

## Fall 2023 Course Descriptions

**Gender Roles #1024** - This class will identify the differences in male/female physical development, societal norms, and media influences including internet safety. In this class students will be able to discuss questions based on their individual level of understanding.

**Team Building #1036** - Students will learn strategies to foster trust, enhance communication, and maximize productivity within diverse teams. This course empowers students to develop their leadership abilities, problem-solving skills, and emotional intelligence, enabling them to excel in environments that require successful teamwork.

**Counting on Victory #2012** - This course utilizes board games to help students understand and utilize the concept of numbers, math and logic. Students will learn the strategies and decision-making processes necessary for success in a variety of games and how to apply those strategies to real life situations.

**Geography of the United States #1094** - This course takes students on a historical journey across the United States, delving into the rich tapestry of its diverse regions and iconic landmarks. From the bustling streets of New York City to the serene landscapes of the Grand Canyon, students will uncover the historical, cultural, and social significance of each location, fostering an understanding of America's past and its impact on the present.

**Meditation and Movement #2013** - In this course students will explore the historical roots of meditation across cultures. As a group we will embark on a journey of self-discovery and inner balance through gentle movement. With a strong emphasis on breathwork and meditation practices, students will explore various techniques and traditions to cultivate mindfulness, stress reduction, and overall well-being.

**Evolution of Rock #1120** - Through a comprehensive exploration of influential artists, musical movements, and cultural shifts, students will gain a deep understanding of the social, political, and artistic forces that shaped rock and roll. By analyzing key songs, albums, and performances, students will develop a critical appreciation for the genre's historical significance and enduring legacy.

**Mix and Match: The Power of Color #2011** - This course equips aspiring artists with the skills to harness the full creative potential of color. Students will unravel the secrets of color theory through hands-on exercises and immersive projects designed to help us gain a deeper understanding of colors' psychological and emotional impact on our lives.

**Famous artists through history #1122** - Students will explore the evolution of art by studying the individual techniques and styles of the most well known and transformative artists of our time. Through in-depth analysis and engaging discussions, students will explore the stories behind the art and have a chance to virtually tour exhibits across the world.

**Human Body #1104** - This course will be an introductory exploration into the intricate structures and functions that define our physiological existence. Students will learn to identify the makeup of our skeletal system, muscular system, reproductive system and the various biological functions which keep our bodies constantly in motion.

**Public Speaking #1082** - This class introduces speechmaking based primarily on a traditional public speaking approach. Students will use techniques to control speech anxiety and learn to organize information for presenting to various groups.

**What did you say? #1053** - This interactive class will offer students an overview of different languages and enhance their cultural awareness. Greetings, common phrases and universal idioms will be presented during this basic language and culture class.

**History of TV Sitcom #1058** - This fun and introspective course will take students on a journey through the evolution of television sitcoms. From the early classics like "I Love Lucy" to the modern hits like "Friends" and "The Office," students will explore the development, cultural impact, and enduring popularity of this beloved genre.

**Adventures in Agriculture #2014** - In this class students will discover an appreciation for the importance of global agriculture. Through lectures, informational articles, videos and research, students will learn where and how farming and food production influences our society and nourishes our lives.

**Through the lens of history #2019** - Students will foster a deeper understanding of individuals and the events that unfolded during their time. By examining the interconnectedness of people and events within the same era or decade, students will gain a richer perspective on how historical figures and their actions shaped the world in which they lived.

**Villains in Literature #1175** - This class will focus on the villains that inspire our favorite books, movies, and tv shows. We will explore what underlying influences and motivations are behind their behaviors and how their personal history affects their decision making abilities. Students will create their own stories and plots related to the villain based on the exploration done in class.

**Blue Planet #1046** - This exciting course will introduce students to the various water ways that interconnect our planet. We will discover oceans, lakes and estuaries and the difference between them environmentally. Students will learn about different types of creatures and the environment they live in starting with an introduction to mammals, fish, coral, crustaceans and sea birds.



**A Different Tale to Tell: Reimagining Folklore #2020** - Students will explore the timeless themes and characters present in age-old stories and folklore. This creative writing course will invite students to reimagine these narratives and engage in the art of storytelling by refining their writing skills and adding their unique voice to traditional stories, fables and legends.

**Challenging Perceptions: Disability in Film #1010** - This course examines the representation of physical and mental disabilities in cinema. By challenging stereotypes and fostering nuanced discussions, this course aims to promote empathy, understanding, and inclusivity while encouraging students to reflect on the power of storytelling in reshaping societal attitudes towards disability.

**Music & Culture #2015** - This course examines the relationship between music and culture. Students will develop an understanding of the power of music as a catalyst for social change, collective memory, and cultural expression. Through a comprehensive exploration of diverse musical traditions and genres, students will analyze the ways in which music reflects, shapes, and transcends societal norms, values, and identities.

**Unsung Heroes: Underrepresented Trailblazer #2016** - Through a comprehensive exploration of diverse disciplines such as science, arts, politics, and more, students will uncover the stories and achievements of underrepresented trailblazers who have made a lasting impact. By highlighting these individuals' struggles, triumphs, and the broader social contexts in which they emerged, this course aims to foster a deeper understanding of the importance of representation and inclusivity in shaping our collective history.