

DVD SEMINAR COURSE DESCRIPTIONS SPRING 2020

| DAYS | Course | Description |
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| M/W | Work Experience | Da Vinci Design offers a program in which students learn to work in local businesses in unpaid placements. The purpose of this curricular program is for students to have an opportunity for exposure to one or more work environments, to learn business etiquette, and to gain experience and skills in a professional working environment before graduating high school. The participating business organizations receive the benefit of assisting in the students' professional development. |
| M/W | Integrated Math 1 Support | This seminar is designed to provide consistent, additional support for Integrated Math 1 students to expand and reinforce their learning. We will work together and individually to maximize our understanding of the topics being taught in the class. |
| M/W | Integrated Math 2 Support | This is a space for students to get extra help for Integrated Math 2. |
| M/W | Integrated Math 3 Support | Do you need extra help with upper-level math? Do you want a space to work on your homework and get extra practice? Would you like FREE one-on-one tutoring for more difficult concepts? If so, sign up for Math Support IM3+! You will get to do all those things and more. |
| M/W | Cardio Insanity Max 30 | This program teaches functional and athletic movements encompassing all ten general physical skills (cardiovascular endurance, strength, stamina, flexibility, power, speed, balance, coordination, agility, accuracy). We believe in wellness for the whole being – mind, body and spirit. A vast body of research indicates that exercise is beneficial to cognitive function, which means that commitment to this fitness program can have a positive impact on teens finding their inner strength and confidence necessary for academic and emotional achievement. Our philosophy is <i>live a healthy lifestyle by making fitness fun.</i> |
| M/W | Environmental Policy | In this seminar we will watch documentaries, read articles, and hold discussions to become more knowledgeable about the various environmental crises impacting our global community--and learn how policies (laws) affect these issues. Each student will be required to prepare and present a presentation and write a letter proposing a specific environmental policy change. |
| M/W | Artistry Development | Creative Artistry Development Seminar will be open to all artists (calligraphy, computer, conceptual, artistic design, drawing, graffiti, graphic, illuminated manuscript, poetry, writing, illustration, painting, music (bands or individual), performance, production, photography, and video). The focus of the seminar will be to research, discuss, practice, further develop and get feedback for growth in their genre of artistry. This will give students the opportunity to explore their passions and build a stronger foundation to possibly explore the opportunity of mastery in their genre. |
| M/W | Futsal | This course will provide students the opportunity to learn the fundamentals of this increasingly global sport. Essentially, it is soccer on a hard surface with a few small changes to the playing dimensions and overall rules. |
| M/W | Minding Mindfulness: Yoga | Find an outlet for your stress and daily routine in this calm space. Learn beginning to advanced yoga moves, increasing your flexibility, strength, and stamina. Yoga is a mood booster as well as a wonderful avenue to connect mind, body, and soul, all while getting an amazing workout! |
| M/W | EL Support Seminar | The EL seminar support is meant to provide students an opportunity to receive additional help in their humanities classes. This seminar will be an inquiry based research study that provides the following: Individualized instruction and support to English and Social Science homework Differentiated reading strategy, basic writing structure, and speaking practice. |
| M/W | Flag Football | Flag football is a form of traditional football that does not involve tackling a player, but rather involves the removal of color coordinated flags to end a play. Flag football is referred to as a non-contact sport that places athletes in a competitive environment without the need for protecting helmets and pads. |

