

BE THE SPARK. SHARE THE LIGHT.



Winterim Program

at Lawrence Academy

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The ARC of Opportunity

What will I do during this course?

Is helping others something that you really like to do? During this course, students will spend each day volunteering at ARC Community Services, a center in Fitchburg, Mass., that provides employment and daily activities for adults with mental and physical handicaps. Students will help out by participating in a variety of activities with the individuals who attend the day programs there. The daily schedule will include taking part in craft projects and games, helping with educational training, assisting ARC staff with activities, and accompanying ARC participants as they go out into the community for recreation.

What will I learn in this course?

The goal of this course is to give students an opportunity to help others while they enrich their own lives by getting to know people who are different from themselves. Participants in this course will interact with ARC clients on an everyday basis, and they will learn about the challenges that individuals with special needs face in their daily lives. Participants in this Winterim course will need to be actively and willingly involved in all activities. Students will also maintain a daily journal of reflections about their experiences. They will be expected to join actively in group discussion as well. Each student will submit a final essay based on personal reactions to the two-week experience.

Belize: Kayaking and Snorkeling in the Caribbean

What will I do during this course?

Students will explore the pristine landscapes and diverse coral reefs in the Southwater Caye Reserve and nearby regions in the Caribbean, off the coast of Belize. Each day, we will kayak and explore uninhabited islands and complex mangrove channels. While snorkeling, we will also explore the busy undersea community of exotic creatures in order to understand its complex ecosystems. Other activities will include fishing, swimming, interacting with the local Garifuna inhabitants, and whitewater kayaking and exploring the Belizean rainforest. Our group will be completely self-sufficient, staying at Paradise Lodge on Tobacco Caye in southern Belize, at the Billy Hawk Caye Guest Houses, in cabins on Glovers Reef, and in tents in the rainforest by the Moho River. While there will be extensive kayaking over the course of 10 days on the water, students do not need a background in kayaking.

What will I learn in this course?

Students will learn basic and advanced paddling strokes, navigational skills, whitewater paddling skills, and how to use Belizean hand lines and nets to fish. Students will also be taught basic snorkeling skills so that they can snorkel the incredible reefs in this part of the Caribbean. Students will learn about the island ecosystems and marine ecology. They will experience cultural interactions with the local Garifuna people as well as learn about the ancient Mayan culture. Students will help cook meals, prepared local style (and taught by native Garifunas), to complete the experience. Students will cook and clean the fish that they catch. There will be numerous opportunities to gain leadership and communication skills and build personal confidence through group activities. While this expedition will be exciting and adventurous, safety will be our first concern.

Beyond Monopoly: Modern Board Game Design

What will I do during this course?

There is a world of board games that is well beyond games such as Monopoly in terms of design quality, depth, and complexity. Students in the course will be introduced to this world of modern games, the best of which are engaging, deeply strategic, and tactical. Through play and discussion, we will analyze and categorize the games in order to understand their mechanics. Students will form into groups to develop their own game design. Prototypes will be built so that they can be test-played by everyone and revised. The goal for each group will be to produce a playable prototype for an original board game.

What will I learn in this course?

Designing an original game with a small group will demand the students to be dedicated, creative, analytical, and intensely collaborative. The work required to take an initial idea to an original, working prototype is complicated and time-consuming, but also very rewarding. Many of the principles involved and the skills needed in board game design are similar to video game design and many other creative professional fields.





Can You Dig It? Archaeology in Italy

What will I do during this course?

You will work on an archaeological excavation at Tolfaccia, near the Italian town of Allumiere, approximately 60 miles northwest of Rome. Lawrence Academy has formed a partnership with Gruppi Archeologici d'Italia to fully excavate this site through the Winterim program. You will excavate for seven days at the site of a medieval town destroyed in the 14th century in order to discover the archaeological record of this beautiful site. Over the last three days, the group will travel to different archaeological sites, including the Etruscan town of Tarquinia, as well as to Rome to tour the Eternal City; we will see the Roman Forum, the Coliseum, and other breathtaking sites.

What will I learn in this course?

You will learn the skills of an archaeologist: excavating, stratigraphy analysis, mapping, and cataloguing. You will use the tools of the trade, including trowels, brushes, shovels, and sifters. You will learn to identify and catalog artifacts from a medieval Italian site. By examining archaeological record at Tolfaccia, you will also learn about both the Etruscan and Roman sites in the area. You will also visit a local museum in order to learn how the site of Tolfaccia contributes to the understanding of the history of the region on a larger scale.

Canoeing the Rio Grande River

What will I do during this course?

