

2013 Fall Intensive Course Descriptions

Pen and Ink Illustration

Teacher: Philip Fleckenstein

Grade Level: 7-12

Get ready for some ink slinging mayhem and non-erasable terror! Students will explore the techniques of the time-honored medium of pen and ink by looking at traditional and innovative approaches to line drawing. This course will strengthen your skill set, teaching you how to use modern and traditional tools—including brush, marker, and technical pens. Students will learn by mirroring the methods of Da Vinci and the German Expressionists as well as modern artists, examining their use of the medium in comic books and illustrations.

Class Fee: Approximately \$20.00

2013 Fall Intensive Course Descriptions

Creative Writing

Teachers: Ashley Vanhemert and Danielle Sjoden

Grade Level: 7-12

Do you love to write but never have enough time to do it? Then join us for this creative writing intensive in which students will have the opportunity to experiment with different genres and styles of writing, participating in workshops to hone their skills and to give and receive feedback. The intensive will be structured around the Scholastic Art and Writing Awards, a national program that gives students the chance to have their work published and receive scholarships. The regional deadline is December 31st and categories include dramatic script, flash fiction, humor, journalism, personal essay/memoir, persuasive writing, poetry, science fiction & fantasy, and short story. Each student is required to submit at least one piece to the Awards program.

Class Fee: There is no class fee; however, students must pay \$5.00 per entry **Credit:** 1/4 English elective

2013 Fall Intensive Course Descriptions

Music 101 & 201

Teacher: Svetlana Jackson

Intensive Leader: Monica Lettner

Grade Level: 7–12

Class size: 25 maximum

Music Intensive will combine several popular elements from all of the previous semesters. We will be spending time learning the ukulele each day! (Ukes will be available to borrow for use in class.) We will be separating out the parts of songs and learning to play and sing bass lines, melody, accompaniment, and even some beat boxing! We will work on basic hand percussion and learn how to create beats in the world around us even if there are no drums around. And we will discuss the music theory behind your favorite songs in a way that makes it seem easy!

As usual, we will have guest speakers and performers telling us about their jobs and performances in the music industry. We will take a tour of a local recording studio and be visiting an elementary school. We will spend time talking about the future of music education for young children.

We will also be discussing performance techniques from the perspective of an observer. Imagine that you are the judge or coach on a current hit TV show and YOU get to tell the performer how to make it better!

We will spend time analyzing lyrics from popular songs and do a little lyric writing of our own, too. You do not need to know how to play an instrument to join this Music Intensive, you just need to love music! Beginners are welcome! But if you are an intermediate or advanced player, or have already taken one of the music intensives, you will still learn a lot with theory exercises designed just for your skill level.

Monica is a well-known Anchorage performer and educator. She plays and teaches a variety of instruments and has a Bachelor's in Vocal Jazz Performance and a Master's in Music Education.

Any questions about the Music Intensive can be sent to:

Intensive Leader: Monica Lettner

Contact: monicalettner@me.com

Credit Count: .25 Music

Elective credit

Class Fee: \$75

2013 Fall Intensive Course Descriptions

Cookies for our Community

Teacher: Jennifer Wadsworth

Grade Level: 7-12

Let's get together and bake some holiday treats for our community-in-need this intensive. There are over a dozen emergency shelters/soup kitchens that we could serve. We'll learn about those we will serve and the service our community offers. And we will provide a little holiday cheer with our cookies, candies, and tarts we will make. Each of us will choose recipes for holiday treats. Then we will bake and decorate cookies, bake tarts, and make other holiday treats. We'll wrap them and box them in holiday style and deliver them to the shelters and kitchens. No matter what our neighbors may face this holiday season, they will know that we wish them a happy holiday. Let's put smiles on their faces.

Class fee: \$20.00 (baking supplies, gift wrap and boxes)

2013 Fall Intensive Course Descriptions

Toy-Building and Community Service

**Teachers: Chris Selin & John Stahl
Marla Sanders**

Grade Level: 7-12

In time for the holidays, this hands-on intensive will bring out the creative and giving side of everyone who signs on.

