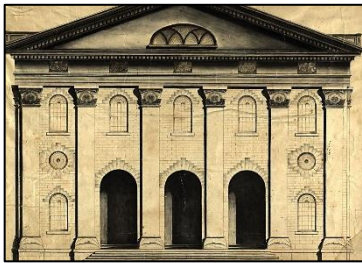
**Parent Veracross credentials are required to register.** All students in a family will be listed, but only middle school students will show active registration links on or after their priority registration day. “No programs available” will be shown until registration is open for them.

For technical questions or support issues please contact Austin Hill at [smaughan@ahsmail.com](mailto:smaughan@ahsmail.com).

For questions about individual courses, please contact the instructor directly.

For questions about the Experiential Learning Program in general, please contact David Hancock at [dhancock@ahsmail.com](mailto:dhancock@ahsmail.com).





## Architectural Rendering

"...the work of our hands, which we have built unto thy name." (D&C 109:78)

**Instructor: Ty Smith**

**Cost: \$50**

Students will have hands-on instruction and experience with creating architectural designs for both interior and exterior settings. A field trip to a working architectural firm will allow students to see how professional architects manage real-life projects. Students will also visit several architectural landmarks along the Wasatch Front.



## Athletic Performance

"Therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength, that ye may stand blameless before God at the last day." (D&C 4:2)

**Instructor: Brian Smith**

**Cost: \$90**

One of the most important things that we can do is to develop and improve this marvelous gift of our physical body. Improvement takes hard work and requires good advice and training from knowledgeable people. We will work with professionals in the industry to teach you to perform your best physically, mentally, emotionally, and spiritually.



## Ballroom Dance (Advanced)

"Praise ye the Lord. ... Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp." (Psalm 149:1, 3)

**Instructor: Barbara McOmber**

**Cost: \$50**

In this Advanced Ballroom Dance class, participants who already have a basic knowledge of Ballroom Dance will be able to improve and advance their knowledge and skills in dance. Students will learn choreography and advanced dance steps and moves. Students will learn how developing their talents can have a positive effect on the community and can create opportunities for service. Ballroom participation help students gain an appreciation for the art of dance and how it may be utilized to help build the Kingdom of God. This class is intended for dancers who know the basics of Ballroom Dance, but who want to improve their skills and knowledge of dance. (In order for this class to carry, an equal number of men and women will need to sign up for the class.)



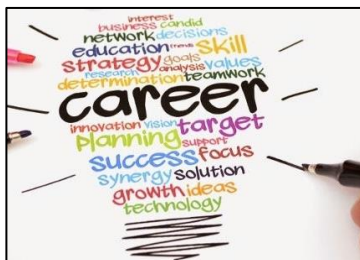
## Calculus and Credit Recover

"All we can learn that is true while we are in this life will rise with us in the Resurrection. And all that we can learn will enhance our capacity to serve." (Elder Henry B. Eyring)

**Instructor: Jeff Meade**

**Cost: \$25**

This course is for those that are at the end of their high school journey and need a little help finishing. If you need to complete some work to recover missing credits, or if you need help to pass Calculus, then this class is for you. We will work on assignments, take breaks, and enjoy lunch with one another.



## Career Exploration

"Therefore, doubt not, for it is the gift of God; and you shall hold it in your hands, and do marvelous works." (D&C 8:8)

**Instructor: Caroline McNiven and Leland Anderson**

**Cost: \$60**

In this course, students will visit highly qualified professionals, interview them, and tour their workplaces in downtown Salt Lake City, to learn about careers in medicine, law, politics, engineering, business, media, and the trades. This course will begin and end from the Salt Lake Campus.



## Celestial Theatre

"And all these gifts come from God, for the benefit of the children of God." (D&C 46:26)

**Instructor: Jake Earnest**

**Cost: \$75**

In this course, students will look at the history of drama through the lens of God. Students will also perform in something called "microburst theater" where they will write, direct, and be in a play all within 24 hours.



## Cooking Around the World

"And whosoever among you are sick, and have not faith to be healed, but believe, shall be nourished with all tenderness, with herbs and mild food." (D&C 42:43).

**Instructor: Michelle Jorgensen**

**Cost: \$85**

The gospel teaches that our bodies are a temple and that what we put in them affects us. This includes food. Food can bring us happiness, health, and bring us together because it is a big part of culture and tradition. Come around the world with us as we learn to appreciate and love different people and cultures through learning how to cook their traditional foods. We will explore ethnic markets in our area, learn about traditional cooking techniques, and make and eat delicious Asian, South and Central American, African and Mediterranean meals. We will be making or getting lunch at the markets each day, so it will be provided. Wear Spirit apparel and comfy shoes and you should be prepared to arrive at and depart from the Jorgensen home (located a mile from the school) each day of the course.