The Rio Grande in West Texas is truly spectacular. This National Wild and Scenic River winds its way through some of the most beautiful canyonlands on the continent. On this trip, you will spend nine days paddling through the lower canyons of the Rio Grande, one of the most highly regarded canoe trips in America. It is challenging and exciting, but entirely suitable for beginning paddlers. We plan to spend our last day in the markets of Piedras Negras, Mexico.

As we proceed down the river, passing through dramatic 1,800-foot canyons, we will progress from easy ripples to more challenging rapids. Each day will include instruction in canoeing techniques. Emphasis will be placed not just on making it safely through each set of rapids, but learning how to “read” the water and to “play” the unique waves and chutes of each. At the end of every day on the river, we will set up camp and then go for a swim, explore one of myriad side canyons in search of wildlife, or soak in a natural hot spring. There will be time to explore nature, observe wildlife, and learn about the ecology of this amazing semi-desert environment. Students will help prepare delicious meals over an open campfire and share in daily camp chores.

What will I learn in this course?

We will be living, working, and learning together in a group. Students will learn canoeing skills, low impact camping, cooking, desert ecology, and river safety.

Chess

What will I do during this course?

This course will allow students to explore the game of chess and learn why its depth and variations have fascinated players for centuries. Students will learn the basics through instructional talks and exercises and, most importantly, by playing the game with each other. Friendly competition will be encouraged as students try to outplay each other in a ladder format as well as during in-house tournaments. A professional player will attend several sessions in order to teach more advanced strategy and tactics. As students’ skills increase, both their level of play and their enjoyment will increase. Their knowledge and understanding of the games will be filled out through learning the history of the game and watching related films. Weather permitting, we will take a trip to Harvard Square in Cambridge to play at the public boards there. Students from beginners to experienced players are all welcome.

What will I learn in this course?

Chess increases a player’s ability to think both strategically and tactically. Remaining aware of options, variations, threats, and potential attacks existing in every chess position hones the student’s perceptive abilities and memory. Many parallels can be drawn between the skills needed to excel in chess and the skills needed to be successful in life.

Clay & Kiln

What will I do in this course?

Have you ever made something from scratch? Would you like to? Something that actually works as a functional and beautiful item in your home? Are you curious about pottery or about what it might feel like to be a full-time artist? Are you looking for a creative activity that will reward you for your growing focus? Then this is the perfect course for you to explore!

This course will focus on the simple hand-building techniques of pinch, coil, and slab. Using these techniques, we will shape the clay into cups, bowls, and other functional or sculptural objects. We will explore surface decoration by imprinting objects to create textures, painting colored slips, and carving. We will glaze and fire our works, making them durable and food-safe.

We will take a one-day field trip during the first week to a significant ceramics gallery display in the Boston area. During the second week, if weather permits, we will visit a professional pottery studio to take part in a primitive pit firing outdoors.

After working on several pieces students will make and keep for themselves, they will each use the last days of the course to make a series of bowls to be donated to a fundraising project to combat hunger. Students will vote on which hunger-relief project their work should support.

What will I learn in this course?

Students will learn about techniques and firing methods used all over the world, and about some ceramics history as well. Each day, we will practice and improve hand-building skills and sculpting techniques, and we will follow each piece through, from concept to object, over a course of several days. We will also explore the relationship between the natural world and the art we create.

Students will share their ideas and build objects both communally and individually, and reflect on their work via journaling, sketching, and group discussions. In the culminating days, there will be a wrap-up discussion and critique of the work created during the course. Students will be evaluated on their participation and attentive practice during the process of creating pottery.





In Darwin's Footsteps: Evolution and Environmental Responsibility in the Galapagos Islands

What will I do during this course?

We will be following the wake of Darwin's infamous voyage on the H.M.S. *Beagle* to the Galapagos Islands, where we will observe and research wildlife, conduct field-based research, study the unique evolution of organisms, and analyze human ecological footprints and sustainability efforts in this fragile ecosystem. Students will embark upon their own personal research project, and, using material and information obtained from our Galapagos exploration, Ecuadorian scientists, and field notes, they will present their research to the group and to the community.

What will I learn in this course?

Students will have the opportunity to learn about evolution, ecosystems, and sustainability efforts through the lens of the Galapagos Islands. Our LA students will be researching flora and fauna, studying wildlife in their natural habitat, analyzing evolution on the islands, participating in reforestation efforts, and undertaking sustainability tasks to earn a greater appreciation for our planet Earth. By using the Galapagos as a case study, students will be better able to understand global sustainability trends and what communities and individuals can do to protect this unique ecosystem and ecosystems around the world.

