



Experiential Learning 2024

Grades 9-12





Experiential Learning Program Overview

Course Dates: March 4–8, 2024

What is Experiential Learning? American Heritage School's Experiential Learning serves as an intensive implementation of the 4R-ing methodology, with the purpose of bridging academic experiences and exploration of real-world applications—all in harmony with American Heritage School's mission statement.

High School Experiential Learning is a five-day course of study devoted to a single subject offered by American Heritage School. During Experiential Learning, regular classes in grades 9–12 are suspended and replaced with project-based and place-based learning experiences in academic fields of interest to AHS students, under the mentorship of experienced AHS instructors, professionals, guest presenters, and practitioners.

The week consists of a focused, single-course format and allows the school to take advantage of community resources, to be responsive to student needs and interests, and to experience a variety of places and styles of learning. Experiential Learning courses may include classes at school, educational field trips and/or guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

Experiential Learning courses will include classes at school, educational field trips and guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

Students and parents choose from a list of offerings provided by the school. Please note that some of the same courses are offered each year and students are only allowed to take the same course one-time during their high school experience. For example, if you had "Mindfulness: Becoming Emotionally Strong" last year, you are not able to take it again. High school students receive a letter grade and .25 credit hours, which are required towards graduation for each year of Experiential Learning Week participation.

What was the process for developing Experiential Learning? The initial concept for Experiential Learning came from the FACE Demonstration School, Stonebridge Academy (Virginia), which has a well-developed and highly successful experiential learning program in its high school. However, hundreds of schools around the nation (middle/secondary/post-secondary) use experiential learning programs to improve the quality of the educational experience for students and teachers. In 2013, the AHS Teacher Development and Curriculum Committee proposed Experiential Learning to the Board of Trustees, which approved the pilot program for the 2013–14 year. As with other programs at the school, we have done a significant amount of refining through the years, incorporating significant input from teachers, parents, administrators, and students. More input is welcome as we move forward and improve the program each year.

When is Experiential Learning? Experiential Learning Week will be held for Grades 9–12 during the week of March 4–8. These dates were carefully chosen in conjunction with teachers and administration to minimize disruption to continuing curricular programs and courses.

What is the learning value of Experiential Learning?

Focused Learning. Experiential Learning enables American Heritage School students to engage in intensive 4R-ing through in-depth research, applied reasoning, personal relating, and careful recording of “real-world” lessons and experiences. Experiential Learning should be a character-building experience and should also require hard work from students.

Portfolio of Learning. Experiential Learning culminates in American Heritage style portfolios, notebooks, or another method of the 4R-ing Record component. The portfolio or another method of completing the Record component, as is most appropriate for each Experiential Learning option, creates an opportunity for students to create a record of what they have learned and the ways in which that knowledge relates directly to them and can help them be useful in the hands of the Lord. Consequently, portfolios are a key component of the Experiential Learning program.

Credits & Grading. High-school credit is awarded to students who participate in and earn passing grades in experiential learning week courses. Experiential Learning credit is required for graduation. This is a graded course that counts towards a student’s GPA. To receive credit, students must attend a minimum of four of the five days of class which follows the required attendance policy of 75% for all high school classes.

Who is eligible to participate, and what expectations must students meet to participate? AHS students in grades 9-12 are eligible to enroll in Experiential Learning courses offered in 2024. Enrollment is a privilege that will be extended to students who meet basic academic requirements and demonstrate self-government in adherence to the Honor Code. Students are expected to work diligently during Experiential Learning Week. Students must understand that this is not a break from studies; rather it is an opportunity to explore in depth an area of personal interest. The dress code during Experiential Learning Week will consist of the school’s regular uniform, dress uniform (typically for a field learning experience), or spirit apparel, as specified by the instructor.