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| M/W | El Camino College Course -Film Appreciation Meets from 3:00-4:25* (Cross Schools Seminar - limited spots available) | (Juniors/Seniors Only) Film Appreciation 3 units, Transfer CSU, UC; Recommended Preparation: eligibility for English 1A Credit. In this course, students will investigate the origins and aesthetics of cinema including the classic Hollywood narrative film and its alternatives. By analyzing representative films as unique cultural products, the student will be introduced to various methods of interpreting and evaluating motion pictures within their socio-political context. *Meets from 3:00-4:25* (Cross Schools Seminar - limited spots available) |
| M/W | AP Studio Art Prep | The AP Studio Art seminar is for students interested in a rigorous and focused study in art. This seminar of AP Studio Art focuses more on animation, graphic design, and photography portfolios, but all 2D art is welcome. Due to the large body of work required for the AP Studio Art portfolio, this seminar will be very helpful for 9th, 10th, and 11th graders. 12th graders are welcome as well, however, you should already have a body of existing work in order to meet the AP deadlines for the spring. Students will develop a quality portfolio that demonstrates a mastery of concept, composition and execution in 2D design. This seminar is based on a student creating a body of work that demonstrates quality, concentration and breadth. This portfolio will be submitted to the College Board for college credit. Because this is a seminar students will be expected to spend a considerable amount of time outside of class in order to complete their portfolio. During seminar students will participate in critiques and revisions of their work, as well as, understanding the requirements of the AP Studio Art portfolio they are to submit. |
| M/W | Horror Creations | A seminar that undertakes the conversation of the evaluation of films throughout time. With this class, we will have discussions about the difference between films and compare from past to present. These films will give students an idea of the director's point of view and production process. At the end of the seminar, you will create your own short film with a group or on your own to show understanding and skills you learned. |
| M/W | Film & Documentary | In this seminar, students watch films and documentaries that range from a variety of themes. The objective is to spur a meaningful conversation on various cultural, social, political, and economic topics. |
| M/W | Glowing Queens | Our mission is to make each and every girl feel comfortable in their own skin. The seminar will also consist of teaching girls about self confidence and self respect. |
| M/W | Rock Band | 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. |
| M/W | MakerSpace | Students are expected to research, design and develop a sustained project to last the semester or explore multiple projects. The Fab-Lab staff is available to help facilitate these projects. Students have access to a wide variety of basic shop tools, a laser cutter & 3D printer . Students have the opportunity to make or take apart virtually whatever can fit in the Fab-Lab. A place where the mind can grow, where creativity can flow by making anything imaginable. Creativity and self-motivation are required. |
| M/W | Sketching and Doodling | This class will look at doodling as an art form by exploring different mediums, styles, and inspirations. |
| M/W | Study Hall | A quiet space to study and work on projects, classwork, homework, etc. Any students disrupting the environment or not using the space as intended will be removed. |
| M/W | Make My Future: College Career Readiness | This seminar is a place for all students to explore what it means to be "ready" for college and career success. Students will examine what makes a "good" college and a "good" career and begin to identify their interests. Students will learn how to conduct research on these interests and identify a plan for how to make their college and career goals a reality. This class will focus not just on WHAT you need to do but also HOW to do it. This seminar requires students who are motivated to learn about professionalism, conduct college and career research, engage in reflection, and commit to self-discovery! Students will learn how to use life inside and outside of high school to demonstrate both their potential and their interests. |

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| T/TH | Weightlifting and MA | Students will learn proper form and movements of the main three lifting movements: squat, bench, and deadlifts. Along with lifting accessories that contribute to these movements. They will also have the opportunity to learn martial arts, as this seminar will be divided into sections where students rotate in groups. Students need to get their bodies moving and blood flowing after sitting down all day! |
| T/TH | A Quiet Place - Senior Math Support | No monsters, just an awesome math teacher and a quiet place to get your work done. What could be better? Targeted for senior math courses. |
| T/TH | Mind Matters: Neuroscience | A hands-on introduction to neuroscience that explores topics from neuroanatomy and the structure of the brain to epigenetics and the power of a mindfulness practice. This is a fun class for students looking to understand how the brain works and using it to their advantage. This class welcomes students of all grades interested in challenging themselves and learning techniques that they can put to practice in everyday life. The brain currently remains as one of the most complex organs in the human body, but is still vastly unknown to humans - join this class to see why! |
| T/TH | Dance Drill Team | Dance/Drill Team Seminar will focus on learning and rehearsing different dance routines and techniques. Genre of dance may vary (cheer, modern, hip-hop, majorette, step etc...) |
| T/TH | Work Experience | Da Vinci Design offers a program in which students learn to work in local businesses in unpaid placements. The purpose of this curricular program is for students to have an opportunity for exposure to one or more work environments, to learn business etiquette, and to gain experience and skills in a professional working environment before graduating high school. The participating business organizations receive the benefit of assisting in the students' professional development. |
| T/TH | Cultural Expedition | This seminar course is a visual exploration through the lens of world renowned travelers. The course will focus on exploring different cultures, cuisines and people around the world. We will watch films, documentaries and TV series that focus on exploring and appreciating different countries, cities or lesser-known parts of the world. In this course you should be open and willing to empathize, appreciate and have discussions about the places and journeys these travelers take us on. |
| T/TH | Running | Developing running stamina. Leisure running for those who love to run. |
| T/TH | Optimizing Success: Skills for Self-Care | This seminar will help students cultivate healthy habits that lead to self-care: stress management, time management, effective communication, and conflict resolution skills. During each class, students will learn and practice various strategies to incorporate these habits into their daily routine. Classes will include Ted Talks, Guided Meditations, Audio Books, and Self-Care Challenges. Outdoor movement (aka walking or walk/run) will take place during the final half of most (but not all) classes. This seminar is for anyone who wants to learn how to feel more balanced and practice stress management! |
| T/TH | Dance Fundamentals | To give students a true dance experience whether they want to dance professionally or just for fun, we will be shaping our students in the knowledge of dance from terminology and strengthening technique to the various styles of dance. We hope that by the end of the semester, students will have grown in the knowledge of dance, are more confident in the art, and will be ready to perform at CD at the end of the semester. |
| T/TH | Basketball | This course will introduce students to the fundamentals of the second most played sport in the world: basketball. Students will learn physical conditioning techniques, basic rules and strategies, and will be able to physically implement fundamentals reviewed. |