Dominican Service Project: Kids and Community

What will I do during this course?

Do you like working with kids? Do you want to help conserve a natural waterway? Ever wanted to build a useful structure?

On this service-learning trip, you will work with children and make friends, build a chicken coop, and clean a mangrove river estuary. You will explore culture and learn a new language in a beautiful tropical setting. The Mariposa Foundation, in the town of Cabarete on the north coast of the Dominican Republic, is a non-profit center dedicated to supporting young women from disadvantaged families. The Foundation's mission is rooted in the Girl Effect (www.girleffect.org).

You will spend your days mentoring the girls who come to the Foundation before and after school to learn and play, and you will work to improve the Foundation's facilities. You will immerse yourselves in Dominican culture by visiting some of the girls' homes, by building a chicken coop at the Foundation with Dominican workers and the girls of the Foundation, and by cleaning up and removing plastic from the Yásica River, an important nearby waterway.

In addition to this vital Mariposa Foundation work, two excursions are planned: a trip to climb, slide, and jump along the famous Damajagua Waterfalls and a trip to Rio San Juan for an organic coffee and cacao tour (where you will make chocolate from scratch and then get a chance to taste your creation!).

What will I learn in this course?

The experience of visiting an area of significant poverty and working side-by-side with people of another culture can be life-changing. You will have intercultural experiences that will allow you to learn as well as to teach. Having the chance to make friends and get close to the Dominican children of the Mariposa Foundation will allow you to experience the Spanish language in an immersion setting, although no background in Spanish is required for the trip.





Everyone's a Critic

What will I do during this course?

"Brilliant!" ... "I laughed! I cried." ... "This Winterim changed my life!"

Hopefully this will be the review you'll write of the Winterim we call Everyone's a Critic. New England offers some of the most amazing cultural and arts events happening in the whole country, and we'll spend days and nights seeing music, dance, theatre, and visual art around the Boston area, including two Broadway touring productions. We'll determine which of those performances and exhibits we see are worth seeing, and we'll spread word by creating a blog of reviews.

What will I learn in this course?

While much of our time will be spent traveling to events and cultural destinations, gaining an appreciation for a variety of art forms, we will also spend time on campus at LA, learning how to bring an intelligent and critical eye to writing a review. In addition to critical writing skills, students will create an online blog as a forum for their writings.

Give Kids the World

What will I do during this course?

At Give Kids the World, you will create happiness simply by being exactly where you are supposed to be in that moment, engaging with children and their families. Volunteering on this Winterim might mean serving ice cream for breakfast, welcoming children onto the carousel or other rides, delivering pizzas, playing games at the pool, leading party activities, greeting visitors at the castle, or a wide array of other service activities. You will get to choose from a variety of volunteer options that have already been set aside for our group. Often, you will work alongside at least one other student from our group; however, you could be working with several other adult and young adult volunteers as well.

About 1,800 volunteers each week keep all activities and venues running at Give Kids the World, a 79-acre resort in Kissimmee, Fla., with 144 family villa accommodations, entertainment attractions, and fun activities, specifically designed for children with special needs. GKTW is a non-profit organization that fulfills the vacation wishes of children with life-threatening illnesses and their families. It allows them to experience a memorable, joyful, cost-free visit to the Central Florida attractions, and to enjoy the magic of GKTW Village for as long as there is a need.

You will live in a safe and private resort community and work as a team to prepare meals. In addition to the hard work of volunteering, you will also get to experience some of Central Florida's attractions, like visiting Universal Studios and Islands of Adventure.

What will I learn in this course?

On the Give Kids the World Winterim, you will learn to appreciate the diversity of human conditions, working in close proximity with adults and children of varying abilities. You will be challenged in many ways and will develop the essential human skills of kindness, awareness, empathy, and determination. Collaboration and communication skills will also be essential elements of the learning through this experience.





Hawai'i Islands: Ua Mau ke Ea o ka Aina Pono*

What will I do during this course?

Did you know that service learning is a two-way street? Come to Hawai'i and see for yourself how learning about the Hawaiian culture, while giving back to the community, can be a life-altering experience. We will work on projects in two distinct locations on Hawai'i Island. At the Kua O Ka La public charter school in Puna, we will support the teachers and administrators in working with their students and assisting with maintenance needs around the property. In addition, we will perform agricultural tasks in their greenhouse. In Volcanos National Park, we will help park service employees and local residents to plant trees and eradicate invasive ginger plants in an ongoing reforestation program. Students will also learn ancient farming techniques in the kalo (taro) fields that line the valley floor. Along the way, we will explore the black sand beaches and the active volcano Maunaloa, swim in pristine waterways, and attend a Luau.