Are students required to participate? Can they choose any option? All full-time students are expected to participate. Not all Experiential Learning options will be available to every student every year. Some options may not ultimately carry based upon low enrollment interest, and some students may not be able to register for courses that are already full (priority registration begins with twelfth grade first, followed by eleventh grade, etc.). Academic performance or other pre-qualification requirements may also be considerations. There is an independent study option for students who are not able to attend at least four of the five days of experiential learning. This independent study option requires a parental request, and a student must fill out the appropriate application for that option. The application can be obtained from our counseling office.

Can a student participate in Experiential Learning without being enrolled at the school? No. Students must be enrolled in curricular high school offerings, on-campus to participate.

What is the cost of this program? How will Experiential Learning Week affect AHS tuition? AHS tuition will not be affected by Experiential Learning Week. All High School Experiential Learning Week courses, except the independent study option, have an associated fee of \$85. However, in no case should the participation fee discourage a family or student from participating. *Please contact an administrator if financial assistance is desired.*

What is the Experiential Learning Festival? The Experiential Learning Festival is a festival that is held on Friday, March 8, from 6:00 to 8:00 pm. At this festival, students display, present, and perform based on the course that they took during the week. Attendance at and participation in the festival is expected of all students. A student’s participation in the festival may have an impact on a student’s grade for the class.

Experiential Learning Course Registration Instructions

Register on the link on Canvas.

Please note that a student may not register for a course that he or she has already taken.

Registration opens on Wednesday, January 31, depending on seniority as follows:

- **Grade 12** Registration opens on Wednesday, January 31 at 7:00 am
- **Grade 11** Registration opens on Thursday, February 1 at 7:00 am
- **Grade 10** Registration opens on Friday, February 2 at 7:00 am
- **Grade 9** Registration opens on Monday, February 5 at 7:00 am

Registration closes Tuesday, February 6, at 3:00 pm for all students.

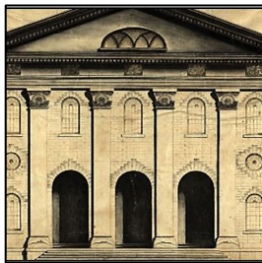
Administration will review and approve all course registrations. If a student registers for a course that administration determines the student does not qualify for, administration will notify the student and help the student to enroll in a different course.

For technical questions or support issues please contact David Hancock at dhancock@ahsmail.com.

For questions about individual courses, please contact the instructor directly.

For questions about the Experiential Learning Program in general, please contact David Hancock at dhancock@ahsmail.com or Elizabeth Acuña at eacuna@ahsmail.com.





Architectural Rendering

"...the work of our hands, which we have built unto thy name." (D&C 109:78)

Instructor: Ty Smith

Students will have hands-on instruction and experience with creating two-point architectural designs for both interior and exterior settings. A field trip to a working architectural firm will allow students to see how professional architects manage real-life projects. Students will also visit several architectural landmarks along the Wasatch Front.

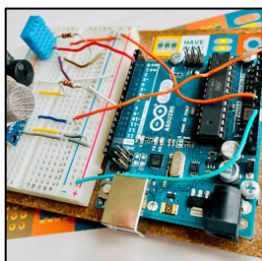


Athletic Performance

"Therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength, that ye may stand blameless before God at the last day." (D&C 4:2)

Instructor: Brian Smith

One of the most important things that we can do is to develop and improve this marvelous gift of our physical body. Improvement takes hard work and requires good advice and training from knowledgeable people. We will work with professionals in the industry to teach you to perform your best physically, mentally, emotionally, and spiritually.



Adventures with Arduino

"By small means the Lord can bring about great things." (1 Ne. 16:29)

Instructor: Matthew Beesley

In learning the fundamentals of Arduino programming, students begin on the path of being able to make self-education a lifelong pursuit. Furthermore, the world of opportunity that arises from understanding how programming works will aid you in becoming more useful in the hands of the Lord. Students will engage in multiple projects exploring the possibilities in programming Arduino microcontrollers. No programming experience needed.



