



MOUNT VERNON HIGH SCHOOL

# 2022-2023

## J-TERM COURSE GUIDE



Promoting Excellence in Academics, Arts, and Athletics  
Fostering Growth and Confidence as Learners and People

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# INTRODUCTION

The staff at Mount Vernon High School has developed this Course Guide to provide information about the courses offered during J-Term. This guide will help students and their parents / guardians become better acquainted with the content of specific courses and will aid students in the course selection process.

NOTE: Students must successfully participate every academic school year in J-Term. Students missing days for illness, personal reasons, etc., are still expected to participate in J-Term. Successful participation will be left to the discretion of instructors and MVHS administration. Credit will be assigned based on the mastery of essential learnings in the J-Term course and determined by the instructors.

A J-Term course is equivalent to all of the courses offered during a traditional semester. Missing one day for illness or personal reasons during J-Term is equivalent to missing seven class periods during a semester long course. We value your attendance during J-Term.

## COURSES

- **FRESHMAN EXPERIENCE - .5 credit**

### **J-TERM COURSE**

#### **REQUIRED IN GRADE 9**

**Mr. Pedersen, Mr. Whitman, Mrs. Teague, Mr. Timm, Mr. Weber, Mr. Wilkinson and Mr. Chatman**

The Freshman Experience is designed to be an intensive study to help students become self-aware, build confidence, and prepare for life as a high school student. Students will take a deeper dive into some important health topics covered in their 8th Block Course. The freshman will also gain an understanding of the 4 Foundations of Mustang Nation: 1- Just Be Here, Get Involved, 2- Excellence In the Arena, 3- Service Above Self, & 4- Champions in Life. Everyone will get to experience some unique physical activities in the greater Cedar Rapids/Iowa City area as well as serve their community.

- **CRIMINAL MINDS - .5 credit**

### **J-TERM COURSE**

#### **(NOT repeatable)**

**Mrs. Massey and Mrs. Viter-Pitlik**

Inspired by the hit show "Criminal Minds" in this class we will learn how Criminal Profilers catch these evil monsters. We will study the characteristics these criminals share as well as learn how the psychopathic mind works. Are these monsters born criminals or does their environment shape them? How exactly does criminal profiling work...is it like on the TV show or is the show pure fiction? Learn the answer to these questions and much, much more. Class will consist of projects, lectures, guest speakers, a field trip, and of course viewing episodes of "Criminal Minds" as well as other movies. No prerequisites required, but completion of Criminal Justice class is helpful. Mature content not intended for those with a squeamish stomach!

- **DIGGING INTO FINANCE - .5 credit**

- **J-TERM COURSE**

- **Mr. Roberts and Mr. Namanny**

- This course will give students the opportunity to learn about different types of investments such as: Roth IRAs, IRAs, Cryptocurrency, debt leveraging, traditional stock/options, taxes, taking out loans etc.. Students will explore these ideas through the use of simulated investment situations, group projects, speakers and docuseries. As young adults, these topics are vital for financial stability for any life situation. The tools learned in this class will give students a beginning understanding and foundation for real life investing after high school.

- **TEAMING UP TO CREATE DIGITAL MEDIA – .5 credit**

- **J-TERM COURSE**

- **Mrs. Gage and Mr. Kelly**

- Create amazing podcasts, videos, and social media posts to be showcased online. Topic ideas generated by you! Past students have won national and statewide awards for their work in this class! No experience is required, but it is welcomed. Students will learn all the skills necessary to create digital media and share it online through <https://themustangmoon.com> and its social media accounts.

- **DISNEY LEADERSHIP TRIP - .5 credit**

- **J-TERM COURSE**

- **Mrs. Sabers and Mrs. Strobe**

- *(Registration for the J-Term Disney Leadership trip is closed.)*

- Disney is committed to shaping the leaders of tomorrow through programs designed for elementary, middle, and high school students, as well as college students and professionals in the workplace. The Disney Leadership Experience J-Term class at MVHS will focus on Walt Disney and The Walt Disney Company's journey as we hone in on our own personal leadership roles. Everyone has something to offer. This course will expose and refine students' true leadership abilities so that they may make a lasting impact on the world around them. We will travel to Disney World for five days and take part in a Leadership Class with Disney Experts. Participants will explore the importance of Disney's 5 Keys of Excellence that guide Disney Cast Members in everything they do. Students will be challenged through a variety of experiences focusing on effective communication and critical thinking. Through hands-on learning and problem-solving scenarios, participants will experience the real-world application of these principles as they interact with Disney leaders and discover their own personal leadership style.

- **EXERCISE SCIENCE/SCIENCE OF SPORT - .5 credit**

- **J-TERM COURSE**

- **(NOT repeatable)**

- **Mrs. Allen and Mr. Schwiebert**

- Through classroom engagement and hands-on experience students will become familiar with the concepts relevant to sports medicine. Students will learn about common sports injuries and possible treatments. Students will develop a personal wellness plan to balance both athletic and emotional health.