What will I learn in this course?

You will learn why "The Life of the Land Is Perpetuated in Righteousness"*, and why the land and righteousness are fundamental to the Hawaiian culture. From our hosts, we will be introduced to their language, history, science, and storytelling and will discover why the myths of Hawaii are still so relevant today. Ultimately, we will gain a sincere and genuine appreciation for the Hula culture and its people.

HeadStart

What will I do during this course?

The goal of this course is to provide an experience through which we can serve families who are in poverty and the tireless teachers who practice their wonderful work in early education in this important national organization called HeadStart. Our students will work as classroom teachers for two weeks at HeadStart facilities in Lowell, Mass., where 3- and 4-year-olds come to school every day. Each participant will work with a professional, an aide, and about 20 children in a classroom and on the playground, assisting a teaching team throughout the day.

What will I learn in this course?

We will learn about child growth and development, about parenting, about children and families in poverty, about federal support for early education, and about early childhood education by working as a teacher at HeadStart. Participants will also be required to spend time with our group in our own classroom, discussing what we are seeing and what goes on at several levels behind and beyond what we are seeing. Each participant will be expected to participate eagerly in role plays, small group discussions, and seminars. And each student will maintain an informal, daily journal of reflections and extended thinking. Finally, each student must submit a formal piece of writing based on the two-week experience to be published on the Winterim blog.

Humans of Morocco

What will I do during this course?

“Photography records the gamut of feelings written on the human face, the beauty of the earth and skies that man has inherited, and the wealth and confusion man has created. It is a major force in explaining man to man.” – Edward Steichen, photographer, 1879-1973

Who are these people inhabiting Morocco? How are they unique? How are they like us? You will be photographing amidst a backdrop of ancient Roman ruins, fortress walls, mosaics, and waterfalls. Imagine an entire walled city that is painted blue! People will think you’ve used Photoshop!

We will be visiting five main areas in Morocco, including small Berber villages, the world-famous Taza caves, and the bustling city of Fes. We will be meeting with local artisans, such as rug weavers and tanners, to learn about their crafts and have them become subjects for our photographs. Lively outdoor markets will be used for creating “street photography” as well as sampling the traditional food.

You will be using your camera to understand a magical region and the people that inhabit this varied landscape. Lessons in photography will send us off each day inspired to meet people and create meaningful photos of our surroundings and authentic portraits. We will be staying in lovely Moroccan homes, called riads, and taking trips by private bus to surrounding towns to find people who will become the subjects of our



individual photo books. Family-style meals and editing your photos taken that day to create your photo book will be an important part of our evenings.

What will I learn in this course?

You will be learning how to photograph people using your eyes, your heart, and your camera. Good camera technique, editing your work, writing accompanying text, and layout design to create your photo book are some of the aesthetic elements that will be covered. You will be learning about Moroccan culture: the food, art, and customs.

Life Skills and Paying Bills

What will I do during this course?

In this course, you will participate in experiences that will give you a glimpse into life post-high school. A sample paycheck will be provided, and students will be asked to consider a budget. Along with this, students will experience the tasks of buying a car, cooking meals and shopping on a budget. Throughout these experiences, you will receive guidance from professionals as to how best to proceed when bumps come your way. We hope to make it a positive, fun, and important learning experience.

What will I learn in this course?

Many students ask, “Why don’t we learn about 'real life' stuff at school?” It is an important question, given that students are aiming to go to college and become successful, independent adults. We thought the list of tasks, skills, and subject areas that students bring up most often would make an excellent Winterim course! Students will learn the following: basic financial literacy, concepts of credit cards versus debit or cash expenses, loans and financing, sewing and laundry skills, cooking, table etiquette, and basic car care. We based the course on both what students have shown an interest in learning and some of the skills that would be incorporated into a home economics curriculum. We will provide the students a basic foundation in these subject areas, and they will become aware of how to find additional resources in the future.

Quilting Is “Sew” Easy

What will I do during this course?

In this course, you will be making beautiful quilts that reflect your creative ideas. Over the course of two weeks, you will produce two major quilting projects. As a service to your community, you will be producing a small quilt for a resident of the Seven Hills Pediatric Center. You will have the opportunity to visit with a resident, learn more about him or her, and create a quilt that is unique for the resident. When you have finished, you will be able to deliver your quilt in person. In addition, you will design your own full-size quilt, which you will complete and take home! You will be able to choose between using traditional patterns or newer ones, like watercolor or T-shirt quilting, to display some unique expressions of yourself. You don’t need to consider yourself a great artist; we will help you with the required design elements.