Body and Soul Bootcamp

"O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength." (D&C 4:2)

Instructor: Janene Salvesen

This course is your gateway to a transformative journey that empowers teens to discover their unique gifts and talents while understanding the crucial link between physical, emotional, and spiritual well-being. Dive into a world where resilience, emotional intelligence, and healthy habits are your tools to conquer life's challenges. Learn the secrets of a mindful lifestyle, from sleep and hydration to movement and nourishment, all while whipping up delicious and nutritious meals. Unleash your potential by exploring job acquisition, self-advocacy, and resume building. Navigate the complexities of social relationships and cultivate meaningful connections. Lastly, embark on a spiritual quest, strengthening your connection with Heavenly Father and deepening your discipleship of Christ.



Chinese Culture

"There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus." (Gal. 3:28)

Instructor: Grace Lam

Discover the rich tapestry of Chinese culture and embark on a captivating journey exploring the language, values, food, and music that shape this ancient civilization. Embrace the wisdom of Chinese values, and even try your hand at calligraphy to understand their deeper meanings. Dive into the world of Kung Fu, savor delicious Dim Sum, and explore Chinatown's vibrant offerings on a field trip to Salt Lake City. Engage with experts like Peter Chan and Miss Utah, Sarah Sun, as they share their insights. Capture your experience in a presentation and cherish the memories of this cultural odyssey.



Celestial Storytelling

"That which is of God is light." (D&C 50:24)

Instructor: Jake Earnest

God is the greatest storyteller. In this course, students will get to learn and participate in the ancient art of storytelling. Through a celestial lens, students will examine and create oral, visual, and theatrical forms of stories. Field trips to locations and events that are imbued with the divine power of story will occur. These will include a theatrical production, an overnight stay at a cabin to explore the ancient stories of the stars and experience campfire tales, and an exploration of the concept of narrative distance. At the end of the week, students will participate in an epic storytelling festival to showcase a story of their own creation with the concepts learned from the course.



Cooking: From Basic to Master Chef

"But behold I say unto you, that by small and simple things are great things brought to pass." (Alma 37:6).

Instructor: Michelle Jorgensen and Stephanie LaPray

Have you always wanted to learn the techniques necessary to not only follow a recipe, but to know how to cook? Like many things in the gospel and life, great cooking is a combination of simple skills that, when used together, make something amazing. Come learn these cooking basics, including knife skills, methods of cooking and using *mis en place*. Incorporate techniques from around the world and learn the secrets of great chefs. You will work as teams to create dishes and meals. We will visit farms and markets for you to shop and source ingredients, and for you to learn where your food comes from. You will then compete in TV-worthy cooking competitions to decide which dishes will be served at the experiential learning showcase. We will learn together, shop together, eat together and become master chefs together! We will be making or getting lunch at the markets each day, so it will be provided. Wear Spirit apparel and comfy shoes and you should be prepared to arrive at and depart from the Jorgensen home (located a mile from the school) each day of the course.



CPR and AED Certification

"Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them." (Ezekiel 38:7)

Instructor: Ryan Anderson

This course would train and certify students in CPR and AED according to American Heart Association standards. In addition, students will receive instruction in basic first aid and emergency responses for situations and conditions common to families in and around the home. Instruction will be provided by a multidisciplinary faculty including Guest CPR instructor, Ryan Anderson DC, Cassie Thompson, and other local EMS and ER trained parent volunteers.



Cultural Archeology

"Therefore, doubt not, for it is the gift of God; and you shall hold it in your hands, and do marvelous works." (D&C 8:8)

Instructor: Lisa Saunders and Dakyn Saunders

Get ready for an immersive journey into the world of archaeology, ancient cultures, and the lessons they hold for us today. You'll embark on thrilling field trips to the BYU Museum of Peoples and Cultures, Price Petroglyphs, and the Natural History Museum of Utah. Immerse yourself in captivating exhibits, connect with archaeologists, and discover the rich tapestry of our world's ancient civilizations. Back on campus, you'll craft your own modern petroglyphs inspired by your daily life and present your creations alongside artifacts from our archaeological dig.



