

Monday/Wednesday Seminar Choices

SEMINAR TITLE	COURSE DESCRIPTION
<i>Custom Ink</i>	If you like to doodle, draw, and paint on things this is the seminar for you. We will create one of a kind custom culture art. We will take old worn out objects such as shoes, shirts, jeans, backpacks, purses and anything else you can find and re purpose it into amazing art. During this seminar you will also have the opportunity to help design the shoes that we create for the Custom Culture Vans Shoes competition.
<i>Yearbook</i>	Students in this seminar are responsible for the design and publication of the DVD Yearbook! Students should have a background or interest in one of the following areas: photography, desktop publishing, art/design or written language. They must design a new or improved product that meets the need and review the success of this product. Students must produce quality work, work together in groups, must be able to handle deadlines and should expect to spend some additional time outside of the class working on the publication.
<i>ASL</i>	Come learn a visual language, signing, and some linguistic information through the eyes delivered by the hand. And, learn information about a culture that is unique and exciting.
<i>US Documentary</i>	Explore social, cultural, political, and economic issues of the United States through the lens of a documentary. Every week we will explore a new topic that will explore and critique various topics of the United States.
<i>Musical Theatre Workshop</i>	Are you interested in learning how to ace that audition for a musical? Do you like to sing and would like to have an opportunity to do so in front of your peers for feedback? Have you ever wanted to pursue a career in theatre and would like to work on your musical theatre skills? This is the seminar for you! You will have the opportunity to work with a live pianist to hone your music skills and work in front of a live audience from week to week.
<i>Chinese II</i>	Prerequisite: Chinese I. This course is a continuation of the foundations established in Chinese I, expanding on our repertoire of vocabulary, grammar, and writing.
<i>Body by Design</i>	Tired of looking in the mirror and having a fat-laden body staring back at you? Well you're in luck! Body by Design is a comprehensive physical fitness course boasting targeted muscle development and cardiovascular system strengthening for the most serious workout enthusiasts. Win the battle of the bulge- simultaneously losing belly fat while gaining arm definition. Remember, summer beach bodies are made from Winter workouts!
<i>Fiber Sculpture</i>	Fiber Sculpture is a class where you will utilize different materials and methods. Students in Fiber Sculpture will develop individual expression through a wide range of materials while also using critical thinking and problem solving skills. Students will explore different materials such as: reeds, yarn, felt, string, natural materials, and many more! Fiber Sculpture gives students the freedom to bring in materials and is open to anything you can imagine or implement that is both natural and man-made. Methods of construction process will include: crochet, felting, embroidery, twining, weaving, wrapping, and layering. Due to the cost of Fiber materials a \$20 lab fee donation is recommended.
<i>Latin American Film</i>	This course will offer students an opportunity to be involved in discussions and conversations emphasizing cultural components of countries of the Hispanic world. Selected films from the Spanish-speaking world are used as starting points for Spanish-language classroom discussion. Countries explored through film include Mexico, Cuba, Spain, Argentina, Chile, and Colombia. Films viewed for this course present a wide variety of themes, genres, and the day-to-day cultural experiences, such as life in Castro's Cuba, the Spanish Civil War, the Mexican Revolution, and dictatorships in Argentina and Peru. It also offers participants an opportunity to

	view expression of affection, feelings, nonverbal communication, and body language of the Hispanic world through the lens of film.
<i>5K Training</i>	This seminar is for those who run at any level and seriously want to improve their running/jogging skills. We will follow a training program, which can even be downloaded as an app on your phone, that will get you 5k ready. It is highly encouraged that students will sign up for and participate in a real 5k.
<i>Yoga</i>	Come relax your body and mind through the ancient practice of yoga. Class begins with mediation, focuses on breath and movement, moves through a sequence of yoga postures which tone the body and lengthen muscles, and ends with a final relaxation. All of this is enjoyed in a candlelit room with soothing music and aromatherapy! You will leave yoga feeling calm, physically strengthened and happy.
<i>WoodShop Design</i>	This course provides entry level of woodworking. Instruction includes safety on all equipment, machine operations, and maintenance of equipment. Proper use of hand & power tools. We will be designing a skateboard deck and using a wood burning tool and stains to add designs to the board
<i>Song Writing</i>	In this seminar, we will analyze certain well written songs and try to make our own! Students will need to bring their own instruments. Our goal is to have a performance of an original song for a Community Dialogue.
<i>Crocheting</i>	Whether you have been sewing for years, or have never threaded a needle, come sew and crochet with us. We will be learning and working on individual sewing projects as well as sewing something as a class.