What will I learn in this course?

You will learn basic sewing and design skills. You will learn to design, plan, cut, piece, fill, back, and tie your quilts. This is a simplified process, which does not require previous sewing experience. You will choose your own fabric during a trip to a local quilt shop. You will also learn to use the tools of the trade: sewing machine, needle, thread, rotary cutter, iron, and, inevitably, the seam ripper. You will be evaluated on the completion of your projects by the end of Winterim.



Society & Culture in Spain

What will I do during this course?

This course will take you to the beautiful region of Andalusia, in southern Spain. There, you will stay in the white-washed town of Prado del Rey as you spend three days interacting with students in a local school, going to classes with them. You will learn about how your peers in Spain spend their school day, what classes they take, and how their education differs from ours. You will learn and practice Spanish every day. You will share stories and experiences about your family, region, and country with them. From Prado del Rey, you will travel to the city of Granada. You will spend the next four days in a special community outside of the city, working with adults and families who have suffered an economic setback or who are looking for a new start in Spain. You will learn new skills with them while doing projects in areas such as ceramics, gardening, cooking, and education, all while practicing your oral skills in Spanish. You will learn new skills with them while doing projects in areas such as ceramics, gardening, cooking and education, all while practicing your oral skills in Spanish. You will visit the site of the Alhambra and learn about the Moorish influence on Spain's history and language. Evenings will provide a chance to interact with artists, to learn southern Spain's traditional dance of flamenco, and to reflect upon your rich experiences.

What will I learn in this course?

You will have continuous opportunities to learn and use Spanish with native speakers, You will question your own beliefs and views as you gain knowledge of this rich culture. You will learn cross-cultural skills and learn how you fit into the world as a global citizen. In addition, you will learn how Spain is assisting its people through an unprecedented economic crisis, and gain an understanding of how religion can impact history and culture. A successful student will be open and willing to use their language skills and embrace all elements of the host culture, such as new foods, etc.

Sports Journalism

What will I do during this course?

Does the life of a sportswriter seem exciting to you? Would you like to find out what it's like to write against a deadline? To interview professional athletes? For 10 days, you will experience the life of a sports writer. Activities and events include touring *The Boston Globe* and WEEI, and watching regional sporting events, such as the Big East Tournament in Manhattan, the ACC Tournament in Brooklyn, and Boston Bruins and Celtics games. After each game, our journalists will write game articles to capture the action for their readers. Additionally, students will write feature articles based on interviews of athletes and sports figures and observations of the sporting world. The course will educate LA students about the life of a sports journalist. You will be under pressure to complete your articles and to muster up the courage to interview players and fans. You will also have the opportunity to create, design, and complete your own magazine, which will contain the articles written during the two-week course. This course will force you to work hard, but you will learn a great deal and have a lot of fun in the process.

What will I learn in this course?

Course participants will receive an introduction to the ins and outs of sports journalism and newspaper reporting. With the help of some preliminary instruction in accurate and concise writing and provocative interviewing, would-be sports writers will learn how to write effective game and feature articles. Participants are expected to complete a magazine that will be created and distributed to the Lawrence community during the Winterim Wrap-Up.





The System

What will I do during this course?

We will board public transportation and travel to different parts of Boston, where we will pass through metal detectors on our way into Suffolk Superior Court, Boston Municipal Court, U.S. Federal District Court, the Nashua Street Jail, and the Massachusetts Statehouse. We will sit in attendance at actual trials in session (last year, we attended the Aaron Hernandez trial, among others); meet with judges, attorneys, state representatives, and senators; and tour a real prison or jail, where we will see what it is like, and even meet with inmates. In Week 2, we will attend sessions of Congress (both the Senate and House) and actual hearings of various subcommittees in both the Senate and House, meet with elected officials and federal public defenders, and generally get an overview of the map of our federal government.

What will I learn in this course?

Students will see and experience firsthand some of the realities of “the system” — mainly, that it is housed in real buildings and administered by real people. Students will see that people embroiled in the midst of the legal system are in various forms of struggle (nobody is in a good mood in a courthouse), and that our political system is a system that addresses problems. The list of problems and issues attended to by our elected officials is long and detailed, and the considerations taken into account are many. Students will learn that there is a human face to our “system” and appreciate, hopefully, how different this reality is from whatever theory we read about in books, or from the illusions we see on TV and in movies. We will talk to many people in the field — lawyers, judges, corrections officers, police, state and federal elected representatives, administrative assistants — and hear from them directly about their experiences being a part of the daily workings of “the system.”

The Transcendentalists

What will I do during this course?