Felted Wool Handicraft

"Knowest not the works of God who maketh all?" (Ecclesiastes 11:5)

Instructor: Marie Dustin

Dive into the world of felted wool as you craft beautiful projects like pin cushions, nativity pictures, wall hangings, small purses, and more. You'll explore the art of budgeting as you plan your projects within a budget, learning valuable real-life skills. Discover the secrets of felting wool, hunt for materials at fabric stores, and even enjoy a delicious lunch outing. You will learn hand-sewing techniques and how to find hidden treasures at thrift stores. Unleash your creativity and warm your heart with felted wool wonders.

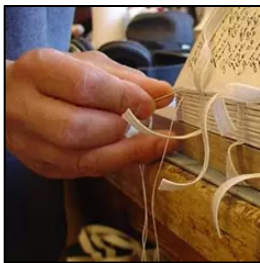


Finding Personal Peace

"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:7)

Instructor: Adam Brewer

In the chaotic modern world in which we live, we must learn how to find peace. This course is designed to introduce students to skills and practices that will bring them balance and focus so that they are aware of and in control of their emotions. This course will include guided activities such as mindfulness practice, time in nature, hiking, meditation, food for improved mental health, and positive self-talk. This course will expose students to the best and brightest ideas to help them find and maintain inner peace.



Historic Bookbinding

"Oh, that my words were now written! oh that they were printed in a book!" (Job 19:23)

Instructor: David Hancock

Bookbinding is an important development that preserved writing and allowed people to have access to knowledge in a beautiful package. Originally, bound books were one of the truly great luxuries of life. In this class, students will explore some of the historical methods that were used for making and binding books. Students will help to write a sacred manuscript that will be bound in the traditional method. This manuscript will be illuminated and gilded. Students will also create at least two books of their own. The first will be quarter bound in leather with cloth binding that they have made themselves. The second book will be bound in goat leather. If time permits, the students will be able to work this leather cover to create a traditional appearance. This leather-bound book will use historical bookbinding methods and techniques.



How to Date: 101

"For he will give unto the faithful line upon line, precept upon precept." (D&C 98:12)

Instructor: Adam and Melisa Hendrickson

Have you ever felt that dating was awkward or difficult? Were you ever intimidated by the number of forks or spoons at a fancy restaurant? In this class, the Hendricksons will answer all of these questions and more. Students will learn the art and science of dating. We will explore inexpensive dates, the art of conversation, and how to cope at a fancy restaurant where there are more forks, spoons, and knives than there are chairs.



Japanese Arts

"Let the heavens rejoice, let the earth be glad; let the sea resound... Let the fields be jubilant... let all the trees of the forest sing for joy." (Psalm 96:11-12)

Instructor: Brigham Dye

Students will experience various Japanese art forms, such as: Bonsai—the art of growing artificially dwarfed trees in pots; Origami/Kirigami—the art of paper folding and cutting; Anime—the art of Japanese animation films aimed at both children and adults; Haiku—the art of Japanese poetry that evokes images from nature; and Sushi—the culinary art that melds rice and seafood in a surprising combination of textures and flavors. Weather permitting, we will also take a field trip to the Topaz Internment Museum where we will see some of the artistic creations of Japanese American citizens who were imprisoned during World War II. At the end of the week, students will take home a bonsai tree with a bonsai pot they have shaped as well as a lighted shadowbox.



Lab to Launch: Rocket Propulsion

"Make a joyful noise unto the Lord, all the Earth: make a loud noise and rejoice, and sing praise." (Psalm 98:4)

Instructor: Andrew Winegar

This course will work closely with the rocketry and astrophysics class to create custom model rockets. As a class we will study the chemistry involved in various rocket fuels and how to properly utilize them to achieve lift off. We will then work hand in hand with the astrophysics and rocketry class where you and your team will synthesize your own rocket fuel to be used in the rockets they design.