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| T/TH | What's So Funny? | In the "What's So Funny?" seminar we will watch comedy TV shows and movies and unwind at the end of the day. After each school-appropriate show or movie we will have discussions about what makes something funny and about how laughter and comedy can be beneficial to overall health. |
| T/TH | Film Analysis | In this seminar, students will watch films from a variety of genres and will pick them apart to analyze directing styles, as well as, themes incorporated. No background in analyzing movies is needed, this is a seminar created by upperclassmen for upperclassmen to have fun dissecting films, but if space allows, all are welcome! |
| T/TH | Yearbook | Imagine looking back years from now and reminiscing about your Da Vinci experience. Be in charge of shaping everyone's Da Vinci memories by being on the Yearbook staff. You should be a strong writer, full of creativity and overflowing with Da Vinci Spirit! You must apply for this seminar; please see Mr. White in Room 4205 for details or check out one of the flyers posted around the school. |
| T/TH | Art Journaling | Do you like to write or make art? Do you keep a diary or journal or would you like to? Do you like to draw or doodle? If you answered yes to any of the above, then Art Journaling Seminar is for you! Art journaling is a form of self-expression that combines both visual art making and writing in one place. You will make your own one-of-a-kind art journal that includes images, text, collage, drawing, painting, printing techniques, poetry and writing. You will learn many different art techniques, page layout ideas, and writing prompts to make an art journal that uniquely expresses who you are and helps you discover more about yourself. You don't need to know how to draw, make art or keep a journal to take this seminar! |
| T/TH | Navigating Community College | California has one of the best community college systems in the country with transfer partnerships established between Cal States, UC's, HBCU's and private schools. Although acceptance and registration are easy, students can find themselves confused and overwhelmed by the process of choosing classes, majors, transferring, certificated programs and support resources. This seminar will introduce students to the entire community college process and how to navigate through it. The benefits of this seminar include but are not limited to understanding the IGETC, career readiness, trade skills and certificated programs, transferring to a 4-year college/university, rep visits and tuition/costs/Financial Aid. Come excited to hear from DVD alumni as they share stories of their journey through community college and beyond. |
| T/TH | Archery | 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. |
| T/TH | Music Production | "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. |
| T/TH | MakerSpace | Students are expected to research, design and develop a sustained project to last the semester or explore multiple projects. The Fab-Lab staff is available to help facilitate these projects. Students have access to a wide variety of basic shop tools, a laser cutter & 3D printer . Students have the opportunity to make or take apart virtually whatever can fit in the Fab-Lab. A place where the mind can grow, where creativity can flow by making anything imaginable. Creativity and self-motivation are required. |
| T/TH | Futsal | Futsal is also a form of soccer that is played indoors with 5 to 7 players on each team. This sport allows players to really focus on developing key skills such as increased ball control, running speed, quick decision-making, and finishing. Futsal is a competitive sport that immerses the athletes in this fast paced game that requires equal effort from all team members to earn the victory. |