In this course, we will go into local nature to observe, note, and sketch in the environment. We will practice mindfulness exercises daily. We will write reflective pieces and read the work of other transcendentalist writers. We will have a small group to gain comfort sharing ideas and getting feedback. We will look at the genres of personal essay and poetry as a way of expressing observations about ourselves and nature. Students will have ample time to write based on what they observe and what they are pondering. We will explore places to write, such as libraries, coffee shops, and diners. We will also explore Concord, Mass., and travel to where several local writers lived and wrote during the Transcendentalist movement in the United States. At the conclusion of the course, students will have at least one piece to share with the public, as well as a personal reflection of their individual growth during the course.



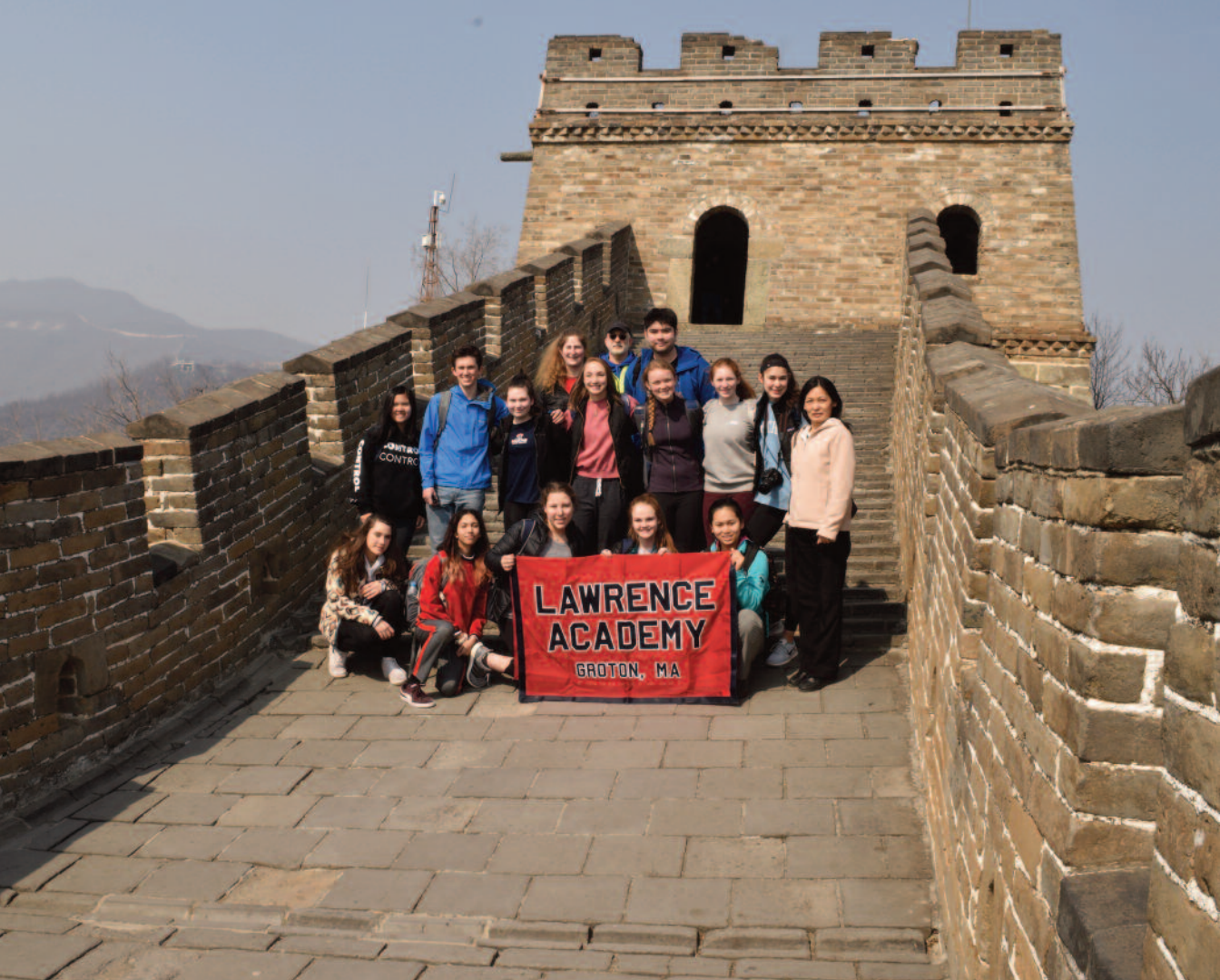
What will I learn in this course?