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<i>Walk & Talk</i>	If you want to get your fitness on while walking and talking, and are not ready to run and jog, then this is the seminar for you! We will take nice strolls through the park, around the block and have interesting conversations with our friends.
<i>Cooking on a Budget</i>	Part of growing up is learning to survive on your own. When the caveman discovered fire, the next day he discovered barbecue. We're not making barbecue but you can learn that college meals can be more than Ramen noodles and cafeteria food. Learn to cook, even bake, without stove and on a budget. \$20 materials fee for supplies.
<i>Origami</i>	Do you like to be challenged? Do you like to problem solve? Do you like math? Then come and join us! In this seminar you will learn how to create a variety of amazing work. Some will be easy to create, while some will be challenging. You must be willing to be persistent and not give up regardless of how hard or how time consuming it might be. Additionally, origami is very fun and very educational. Therefore, we will be learning math topics through the use of origami.
<i>Illustration</i>	Apply your drawing and painting skills to produce a variety of projects including CD covers, ads and magazine articles. Learn the basics on color theory using acrylic paint and other media. A survey of the history of illustration and contemporary problem solvers rounds out the class. Some previous drawing experience is recommended.
<i>The Flow: a spoken word creative collaborative workshop</i>	If you've seen <i>Brave New Voices</i> or <i>Def Poetry Jam</i> then you've seen the power of spoken word, an art form older than hip hop with roots deeper than words. The Flow goes beyond jams, slams and battles into a deeper way of listening to yourself, learning to speak and express your story in your voice, and finding the courage to share with heart. The Flow focuses on the spoken word experience. This is an active, hands-on workshop where you will get immediate feedback on your work in a safe, respect filled environment. Some techniques to help the Flow include: The Rite of 'Riting 'Rong, Beyond freestyling: a multi-dimensional Flow, Breath and Beats: live drumming and breath work for focus, Overcoming FOPS: fear of public speaking, Mic Technique, and Coffeehouse Style Presentations. <i>Adwin David Brown (course teacher) is a Billboard Top Ten spoken word recording artist, author and speaker. He created flowskool to help reimagine education and learning as creative adventures of discovery where all are free to find their Flow.</i>
<i>Health, Yoga, and the Great Outdoors</i>	It's a new year, and an opportunity for a new you! In partnership with USC Medical school, we invite you to participate in an innovative lifestyle seminar, focusing on developing habits that will help you be healthier, not only physically, but also mentally. With the assistance of Russell, a representative from USC Medical School will utilize a curriculum to teach students on healthy living, and an introduction to wilderness (including a one week camping trip in beautiful California wilderness), yoga and meditation. This seminar encompasses a new approach to introducing students to being healthier as it incorporates their environment and focuses on the student as a whole.
<i>Blogging</i>	In this seminar, you will learn how to set up your own blog and design your own by posting weekly. This is a great way for you to explore an interest you have as well as sharing it with others.
<i>Digital Filmmaking</i>	Students will be introduced to the techniques and theory of developing and producing short film ideas that are shot on digital video and edited digitally on computer. The course centers on learning elements of visual storytelling through a variety of stylistic approaches. Projects focusing on screenwriting, storyboarding, camera operation, and editing will vary based on student interest and access to

	resources. Lectures will explore the great Hollywood auteurs - filmmakers that are able to keep alive their personal vision while dealing with the big studios (i.e. Stone, Lee, Scorsese, Kubrick), the ones that dared to fight Hollywood (i.e. Welles, Peckinpah, Cimino) and the loose cannons independent at heart (Altman, P.T. Anderson, Coen brothers).
<i>ART CENTER Architecture</i>	Investigate basic architectural concepts while designing your ideal environment. Find spatial definition of your ideas and acquire skills to communicate them through drawings and models. Jumpstart the creative process with class exercises crafted to inspire and stimulate imagination.
<i>Vehicle Design</i>	This class is an introduction into the fun world of vehicle design seen in the the Auto Industry to Video games and Movies. It will equip students with the fundamentals of proper reference gathering, perspective, proportion, and design in visually constructing vehicle of all sorts- automotive, military and Sci- Fi, etc. The primary emphasis of the class will be on cultivating strong sketching ability. We will be generating multiple ideas quickly from preliminary ideation through the more refined conceptual phase.
<i>Dance Team</i>	This seminar offers a healthy, fun, energetic way to express yourself and let off some steam! It will boost your confidence, and you'll be part of a team of skilled performers. Be prepared to perform at CD and other community events! Bring water and clothes you can move in
<i>Creative Writing</i>	In this seminar, students will learn fundamental creative writing skills and get a chance to explore writing short stories, poetry, plays and/or screenplays. We will examine different writing styles by looking at various short stories and poems every other class. We will also engage in daily Quick-Starter writing activities and bi-weekly Writer's Workshops, allowing us to write and share our own work.
<i>Archery</i>	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!
<i>Fitness</i>	The students will be exposed to different physical fitness activities such as kickball, soccer, aerobics, running and other options. Staying healthy can be fun. In addition, they will learn the basics of each sport.
<i>Peer Mediation</i>	During the Peer mediation seminar students will learn tools in order to be an effective peer listener, informer, communicator, and friend. Students will be trained to be a facilitator with disputes between two students or a small groups of their peers. Peer mediation is problem solving by students with students. It is a process by which two or more students involved in a dispute meet in a private, safe and confidential setting to work out problems with the assistance of a trained student mediator.