## Discovering Your Divine Gifts

"Life is to be enjoyed, not just endured." (Pres. Gordon B. Hinckley)

**Instructor: Katrina Voorhees**

**Cost: \$55**

Each of us has been given a unique set of God given talents and abilities- abilities that are meant to bring joy to our lives and to the lives of others. One of the most difficult (and exciting) tasks we have been given in this world is to decide what our gifts are and how to refine them. In this course each student will work to discover what their spiritual gifts are and how to use them to build the kingdom. This includes several personality tests, role plays, and one on one time spent to help each student decide college majors and explore career paths. We will have engaging guest speakers, campus tours and a talent show at the end for those who desire to participate. It is up to each of us to search for and build upon the gifts which God has given. We must remember that each of us is made in the image of God, that there are no unimportant persons. Everyone matters to God and to his fellowmen." -Marvin J. Ashton



## Furniture Flipping and Other DIY

"Organize yourselves; prepare every needful thing..." (D&C 88:119)

**Instructor: Heidi Crossley**

**Cost: \$60**

Throughout the course, students will learn the standard methods for repurposing and flipping furniture (i.e. finding quality pieces, sanding, priming, painting, sealing, detailing, and selling). In between steps, students will also create various DIY projects like ChapStick, hand sanitizer, bath bombs, and sugar scrub.



## Historic Bookbinding

"Oh that my words were now written! oh that they were printed in a book!" (Job 19:23)

**Instructor: David Hancock**

**Cost: \$85**

Bookbinding is an important development that preserved writing and allowed people to have access to knowledge in a beautiful package. Originally, bound books were one of the truly great luxuries of life. In this class, students will explore some of the historical methods that were used for making and binding books. Students will help to write a sacred manuscript that will be bound in the traditional method. This manuscript will be illuminated and gilded. Students will also create at least two books of their own. The first will be quarter bound in leather with cloth binding that they have made themselves. The second book will be bound in goat leather. If time permits, the students will be able to work this leather cover in order to create a traditional appearance. This leather-bound book will use historical bookbinding methods and techniques.



## Introduction to Photography

"[S]tand still, and consider the wondrous works of God." (Job 37:14)

**Instructor: Camille Heiner**

**Cost: \$80**

This course will explore various types of photography at the beginner level (Portrait, Landscape, Architecture, Phone Photography). We will have several outings that allow students to explore and experiment with different photography skills, including a trip to Park City and a day trip to Arches National Park.



## Japanese Arts

"Let the heavens rejoice, let the earth be glad; let the sea resound... Let the fields be jubilant... let all the trees of the forest sing for joy." (Psalm 96:11-12)

**Instructor: Brigham Dye**

**Cost: \$75**

Students will learn about various Japanese art forms, such as: Bonsai—The art of growing artificially dwarfed trees in pots. Students will learn to shape their own bonsai tree, and then they will make their own ceramic pots suitable for their bonsai tree; Origami and Kirigami—The art of paper folding and paper cutting. Students will use paper cutting to create their own shadowbox; Anime—The art of Japanese animation films aimed at both children and adults. Students will watch a film by the award-winning Studio Ghibli; Haiku—Japanese poetry that evokes images from nature. Students will compose haiku inspired by their first-hand experiences with the natural world; and Sushi—Students will experiment with appreciating the aesthetics of this popular Japanese dish.



## Leadership and Teamwork: A Christ-Centered Approach

"[W]hen ye are in the service of your fellow beings, ye are only in the service of your God." (Mosiah 2:17)

**Instructor: Tess Hilmo**

**Cost: \$80**

Christ offers us the perfect example of leadership and collaboration. This course will inspire students to consider the power of servant leadership in preparation for missions and life. Field trips will include a visit to an escape room (working together to solve problems), a ropes course (collaborating to overcome challenges and metaphorical ties to relying on the Savior as our guide), and tour of the Provo MTC and/or returned missionary Q&A panel at BYU. Lunches Tues-Fri (Monday is pizza Monday at AHS) will be included.



## Life Skills 101

"Whatever principle of intelligence we attain unto in this life, it will rise with us in the resurrection." (D&C 130:8)

**Instructor: Lisa Saunders**

**Cost: \$75**

Students will learn how to prepare themselves to live independently. The class will learn how to budget their resources, shop and cook on a budget, basic car maintenance skills, laundry, and how to complete job/college applications and resumes.



