

# MONDAY / WEDNESDAY DVD SEMINAR COURSE DESCRIPTIONS – SPRING 2016



COURSE	DESCRIPTION
<b>Zen Teens Fitness</b>	Zen TEENS program teaches functional and athletic movements encompassing all ten general physical skills (cardiovascular endurance, strength, stamina, flexibility, power, speed, balance, coordination, agility, accuracy). Students will learn the foundations of programs such as: The Brand X Method, CrossFit & StrongFit.
<b>Spoken Word: The FLOW</b>	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>
<b>Treat your Head Right</b>	Are you interested in a happier, healthier, more enjoyable life? For thousands of years, mindfulness practice has led to peace of mind and wellbeing, greater focus and creativity and better relationships for many. Research suggests that regular mindfulness practice, through meditation, is an effective way to deal with stress, worry, lack of focus, relationship problems, addictions and more. Join this seminar to gain some headspace, be more present in daily life, and treat your head right!
<b>Disney Magic</b>	This class will be taking a look into the life of Walt Disney and the animation empire that he created. We'll be watching a variety of documentaries and Disney movies to understand the man behind the magic.
<b>Dance Team</b>	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.
<b>Work Experience</b>	<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. Businesses include large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.
<b>SAT Prep (English)</b>	This seminar will focus on preparing students for the English/verbal section of the SAT/ACT. We will discuss test-taking strategies, complete practice tests, and build vocabulary. Open to 11 <sup>th</sup> graders and 10 <sup>th</sup> graders with teacher/admin approval.

<b>Intro to Sociology (College Course)</b>	<p>This course is an overview of what we know (and do not know) about human behavior and human societies. It examines how social life (life in groups, organizations and societies) affects people, and how people affect each other and their societies. <b>This is a college course offered through West LA College. You will receive a college transcript with this course listed after successful completion. Open to 12<sup>th</sup> and 11<sup>th</sup> graders. 10<sup>th</sup> graders with administrative and counselor approval only.</b></p>
<b>Debate World</b>	<p>Students interested in developing argumentative skills using research, statistics and oration skills. Debate club was initially designed by students as a lunch club. That interest has expanded now into a seminar.</p>
<b>Creative Writing</b>	<p>In this seminar, students will explore creative writing as a means of self-expression, self-empowerment, and social change. We will experiment with a variety of genres, including short story, personal narrative, and poetry; participate in fun &amp; creative brainstorming activities; learn about the editing and publishing processes; and begin using writing as a tool to learn more about ourselves. Students will also examine the various ways that creative writing has been used to encourage social change, and will create a piece around a passion-issue that can be used to raise awareness and spark change. Finally, students will have the opportunity to publish their work in a literary magazine at the end of the semester.</p>
<b>Glass Working &amp; Slumping</b>	<p>Glass fusing and slumping is the process of creating unique glass pieces and bending or slumping the glass into or over a mold through use of a kiln. During the Roman period open vessels, such as bowls and plates, could be produced by forming a glass sheet over a core or former. Most contemporary fusing methods involve stacking, or layering thin sheets of glass, often using different colors to create patterns or simple images. The stack is then placed inside the kiln until the separate pieces begin to bond together. In this seminar students will get the opportunity to create various vessels such as coasters, plates, bowls, and jewelry using the fusing and slumping process. <b>*Suggested \$20 lab donation for the cost of art glass.</b></p>
<b>Life Drawing</b>	<p>Life Drawing is a studio based course for serious artists looking to build their portfolio for college submission. Life Drawing introduces students to drawing the human figure. Coursework will include direct observation and subsequent drawings from the model with emphasis on achieving correct form and proportions. Other figurative subjects (students, mannequins, skeletons, etc.) will also be used as references for drawings. Types of drawings to be done in class will include gestures, short studies and prolonged drawings. Slide lectures featuring figurative artworks that relate to coursework will be given throughout the semester. Critical assessment of drawings will be offered through individual instruction and class critiques. Students will be expected to draw during class time</p>
<b>Intro to ASL (American Sign Language)</b>	<p>This course is facilitated by Mr. Hendrix, and ASL 2 students are available for tutoring and reinforcement. This course includes daily conversation in ASL, a mini project, and a final video project</p>
<b>WoodShop Design</b>	<p>This course provides entry level of woodworking. Instruction includes safety on all equipment, machine operations, and maintenance of equipment. Proper use of hand &amp; power tools. We will be designing a variety of projects throughout the semester.</p>
<b>Film &amp; Documentary</b>	<p>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.</p>