Students will learn how they feel when they are given the time and space to focus on themselves. They will learn about the process of observation and writing. They will learn the work of other writers and go to some of the same locations that inspired those writers. They will learn techniques for mindfulness and achieve focus. Specifically, a goal of the course is for students to be able to notice details in what is happening around them, consider how those details affect them, and express their experience in writing. Ideally, students learn to enjoy being present and aware of their environment and eager to better themselves and their community.

Two Chinas: From 200 B.C. to Bullet Trains

What will I do during this course?

Time on this trip will be spent visiting two schools, where LA students will teach short English lessons and perform a brief program of skits and songs. Chinese students will teach visitors from LA some Chinese while also introducing them to traditional Chinese musical instruments, Chinese calligraphy, and the games they grow up playing. In Beijing, students will see and experience a larger, more prosperous, and modern Chinese city than in Xian. Among other cultural sites, they will visit Beijing's Temple of Heaven, a masterpiece of classical Chinese architecture, and participate in local games and social life on the surrounding public grounds. In each location, students will spend time visiting significant sites to become acquainted with the local culture and values that shape the most populated nation in the world (and learn how to prepare a traditional food). Included in Xian's historically significant sites will be the home of the famous Terracotta



Warriors and the Wild Goose Pagoda (a Buddhist temple). We will take a bullet train from Xian to Beijing. Each student will participate in a presentation on some aspect of Chinese culture, and all students will be expected to keep a journal.

What will I learn in this course?

China — simultaneously a developing country and world power with a unique history — blends Eastern values with Western influences, beginning with trade taking place on the Silk Road. Students will begin to understand contemporary China by exploring the relationship between ancient and modern China and also seeing for themselves if there is any evidence supporting stereotypes they have of the Chinese people. While learning some Mandarin, as well as being introduced to Tai Ji Quan (Tai Chi) and learning how to prepare traditional food, students will learn much about China from what they see, experience, and learn from the Chinese people themselves and their system of schooling — all to put in perspective everything they hear about China from outside the Great Wall.



Underwater Discovery

What will I do during this course?

The underwater world is an incredibly effective classroom that facilitates opportunities to challenge those who venture into it, both physically and mentally. The goal of this course is to provide you with the option to explore both of those realms while also experiencing life in Curacao. In Underwater Discovery, you will learn to respect the ocean by studying it and exploring it in a hands-on fashion in one of the most beautiful and amazing shore dive sites in the world. You will earn your PADI Open-Water SCUBA certification and then

use your newfound diving skills to study aquatic life and truly experience what life is like under the sea. In addition to SCUBA diving during the day, we will also have at least one night dive to explore the underwater creatures who are nocturnal. Time outside of the water will be spent studying for your certification tests, making meals for our groups, and sharing daily tasks, as well as making use of every opportunity to deepen your understanding of marine science and the environments of Curacao.

What will I learn in this course?

You will undergo PADI SCUBA training, with the opportunity to earn Open Water SCUBA Diver certification. Basic instruction includes a three-part training course with tests: confined-water skills, written work, and open water checkout dives. You will explore firsthand the wonders and mysteries of life under the sea, while also learning tropical marine science and how marine conservation efforts continue to protect and enhance this unique habitat. You will keep a daily journal about your experiences, both to record all observations and lessons learned, as well as to note your personal growth and learning experiences.

Unleashing Your Unique Family Story

What will I do during this course?

You will be able to work with a professional genealogist and travel to research facilities, where genealogy librarians will help you uncover clues to your family's past. You will work with the results of your own DNA from a test kit. You will perform some genetics lab work under the direction of science educator Dr. Biz Wright and will unpack DNA test results from others, along with their stories, giving you a model of how to proceed with your own future research. From these activities, you will also gain an understanding of the relationship between genealogy and genetics. You will compile your findings in an artistically bound volume that you will create.

What will I learn in this course?

During this Winterim, you will begin your trail of discovery with yourself. You will submit your own DNA information to a test kit company in order to help you trace where your ancestors once lived, reaching across the globe. You will combine your own family stories with information found in your search through genealogical resources including Ancestry, Family Search, newspapers, census data, and more. Also, we shall watch some episodes of PBS' *Finding Your Roots* series, during which celebrities' DNA data is shared, illustrating and supporting the work that you will do during this two-week course.

Web Reporting & Social Media

What will I do during this course?

As a member of the Winterim News Team, students who participate in Web Reporting & Social Media will help the Communications Office cover all of the different experiences happening in and around LA's annual experiential learning program. Students will publish actual posts to www.lacademy.edu, and to the official LA Facebook, Twitter, YouTube, and Instagram accounts in what is designed to be a resume-quality experience. The Winterim News Team will also cover themselves as we travel to various locations. Please note: Given the nature of the leaders' professional contacts, many of our experiences will be athletics-related.

