

## Spring 2015 Tuesday/Thursday Seminar Descriptions

TITLE	DESCRIPTION
The Flow: a spoken word creative collaborative workshop	If you've seen <i>Brave New Voices</i> or <i>Def Poetry Jam</i> then you've seen the power of spoken word, an art form older than hip hop with roots deeper than words. The Flow goes beyond jams, slams and battles into a deeper way of listening to yourself, learning to speak and express your story in your voice, and finding the courage to share with heart. The Flow focuses on the spoken word experience. This is an active, hands-on workshop where you will get immediate feedback on your work in a safe, respect filled environment. Some techniques to help the Flow include: The Rite of 'Riting 'Rong, Beyond freestyling: a multi-dimensional Flow, Breath and Beats: live drumming and breath work for focus, Overcoming FOPS: fear of public speaking, Mic Technique, and Coffeehouse Style Presentations. <i>Adwin David Brown (course teacher) is a Billboard Top Ten spoken word recording artist, author and speaker. He created flowskool to help reimagine education and learning as creative adventures of discovery where all are free to find their Flow.</i>
Hand Building Clay Sculpture Levels 1 & 2	Handbuilding is the oldest and most primitive form of working with clay. Long before the invention of the pottery wheel, these ancient techniques were employed to create the necessary tools for everyday living. With a rich history stretching back to the beginning of the civilized world, hand built ceramics are amongst the earliest artifacts found on earth. Explore all aspects of creating with clay off the wheel. You'll become very comfortable working with coils, pinch pots and slabs, then using these techniques in combination to model your work. Learn to use underglazes and color additives for decoration. After completing Hand Building I students will have the opportunity to more fully understand the process of working with clay and constructing ceramic objects. Then move on to broader artistic concepts--abstraction, content/narrative and presentation. <b>*Suggested Lab Donation of \$20 for cost of clay.</b>
Vehicle Design	This class is an introduction into the fun world of vehicle design seen in the Auto Industry to Video games and Movies. It will equip students with the fundamentals of proper reference gathering, perspective, proportion, and design in visually constructing vehicle of all sorts- automotive, military and Sci- Fi, etc. The primary emphasis of the class will be on cultivating strong sketching ability. We will be generating multiple ideas quickly from preliminary ideation through the more refined conceptual phase.
Garden Club	Come and grow with us. Garden Club is a continuation from the first semester. In Garden Club, we build garden beds and community; we plant vegetables and fruit. Check us out at <a href="http://www.dvdgarden.weebly.com">www.dvdgarden.weebly.com</a>
Couch to 5K Running	Have you ever wanted to run, but haven't been really sure how to start? This is the seminar for you! This beginning running class will help transform you from a "couch potato" to a runner, getting you running three miles (or a 5K) in just two months.
Work Experience Program	<b>For 11<sup>th</sup>-12<sup>th</sup> graders, or 10<sup>th</sup> graders with administrator's approval:</b> Da Vinci Design students have the opportunity to participate in the Work Experience Program, whereby they spend a semester working after school at a local business two days a week (unpaid). This assignment teaches students the discipline and professionalism needed to seek and succeed in a first-time job, and gives students real world learning to include on their college applications and resumes. The 45 businesses that host Da Vinci students are <b>large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.</b>
Bodyweight Fitness	In the Body weight fitness seminar, you will learn to use your own body weight for strength training. This means that there will NOT be any weights used in the class. Instead, the class will consist of various strength training exercises that use range of motion and endurance. Individuals will be required to participate in leading class lessons. This seminar is for fitness beginners who wish to increase strength, flexibility, endurance, and lose weight.
Yearbook	Students in this seminar are responsible for the design and publication of the DVD Yearbook! Students should have a background or interest in one of the following areas: photography, desktop publishing, art/design or written language. They must design a new or improved product that meets the need and review the success of this product. Students must produce quality work, work together in groups, must be able to handle deadlines and should expect to spend some additional time outside of the class working on the publication.
Int. Math 1 Support	This seminar is designed to provide consistent, additional support for Integrated Math I students to expand and reinforce their learning.
Int. Math 3 Support	This seminar is designed to provide consistent, additional support for Integrated Math III students to expand and reinforce their learning.
Film & Documentary	Explore social, cultural, historical, political, and economic issues of the world through thought provoking film and documentary. Each week we will explore and critique various topics of the world
Track & Field	This course is designed to introduce the basic fundamentals of track & field. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in competitive situations.

Junior College Prep Seminar	<p><b>OPEN TO JUNIORS ONLY:</b> This college prep seminar will provide juniors with the college readiness tools that they will need to get them started on the pathway to college. In this class, you'll learn about the various types of colleges, college testing, and the college terminology. You'll also learn how to set up and use all of the tools on your Naviance Family Connection account including how to search for and add colleges, how to access scholarship and financial aid tools and how to develop your preliminary college list. We will also complete a personality inventory and a career interest profiler to determine which career paths and majors might be a good fit for you. Time permitting, we will also have college admissions representatives visit the class to talk about their specific colleges.</p>
Basketball	<p>This course is designed to introduce the basic fundamentals of basketball - passing, dribbling, shooting, and communication. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in game situations.</p>
SAT/ACT Prep	<p><b>Open to 11<sup>th</sup> and 12<sup>th</sup> graders:</b> Students in need to SAT/ACT prep – this is your seminar! In this targeted support class, you will work alongside a teacher to create an individualized prep plan based on a diagnostic test score. As a class, progress will be monitored at multiple checkpoints through the semester. The goal is to have you feeling confident going into your next college entrance exam!</p>
Custom Ink	<p>If you like to doodle, draw, and paint on things this is the seminar for you. We will create one of a kind custom culture art. We will take old worn out objects such as shoes, shirts, jeans, backpacks, purses and anything else you can find and re purpose it into amazing art. During this seminar you will also have the opportunity to help design the shoes that we create for the Custom Culture Vans Shoes competition.</p>
Archery	<p>In the seminar you will learn how to participate in Archery. The fundamentals of archery and how to use and care for equipment, basic safety, techniques and fundamentals of shooting but best of all have fun!</p>
Jewelry Making	<p>In this seminar, students will learn an introduction to jewelry making using cold connections. Taught by two up-and-coming jewelry designers, this class will explore the step-by-step process of taking a concept and bringing it to fruition. Students will gain familiarity and expertise in a variety of hand tooling techniques, such as sawing, riveting, texturing, filing, and chain making. There will be a semester long project where students will create a necklace and gain an understanding of the design process from start to finish.</p>
Dance Team	<p>This seminar offers a healthy, fun, energetic way to express yourself and let off some steam! It will boost your confidence, and you'll be part of a team of skilled performers. Be prepared to perform at CD and other community events! Bring water and clothes you can move in</p>
Integrated Health and the Great Outdoors	<p>Do you want to get out of the city, but have not had the chance? Have you wanted to experience camping in real wilderness, but don't have a tent? Have you been curious about what it's like to actually be "roughin' it"?</p> <p>If you want to have the opportunity to get out of the city and into the mountains, to improve your health by being exposed to nutrition and restorative movement, and to find new means of exercise that don't mean running a mile, then this seminar is for you. Integrated Health and the Great Outdoors is looking for students who are in need of the opportunity to get more in touch with their bodies, their minds, and Mother Nature. This class will focus on exposing students to all kinds of non-traditional, positive health alternatives: from hiking outdoors to meditation and yoga. This class includes health discussions with a USC graduate doctor, and in an outdoor excursion to the High Sierra mountains during the Summer of 2015. Students who have not had the opportunity to camp and get out of the city should definitely apply!</p>