Students will get involved creating and building children's toys in a workshop setting; there will be sawing, drilling, sanding, shaping, painting and assembling plain blocks of wood and balls of clay to build real wood toy trucks, dolls, and marionette puppets for the children at AWAIC. (Abused Women's Aid in Crisis in Anchorage).

Maximum Class Size: 25

Class Fee: \$15.00 for materials and tools

2013 Fall Intensive Course Descriptions

Rockclimbing

Teacher: Rosa Hohnstein

Grade Level: 7-12

Introduces the fundamentals of sport climbing in an indoor environment. Covers hazard evaluation and risk assessment specific to climbing gyms. Also covers selection of personal gear, technical needs, and safety equipment specific to indoor climbing. Introduces and provides opportunity to practice knots, rope handling, belaying, descent techniques, and top-rope climbing on an indoor climbing wall. We will be spending our mornings learning to tie knots, reading articles on safe climbing practice and technique, and analyzing mainstream perception of rock climbing as a high risk sport and assessing the decision making process in group dynamics. In the afternoon we will be incorporating and applying our morning lesson in various rock gyms throughout Anchorage. For more advanced students there will be lead climbing opportunities.

Class Fee: \$150.00 (That includes rock gym access for the two weeks we are climbing, individual sections of rope and cordelette and all equipment rentals.)

2013 Fall Intensive Course Descriptions

Neuroscience

Teacher: Michael Moore

The Brain, its Biology, and Human Behavior

Open to 9-12*

Open to 7-8 with Instructor Permission

This class provides an introduction to the workings of the Brain. We will begin with a study of the neuron, and branch out into basic Brain Anatomy. The role of neurotransmitters will be discussed along with how certain drugs influence how we act and see the outside world. How the brain changes based on our experiences (plasticity) will be explored as we discuss current research and beliefs into how we can alter our own brains. After we learn what specific structures within the brain are responsible for many of our every day activities a local psychiatrist will spend a morning with the class to discuss what happens when things go wrong, and how an understanding of brain biology has resulted in modern diagnosis and treatment.

Lab Fee \$10.00 (to cover the cost of dissection materials)

Biology Credit

2013 Fall Intensive Course Descriptions

Course: Ski and Snowboard Intensive

Teachers: Jen Neff and Gerald Brown

Grade Level: 7-12

Course Length: 2 weeks

This intensive is offered in conjunction with Ayleska Resort's Mountain Learning Center. Students will spend the first half of the day in group lessons, which are offered at beginning, intermediate and advanced levels. The second half of the day, students will be able to ski/ride on their own.

There is a class fee, see Jen for details of price breakdown. Fee covers instruction, lift tickets, gear rentals and the bus ride to and from Ayleska each day. The cost will be less for students who have season passes and/or their own equipment.

See Jen for Ski/Snowboard packet, which includes a price breakdown and further information.

Credit: Physical education elective

2013 Fall Intensive Course Descriptions

Basketball

Teacher: Bob Vandergriff

Grade Level: 7-12

This class will be for b-ball players of all skill levels. We will learn and fine-tune dribbling, passing, handling, and shooting through drills, followed by different types of tournaments. If you ever wanted to play basketball and get a taste of going to practices, without the anxiety of trying out for a team, this is for you. If you ever wanted to have fun spending two weeks straight playing basketball and learning how to make yourself better, this is for you.

Credit Count: P.E. or Elective credit

2013 Fall Intensive Course Descriptions

Winter Camping

Teacher: Ken Varee

Grade Level: 7-12

This intensive is designed to acquaint students with the challenges and opportunities of outdoor activities in the Alaskan winter. Students are expected to learn and demonstrate various outdoor skills including cross-country skiing, ice skating, and snowshoeing. To that end, we will spend the first week introducing or reviewing the basics of the above skills as well as preparing for a three and a half day winter camping trip to the Rapids Camp Yurt in Eagle River Valley. Students will learn the proper techniques and equipment needed to be comfortable and safe in a hostile winter environment. The yurt itself has a wood stove and bunks for four to six persons, but it is more like a heated tent than an insulated cabin, so keeping warm and comfortable will require effort and coordination on the part of the entire group. The rest of the group will sleep on the floor or in a snow shelter that we create outside the yurt. Students will have an opportunity to spend a night in either type of shelter and many may find that they prefer the snow shelter to the yurt. So, regardless of the intensity of the cold, students will have warm shelter available for the duration of the trip. In addition, there will be two chaperones including myself on the trip. We will leave for the trip on Monday, December 16th at approximately 9:00 am and return on Thursday, December 19th by 3:00 pm.