<p><b>Soccer</b></p>	<p>This course is designed to introduce the basic fundamentals of soccer - 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>
<p><b>Sustainable Design &amp; Green Living</b></p>	<p>What is green living? At the outset of this seminar students will be asked to define what they think, living sustainably is. This definition will be tested through a semester of research based on the collaboration of the built environment, current environmental policies and organizations that are being used to help define exactly what "sustainable" means. The ultimate test of the student's definition will be conducted through a project where they design something new or retrofit a current space or idea to support or possibly defy their original definition. To conclude the seminar the students will resubmit a definition with support from their semesters work.</p>
<p><b>Cyber Patriot</b></p>	<p>CyberPatriot is the National Youth Cyber Education Program conceived by the Air Force Association (AFA) to inspire high school students toward careers in cybersecurity or other science, technology, engineering, and mathematics (STEM) disciplines critical to our nation's future. In preparation for the National Youth Cyber Defense Competition in 2016-17, we will be learning the basics of network security by working in teams and acting as newly hired IT professionals. No knowledge is required, just an interest in learning more!</p>
<p><b>Math Support</b></p>	<p>Do you find yourself not doing math homework, sitting at home not knowing how to do your math homework, or struggle in math? Join this seminar so you can have a space to work on your math homework at school with the help of a math teacher! All levels of math welcome. You can build old skills, build new skills, or just work on your current math homework. #mathisfun</p>
<p><b>Spirit Squad</b></p>	<p>I said brrr--it's cold in here. There must be some wolves in the atmosphere! Awesome! Oh wow! Like totally freak me out, I mean right on....Wolves sure are number 1! Spirit Squad is a class for students who are motivated and interested in developing school culture and traditions. Students will promote all school events in conjunction with Athletics, Leadership and other school organizations / clubs.</p>
<p><b>Blanket and Scarf Making for the Homeless</b></p>	<p>With the temperatures dropping and the number of people who are homeless rising, this is one way to help. We will be sewing blankets and crocheting scarves to donate to homeless shelters and organizations. You will be welcome to sew, crochet, or both! You do not need to have any experience sewing or crocheting but if you do you can also learn new techniques and stitches. Come join us to have fun, learn new skills, and help our community at the same time!</p>
<p><b>Introduction to Speech and Debate (College Course, 4 day seminar)</b></p>	<p>This course introduces students to key skills and techniques in public speaking and provides experience in a variety of speaking styles. While the course is performance-based, theory is introduced for each type of speaking, and skills of critical listening, flowcharting, and analysis are developed in addition to presentation skills. <b>This is a college course offered through Antioch University Los Angeles. You will receive a college transcript with this course listed after successful completion.</b> <b>11<sup>th</sup> graders and 10<sup>th</sup> graders with administrative approval.</b></p>
<p><b>Rock Band</b></p>	<p>In "Rock Band," students ranging from absolute beginners to budding rock stars, will be provided group instruction on the various instruments comprising the modern rock band- guitar, bass, drums, vocals, and keyboards. Students will garner and understanding of basic music theory and technique, as well as participate in regular classroom and public performance showcases.</p>