## Mindfulness: Becoming Emotionally Strong

"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Phillipians 4:7)

**Instructor: Jeff Hymas**

**Cost: \$65**

In the emotionally-charged world in which we live, we must learn how to find peace. This course is designed to introduce students to skills and practices that will bring them balance and focus so that they are aware of and in control of their emotions. This course will include guided activities such as mindfulness practice, time in nature, hiking, meditation, and positive self-talk. Students will also enjoy a bit of yoga, yummy food, creating and viewing artwork, and listening to inspiring music. This course will expose students to the best and brightest ideas to help them find and maintain inner peace.



## Musical Theater Intensive

"If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving." (D&C 136:28)

**Instructor: Skye Cummins**

**Cost: \$50**

In this musical theater intensive, we will develop your acting, dancing, and vocal skills. We'll get professional headshots, create your resume, and polish an audition piece. We'll also audition, rehearse, and perform a mini-musical - all in one week!



## Oil Painting

"Take a da Vinci or a Michelangelo or a Shakespeare and give him a total knowledge of the plan of salvation of God and personal revelation and cleanse him, and then take a look at the statues he will carve and the murals he will paint and the masterpieces he will produce." —Pres. Spencer W. Kimball

**Instructor: Eric Heywood**

**Cost: \$75**

A course for all skill-levels of painting, from beginner to experienced. Students begin by learning the technical aspects to oil paint—surfaces and canvases; the properties of oil paint; the types of mediums and how to use them; and the different styles and methods of applying paint. Next, we delve into color theory and the importance of color sketching. Finally, we'll experiment, practice, and apply these concepts on a simple still-life painting using a full palette of color!



## Ornithology

"And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven." (Genesis 1:20)

**Instructor: Ryan Anderson**

**Cost: \$60**

In this course, students will experience excellent in-class and multiple "field day" instruction from special guest ornithologists. The course fee covers a New Field Guidebook, entrance to Tracy Aviary, one meal, and snacks. Students need to have access to binoculars or cameras with "long" telephoto lenses and ideally a cell phone that can download a Birding App called Merlin.





## Photography: And My Eyes Beheld Great Things

"If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things."

Article of Faith 13

**Instructor: Sam Wood**

**Cost: \$80**

In this course, students will gain a greater appreciation for the world around them by looking at it from different perspectives. The basic photography skills such as lighting, framing and depth of field will afford students an expansion of their own personal outlook in life. Through daily photography assignments students will strengthen their own worldview, challenge it, and be exposed to others' points of view through the lens of a camera. A Park City gallery stroll and a tour of a photography studio will allow students to have experience in the world of professional photography. By the end of the course, students will each have a portfolio of his/her own pictures from assignments completed during the week, as well as an appreciation of multiple perspectives of the world.



## Quilt Making: Not Your Grandma's Quilting Bee

"A time to rend, and a time to sew; a time to keep silence, and a time to speak." (Ecclesiastes 3:7)

**Instructor: Shawnell Larsen**

**Cost: \$70**

Quilting is part of our American heritage, but many just see it as "old fashioned." Come join us as we bring quilting into the modern age. Student will have the opportunity to choose their own fabric. Starting with a simple quilt block, each student will get to create their own unique quilt top. We will machine quilt and bind the quilts. No hand sewing required. By the end of the week you will have a finished lap quilt to keep for yourself or share with someone you love.



## Rocketry and Astrophysics

"Behold, all these are kingdoms, and any man who hath seen any or the least of these hath seen God moving in his majesty and power." (D&C 88:47)

**Instructor: Alex DeBirk**

**Cost: \$70**

Students design, model, build, and launch custom model rockets using 3d printers and laser cutters. They learn about astrophysics and astronomy through Kerbal Space Program, stargazing through an observatory's telescope, and commanding the USS Discovery starship simulator.



## Songwriting and Audio Engineering

"For my soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads." (D&C 25:12)

**Instructor: Oba Bonner**

**Cost: \$150**

Students will experience songwriting and audio engineering with a professional. Students will learn the operation of technical equipment for production needs, operate digital mixing consoles, microphones and sound playback equipment as required, tracking, mixing, and mastering new and developed artist in professional recording studios. Students will also collaborate with artists in an effort to share ideas and produce the best product. Students will learn to be capable of writing a requested song for an artist who has a preconceived concept



## Sound Systems and Mixing Live Music

"Make a joyful noise unto the Lord, all the Earth: make a loud noise and rejoice, and sing praise." (Psalm 98:4)

**Instructor: Dan Morgan**

**Cost: \$80**

Learn how to set up mics, speakers and mix some of your favorite live music. Several concerts set ups will be set up and mixed with live musicians. There will be field trips to a sound company and a theater.