What will I learn in this course?

Heavy emphasis will be given to honing student skills in writing, social media photography, and videography. Working on deadline, and under institutional guidelines, students will get an in-depth look at journalism and public relations, as well as web/social media best practices. While we hope and strive for professional-quality results, students will be evaluated beyond their deliverables, attitude, and stick-to-it-iveness.



Windrush Farm: Horses, Helping, and Hippotherapy

What will I do during this course?

This course will explore and expose students to the discipline of therapeutic horseback riding. Therapeutic horseback riding is a program in which individuals with disabilities work with horses and participate in horse-related activities as a means of therapy. The goal of the therapy is to improve the physical and emotional health of participants while also furthering their behavioral and cognitive skills, independence, and sense of well-being.

Time will be spent at Windrush Farm, where students will interact with the horses, participants, and teachers/mentors on a daily basis. The initial stages of the program will be geared towards observation and learning the basics of volunteering and how to handle both the animals and the clients. As the two weeks progress, students will graduate to being able to start planning their own lessons for the participants. These lessons will take into account all the skills, both horse related and life related, that are trying to be conveyed to the riders during these sessions. They will also focus on ways to build the relationship between horse and rider.



There will also be physical demands during the two weeks, where participants will be helping to care for the horses and help with chores for the barn to understand what it means to have and care for a horse. Participants will also be learning to ride a horse at Harmony Horse Stable and will see different types of horses at different barns.

What will I learn in this course?

During this two-week course, students can expect to learn how to become proficient volunteers at therapeutic horseback riding. Students enrolled in this course will become comfortable working with individuals with a range of challenges and disabilities. They will learn how to communicate and design lessons that highlight the skills that the participants are working towards mastering. Students will also learn how to care for and ride a horse. Additionally, students will gain a proficient knowledge of handling horses and an understanding of the relationship that can exist between the horse and the rider. The hope is for students to gain the skill set necessary to pursue volunteering opportunities surrounding therapeutic riding programs in the future.

Woodworking: Build Your Own Adirondack Chair, Leave Your Legacy

What will I do during this course?

In this digital age, students are less in touch with manual skills; this course seeks to (re)acquaint students with the satisfaction of self-sufficiency. Working with their hands, students will design and build their own Adirondack chairs: one to take home and one to donate to Lawrence Academy's campus. After students successfully construct their first chair, working under a one-week deadline with daily checkpoints, they will turn to their campus and reflect upon a meaningful space. Over the weekend, students will brainstorm a donation location where they might like to leave a lasting impact on the community. With the school's approval, students will construct (design, build, paint) a second chair to celebrate a meaningful campus space – a chair in the apple orchard, one's favorite view of the turf field, an addition to the new fire pit, or a cluster in the Quad.

What will I learn in this course?

In an attempt to teach life skills, students will work under professional deadlines for design, construction, and completion as they move through the various stages of furniture building. The course will be broken into design and planning (choosing a design from template, determining nature of finish, planning artwork), raw construction (gathering materials, chair construction, woodworking detail), and finishing (staining, painting, sealing). The first chair will serve as an instructional model for the second reinforcement chair, which is a gift to Lawrence Academy. On the final day, students will present their chairs to the group on location.





Yoga Beyond the Mat

What will I do during this course?

Come explore the 5,000-year-old body-mind discipline of yoga. Immerse yourself in its time-honored traditions as we travel through its history and experience its myriad benefits. As yogis, we will practice daily and come to understand each pose fully.

We will emphasize proper alignment, breathing techniques, meditation, and the powerful connection between mind and body. We will travel to local yoga studios to sample various styles of Hatha, Kundalini, and Bikram yoga, as well as the Chinese form of Tai Chi. Often mistaken to be only a physical discipline, yoga also offers benefits that stretch beyond the mat, promoting healthy nutrition and character development.

What will I learn in this course?

Students will develop a full understanding of yoga culture. In addition to physical benefits, students will develop better discipline and will learn to reduce stress, increase energy, improve concentration, and increase awareness of their world.

The yoga way of life is a commitment to overall wellness. A local chef and nutritional counselor will demonstrate healthy eating choices through cooking classes using wholesome and locally grown ingredients. Because yoga's philosophy is one of personal growth, one full day will be devoted to character development. With a local Grand Master, students will engage in a seminar that emphasizes goal-setting, controlling thoughts and habits, leadership activities, and attitudinal growth.



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