# TUESDAY / THURSDAY DVD SEMINAR COURSE DESCRIPTIONS – SPRING 2016



COURSE	DESCRIPTION
<b>Cake Decorating</b>	In this seminar students will learn the art of frosting and fondant. Students will learn the difference between American Butter cream, Swiss Meringue, Italian Meringue, Royal Icing, Fondant and Gumpaste and their purpose on a cake. A wide range of piping skills will be taught, from simple borders to decorative writing to complex rose and flower formations. Students will get the opportunity to make a variety of themed cakes including holiday, celebration, children, and wedding cakes.
<b>SAT Prep (Math)</b>	This seminar will focus on preparing students for the Math section of the SAT/ACT. We will discuss test-taking strategies, complete practice tests, and build overall math skills. Open to 11 <sup>th</sup> graders and 10 <sup>th</sup> graders with teacher/admin approval.
<b>Work Experience</b>	<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. Businesses include large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.
<b>Lyrical Legacy</b>	This class is for those who are interested in combining both poetry and the style of hip-hop through various exercises and creative writing techniques. This class will also delve deep into the music production aspect of modern day Hip-Hop, stretching content over DJ-ing and mixing Hip-Hop songs plus various other genres on a live turntable; and the production side to beat making, sampling and much more on sophisticated programs i.e. Serato DJ, FL Studio 12, Audacity and more! Curriculum includes: Creative Writing/Poetry, Music Production Mastery, DJ Mastery, Song Structure/Creation, Music Promotion, and Performance Practice
<b>Girls Club</b>	This seminar is dedicated to the ladies of Da Vinci Design. We will discuss gender-specific issues including health, social, academic, and emotional topics.
<b>Krav Maga and Self Defense</b>	Teen program - learn Krav Maga and Self-Defense offered by the owner of Systems Training Center right here in Hawthorne! Visit <a href="http://systemstrainingcenter.com/classes/Krav-Maga">http://systemstrainingcenter.com/classes/Krav-Maga</a> for more detailed information on owner Marcus Kowal and his programs.
<b>Spanish Support</b>	The goal of this seminar is to provide support for students' core English course. Students may find extra work time for homework or projects, organization, peer support, or extra lessons/practice. This will be a small group of students, allowing one-on-one attention between the teacher and student.
<b>Walkercise</b>	The Walkercise seminar will incorporate various methods of fitness such as walking exercises, body weight fitness, and yoga. Participation and dressing appropriately for this seminar is mandatory.
<b>AP Calculus Seminar</b>	AP Calculus seminar is designed to aide seniors who are interested in taking the AP Calculus test in May.

<b>Cross Country</b>	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.
<b>SAT II Spanish Prep</b>	Taking the Spanish Subject Test is a great way to highlight your knowledge of Spanish and demonstrate your interest in the Spanish language during the college-admission process. Plus, it could give you a head start in college by allowing you to fulfill basic language competency requirements or place out of introductory-level Spanish courses.
<b>Design Forward</b>	This seminar will delve deeper into the world of Graphic Design and utilizes software like Photoshop, Illustrator and InDesign to complete design projects with a higher proficiency and design fluency. Students will create designs for magazine, apparel, and print application!
<b>Archery</b>	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.
<b>Ceramics</b>	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. <b>*Suggested Lab Donation of \$20 for cost of clay.</b>
<b>Jewelry Making and Metals</b>	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
<b>Latino Film</b>	This course will offer students an opportunity to be involved in discussions and conversations emphasizing cultural components of countries of the Hispanic world. Selected films from the Spanish-speaking world are used as starting points for Spanish-language classroom discussion. Countries explored through film include Mexico, Cuba, Spain, Argentina, Chile, and Colombia. Films viewed for this course present a wide variety of themes, genres, and the day-to-day cultural experiences. It also offers participants an opportunity to view expression of affection, feelings, nonverbal communication, and body language of the Hispanic world through the lens of film. Some films will be rated R so parent consent is required.
<b>Basketball</b>	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.
<b>ACT Prep</b>	Students will prepare for taking the ACT through taking practice tests, doing practice problems and reviewing testing strategies throughout the semester. This ACT prep class covers all sections of the ACT: English, math, reading and science. Offered by Ivy Prep.

<p><b>Science Fiction and Society</b></p>	<p>Are you interested in reading Science Fiction? With new technology being developed every day, our society could be changed dramatically in even the next few years. In "Science Fiction and Society" we will explore everything from Dune, Foundation, to Ender's game. The class will primarily focused on reading and discussing science fiction short stories and films. If you enjoy reading, writing and discussing in a Socratic Seminar format, this class is for you!</p>
<p><b>Introduction to Speech and Debate (College Course, 4 day seminar)</b></p>	<p>This course introduces students to key skills and techniques in public speaking and provides experience in a variety of speaking styles. While the course is performance-based, theory is introduced for each type of speaking, and skills of critical listening, flowcharting, and analysis are developed in addition to presentation skills.</p> <p><b>This is a college course offered through Antioch University Los Angeles. You will receive a college transcript with this course listed after successful completion.</b></p> <p><b>11<sup>th</sup> graders and 10<sup>th</sup> graders with administrative approval.</b></p>
<p><b>Music Production</b></p>	<p>"Music Production" is a seminar where students with no prior musical experience can acquire a basic musical understanding, and generate original music for commercials, soundtracks, and songs. More advanced students will have access to Apple Logic Pro X, a Digital Audio Workstation (DAW) widely used by professionals in the audio recording, television, and film industries.</p>