Landscape Painting with Acrylic

"Creation brings deep satisfaction and fulfillment. We develop ourselves and others when we take unorganized matter into our hands and mold it into something of beauty." —Dieter F. Uchtdorf

Instructor: Eric Heywood

A course for all skill-levels of painting, from beginner to experienced. Students begin by learning the basics of acrylic paint and the fundamentals of composition and color theory. Students are introduced to the process of creating a successful painting, and how they can apply it to their own artwork. We will also visit the Springville Museum of Art to view artwork and discuss how the Principles of Design are eternal laws of beauty. Students spend the remainder of the course working on a landscape painting using a full palette of colors!



Rocketry and Astrophysics

"Behold, all these are kingdoms, and any man who hath seen any or the least of these hath seen God moving in his majesty and power." (D&C 88:47)

Instructor: Alex DeBirk

Students design, model, build, and launch custom model rockets using 3d printers and laser cutters. They learn about astrophysics and astronomy through Kerbal Space Program, stargazing through an observatory's telescope, and commanding the USS Discovery starship simulator.

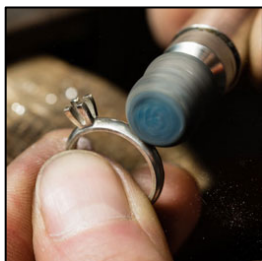


Scriptures Rock—Illustrating Stories with Rock

"All things denote there is a God; yea, even the earth, and all things that are upon the face of it." (Alma 30:44)

Instructor: Skye Cummins

In this unique experience, you'll transform your favorite scripture stories into stunning visuals using rocks and natural elements collected during adventurous hikes. Learn the art of adapting scriptures for different audiences, master the techniques of photography and image editing, and craft your own professionally bound books, magnets, cards, and a fun matching game. Share your faith and creativity with others as you beautifully communicate profound truths through text and visual design. This course is not just about learning; it's about creating something meaningful and spiritually uplifting.



Silver Smithing

"Organize yourselves; prepare every needful thing..." (D&C 88:119)

Instructor: Heidi Crossley

Throughout the course, students will learn basic lapidary skills that include rockhounding, stone cutting, and stone polishing. Students will also learn basic silversmithing through constructing stack rings and setting a stone in a bezel. Both of these crafts will require basic soldering knowledge and skills as well as polishing and cleaning. Students may also work with resin molds and construct pieces to set in bezels. Bead and wire work may also be incorporated to various student designs.



Sound Systems and Mixing Live Music

"Make a joyful noise unto the Lord, all the Earth: make a loud noise and rejoice and sing praise."
(Psalm 98:4)

Instructors: Jay Clark and Dan Morgan

Students will learn how to set up mics and speakers and mix some great live bands. We will learn about concert lighting and using video to enhance the performance. We will take a tour of a recording studio and other performance venues.

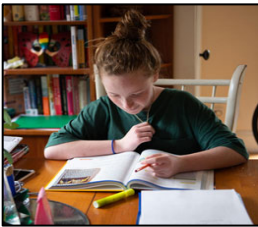


Student Literary Magazine Editing and Digital Design Team

"[W]hen ye are in the service of your fellow beings, ye are only in the service of your God."
(Mosiah 2:17)

Instructor: Emily Spackman, Laura Bichon, Chanté Engh

You're hired to help produce the first AHS literary magazine as an editor and digital designer! Your role as an editor will be to make important decisions such as creating a permanent name for the magazine, choosing which submissions to include in the first issue, voting on the cover art or design, writing a forward, and bestowing Student Choice Awards. As a digital designer, you will apply elements and principles of design to our magazine layout in Adobe InDesign, the industry-standard software for all multipage printed publications. Learn from experts at BYU who critique art and who publish the official BYU literary journal, *Inscape*, and participate in team-building bowling. The final printed publication comes out in May and will have your name inside the front cover as an important member of the publishing team.



Independent Study

Instructor: Joanne Stevenson

This course is for students who are unable to be at school for at least four days of Experiential Learning Week. These students will be required to do a project and write a paper that will be submitted to Ms. Stevenson. Enrollment in this course requires a parent request and administrative approval. Please contact Mrs. Stevenson at jstevenson@ahsmail.com for more information.