- Topics to be covered during this course:

- Anatomical terminology
- Anatomy of major joints / Injuries to these joints
- First Aid procedures and treatment for common injuries
- Utilize proper blood pressure and heart rate monitoring techniques
- Aerobic and Anaerobic exercise
- Use of both static and dynamic stretching
- Learn how to assess body composition, flexibility, cardiovascular fitness, muscle strength and endurance
- Utilize various relaxation techniques to promote healing and performance

- Multiple guest speakers and a trip to a local Exercise science lab will be included.

- **FARM TO TABLE - .5 credit**  
**J-TERM COURSE**

**Mr. Kuker and Mrs. Lynner**

The Farm to Table experience provides students with an opportunity to learn where food comes from, various farming and production methods, and the opportunity to explore foods in the labs. In the morning session students will tour local farms, food manufacturing facilities, and Kirkwood Community College's agricultural facilities. In the afternoon students will prepare recipes related to yeast breads, dairy, beef and pork and other farm to table topics. Students may need to bring money along for lunch on a few field trips.

- **INTERNSHIPS – .5 credit**  
**J-TERM COURSE**

**Mr. Murray and Mr. Voigt**

*(Course is for Juniors and Seniors only. Registration for the J-Term Internship course is closed.)*

Mount Vernon High School specifically designed a time during the two weeks of J-Term for students to pursue an internship. An internship is an opportunity for a student to observe and gain hands-on experience with one or more employees at a business, non-profit organization, or government agency. This experience will help students gain first hand perspective of the skills and tasks needed to be successful in a business. The experience will also help students learn how to best apply their personal interests after high school. Other notes for this course: There is an application process for this course in the fall and all internship placements will be confirmed prior to Winter Break. Students will provide their own transportation and meals - students may request a sack lunch through the school.

- **THE LATINO EXPERIENCE - .5 credit**  
**J-TERM COURSE**

**Mrs. Carstensen and Mrs. Nichols**

Experience life through the eyes of Latino populations across the Midwest. Let your senses guide your learning as you see, hear, and taste your way through the music, food, and cultural activities that take place during the days leading up to the festival of the Three Kings, one of the most important days of the year in Latino communities. During day trips and overnight outings, you'll get a feel for the world that lies just outside of Mount Vernon.

- **MINDFULNESS - .5 credit**  
**J-TERM COURSE**

**Mrs. Willems and Mrs. Tenley**

In *Mindfulness*, students will develop the strategies to skillfully work with thoughts, emotions, and sensations, while developing their capacity to enhance mind-body awareness of present-moment experiences. Students will learn the principles of mindfulness, apply these principles to daily life, and develop their own practices. The course will help students to enhance their wellness dimensions: physical, emotional, intellectual, environmental, social and spiritual. Students will engage in meditation, yoga, literature, journaling and podcasts in order to grow their self-awareness and mindfulness practice.

- **REINDEER GAMES - .5 credit**  
**J-TERM COURSE**

**Mr. Thede and Mr. Karkosh**

*(Registration for J-Term Reindeer Games is closed.)*

Reindeer Games is a course designed to break up the winter blues and allow students to explore both indoor and outdoor activities during the winter. Students will demonstrate how to interact and teach students from all backgrounds by developing lesson plans for outdoor activities. Age appropriate and developmental teaching standards will be taught and utilized to meet the demands of all learners. Students will be exposed to ice skating, broomball, ice fishing, snowshoeing, Nordic (cross country) skiing, tubing, and a trip to Colorado skiing/snowboarding for 3 days.

- **SCI-FI - .5 credit**  
**J-TERM COURSE**

**Mrs. Ahrens and Mrs. Appley**

What other worlds are out there? The SciFi genre has the ability to capture our imaginations. Let's take a hopeful look at the future through the lens of SciFi films, shorts, and stories. Students will learn about the different genres, role-play gaming, generate maps and will create movie props. Finally, students will demonstrate their ability to collaborate while working in teams to create a SciFi short film.

- **THEATRE AFTER HIGH SCHOOL - .5 credit**  
**J-TERM COURSE**  
**(NOT repeatable)**

**Mr. Stephens and Mr. Wilkins**

This course will explore six key areas:

- theatrical terminology, etiquette, and safety
- appreciation of theatre as an art form
- careers in theatre
- community, college, and professional theatrical spaces
- research on the history and impact of specific Broadway titles
- alumni guest speakers

We will also attend a professional touring production.

During the class, students will view and compare excerpts from film versions of Broadway shows.

*The Mount Vernon Community School District will not discriminate on the basis of race, color, age, national origin, sex, sexual orientation, gender identity, marital status (for programs), socioeconomic status (for programs), disability, religion, and creed. Students, parents, employees and others doing business with or performing services with the district who feel that they have experienced discrimination are encouraged to contact Matt Thede, Equity Coordinator, Mount Vernon Community High School, 731 Palisades Road SW, Mount Vernon, IA 52314, telephone: [319-895-8843](tel:319-895-8843) x4005, where our district has a grievance procedure for processing complaints of discrimination. Inquiries may also be directed in writing to the Director of Civil Rights – Region VII, US Department of Education,; 310 W. Wisconsin Ave., Suite 800; Milwaukee, Wisconsin 53203-2292 (phone: 414-291-1111) or to the Iowa Department of Education; Grimes State Office Building; Des Moines, Iowa, 50319-0146 (phone: 515-281-5294)*