

Monday/Wednesday DVC Seminar Course Descriptions – Spring 2016



Course	Description
Foreign Language Lab	Rosetta Stone foreign language course. You will be taking your language online using Rosetta Stone with the support of a teacher in the classroom. You must complete 2 years of foreign language (3 recommended) to complete your graduation requirement, and should make this your selection for either M/W or T/Th unless you have made other arrangements with Nathan.
Cyber Patriot	CyberPatriot is the National Youth Cyber Education Program conceived by the Air Force Association (AFA) to inspire high school students toward careers in cybersecurity or other science, technology, engineering, and mathematics (STEM) disciplines critical to our nation's future. In preparation for the National Youth Cyber Defense Competition in 2016-17, we will be learning the basics of network security by working in teams and acting as newly hired IT professionals. No knowledge is required, just an interest in learning more!
Math Support	Do you find yourself not doing math homework, sitting at home not knowing how to do your math homework, or struggle in math? Join this seminar so you can have a space to work on your math homework at school with the help of a math teacher! All levels of math welcome. You can build old skills, build new skills, or just work on your current math homework. #mathisfun
Spirit Squad	I said brrr--it's cold in here. There must be some wolves in the atmosphere! Awesome! Oh wow! Like totally freak me out, I mean right on....Wolves sure are number 1! Spirit Squad is a class for students who are motivated and interested in developing school culture and traditions. Students will promote all school events in conjunction with Athletics, Leadership and other school organizations / clubs.
Blanket and Scarf Making for the Homeless	With the temperatures dropping and the number of people who are homeless rising, this is one way to help. We will be sewing blankets and crocheting scarves to donate to homeless shelters and organizations. You will be welcome to sew, crochet, or both! You do not need to have any experience sewing or crocheting but if you do you can also learn new techniques and stitches. Come join us to have fun, learn new skills, and help our community at the same time!
Introduction to Speech and Debate (College Course, 4 day seminar)	This course introduces students to key skills and techniques in public speaking and provides experience in a variety of speaking styles. While the course is performance-based, theory is introduced for each type of speaking, and skills of critical listening, flowcharting, and analysis are developed in addition to presentation skills. This is a college course offered through Antioch University Los Angeles. You will receive a college transcript with this course listed after successful completion. 11th graders and 10th graders with administrative approval.

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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.
CSUDH College Courses	If you are a junior who signed up for one or multiple CSUDH Young Scholars classes, you will be enrolled in this seminar where you will watch your college lectures and complete your assignments for the film, health or politics college course.
Zen Teens Fitness	Zen TEENS program teaches functional and athletic movements encompassing all ten general physical skills (cardiovascular endurance, strength, stamina, flexibility, power, speed, balance, coordination, agility, accuracy). Students will learn the foundations of programs such as: The Brand X Method, CrossFit & StrongFit.
Spoken Word: The FLOW	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>
Treat your Head Right	Are you interested in a happier, healthier, more enjoyable life? For thousands of years, mindfulness practice has led to peace of mind and wellbeing, greater focus and creativity and better relationships for many. Research suggests that regular mindfulness practice, through meditation, is an effective way to deal with stress, worry, lack of focus, relationship problems, addictions and more. Join this seminar to gain some headspace, be more present in daily life, and treat your head right!
Disney Magic	This class will be taking a look into the life of Walt Disney and the animation empire that he created. We'll be watching a variety of documentaries and Disney movies to understand the man behind the magic.

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Dance Team	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.
SAT Prep (English)	This seminar will focus on preparing students for the English/verbal section of the SAT/ACT. We will discuss test-taking strategies, complete practice tests, and build vocabulary. Open to 11 th graders and 10 th graders with teacher/admin approval.
Intro to Sociology (College Course)	This course is an overview of what we know (and do not know) about human behavior and human societies. It examines how social life (life in groups, organizations and societies) affects people, and how people affect each other and their societies. This is a college course offered through West LA College. You will receive a college transcript with this course listed after successful completion. Open to 12th and 11th graders. 10th graders with administrative and counselor approval only.
Debate World	Students interested in developing argumentative skills using research, statistics and oration skills. Debate club was initially designed by students as a lunch club. That interest has expanded now into a seminar.
Creative Writing	In this seminar, students will explore creative writing as a means of self-expression, self-empowerment, and social change. We will experiment with a variety of genres, including short story, personal narrative, and poetry; participate in fun & creative brainstorming activities; learn about the editing and publishing processes; and begin using writing as a tool to learn more about ourselves. Students will also examine the various ways that creative writing has been used to encourage social change, and will create a piece around a passion-issue that can be used to raise awareness and spark change. Finally, students will have the opportunity to publish their work in a literary magazine at the end of the semester.
Glass Working & Slumping	Glass fusing and slumping is the process of creating unique glass pieces and bending or slumping the glass into or over a mold through use of a kiln. During the Roman period open vessels, such as bowls and plates, could be produced by forming a glass sheet over a core or former. Most contemporary fusing methods involve stacking, or layering thin sheets of glass, often using different colors to create patterns or simple images. The stack is then placed inside the kiln until the separate pieces begin to bond together. In this seminar students will get the opportunity to create various vessels such as coasters, plates, bowls, and jewelry using the fusing and slumping process. *Suggested \$20 lab donation for the cost of art glass.

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Life Drawing	Life Drawing is a studio based course for serious artists looking to build their portfolio for college submission. Life Drawing introduces students to drawing the human figure. Coursework will include direct observation and subsequent drawings from the model with emphasis on achieving correct form and proportions. Other figurative subjects (students, mannequins, skeletons, etc.) will also be used as references for drawings. Types of drawings to be done in class will include gestures, short studies and prolonged drawings. Slide lectures featuring figurative artworks that relate to coursework will be given throughout the semester. Critical assessment of drawings will be offered through individual instruction and class critiques. Students will be expected to draw during class time
Intro to ASL (American Sign Language)	This course is facilitated by Mr. Hendrix, and ASL 2 students are available for tutoring and reinforcement. This course includes daily conversation in ASL, a mini project, and a final video project
WoodShop Design	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 variety of projects throughout the semester.
Soccer	This course is designed to introduce the basic fundamentals of soccer - passing, dribbling, shooting, and communication. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in game situations.
Film & Documentary	Explore social, cultural, historical, political, and economic issues of the world through thought provoking film and documentary. Each week we will explore and critique various topics of the world.
Sustainable Design & Green Living	What is green living? At the outset of this seminar students will be asked to define what they think, living sustainably is. This definition will be tested through a semester of research based on the collaboration of the built environment, current environmental policies and organizations that are being used to help define exactly what “sustainable” means. The ultimate test of the student’s definition will be conducted through a project where they design something new or retrofit a current space or idea to support or possibly defy their original definition. To conclude the seminar the students will resubmit a definition with support from their semesters work.