While we are not expecting any major problems, the very nature of backcountry travel implies that there are risks involved. The purpose of this class is to prepare students with the necessary skills to keep these risks to a minimum. **Safety is always** the first priority. To that end, it is absolutely imperative that we have the complete cooperation of students at all times. While process is a vital part of the Steller experience, debating/ignoring the directives of staff/chaperones in the wilderness could put an individual and/or others at risk. For that reason, students who, in the judgment of the instructor, exhibit behaviors that threaten the wellbeing of themselves or the others in the group may be removed from the class.

Factors impacting such a decision would be:

- 1) Gravity of the offense
- 2) Past history of infractions in the class
- 3) Violations of class policy
- 4) Violations of ASD Policy

Please sign below signifying your acceptance of the terms stated above.

Student _____

Parent _____

Winter Camping Intensive Schedule

Monday, December 9

Hypothermia and how to prevent it

Gear discussion including clothing, sleeping gear, packs, stoves, and other equipment

Pile snow for quinzhee

Tuesday, December 10

Discuss construction of snow shelters

Ski/snowshoe to Westchester Lagoon for skating/winter activities

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Dig out quinzhee

Wednesday, December 11

Avalanche discussion

Ski/snowshoe to Westchester Lagoon for skating/winter activities

Trip to REI in afternoon to assess gear options

Thursday, December 12

More cross country skiing today and/or skating at Westchester Lagoon.

Organize stove and cooking groups and make sure folks have secured proper gear

Friday, December 13

Try out snowshoes

Organize gear for the trip

Food check

Collect permission slips for trip

Monday, December 16

Leave Steller for Eagle River Visitor Center by 9:00 am.

Arrive ERVC by 10:00 am

Gear up and ski out to camp

Arrive at camp by noon and begin building quinzhees outside.

Do some cross country skiing until dark

Prepare sleeping areas

Eat, drink as needed

Tuesday, December 17

Head into ERVC by 10am

Lunch at noon

Class on animal tracks/habitat

Return to yurt by 3:00 pm

X-country ski/snowshoe until dark

Evening activities

Wednesday, December 18

Up by 9:00 am and have breakfast

Ski/snowshoe up Eagle River Valley

Ski back to yurt by 4:00 pm

Eat, drink as needed

Explore on skis/snowshoes

Dream about showers and pizza

Thursday, December 19

Up by 9:00 - Eat, drink as needed

Pack up gear, garbage, and police camp

Pack out everything we pack in

Arrive ERNC by noon

Go out for pizza

Arrive at Steller by 3:00 pm

2013 Fall Intensive Course Descriptions

3D Sculpture and Anatomy

Teacher: Lee Weiland

Grade Level: 7-12

- * Learn sculpting techniques and form modeling using oil-based clay and the tools of the trade.
- * Develop a functional understanding of the skeletal and muscular structure of the human figure.
- * Invent and sculpt a proportionally and anatomically correct human figure.
- * Take this knowledge of anatomy and sculpting into many more academic or career fields, such as: medicine, forensics, physiology, sports, portrait painting, 3D animation, and the list goes on.

Sculpture Art Credit.

The fee is \$120

- * Apply for scholarship now!

2013 Fall Intensive Course Descriptions

Bowling, Golfing, Swimming

Teacher: Troy Fast

Grade Level: 7-12

This is a chance to experience some sports that are not typically offered here at Steller. If you enjoy these sports or would like to try them, get your friends and get signed up. Come and join in the fun and get a physical education credit at the same time. We will be bowling at the Center Bowl, swimming at West High Pool and golfing at Full Swing.

Class fee: \$100.00