

2019 ExTerm Course Guide

*Mission Statement: Abington Friends School's **ExTerm** program offers an experiential, immersive and interdisciplinary approach to teaching and learning that provides deep engagement with ideas, resources and people. Faculty and students will work together over the course of two weeks to discover passions, explore opportunities and connect with the larger community.*

ExTerm 2019 runs from Tuesday, May 28 through Thursday, June 6.

The following courses are offered for the 2019 ExTerm. Students will only take one course during the entire eight-day ExTerm. Students are encouraged to prioritize classes that speak to their interests or passions. While placing students in their ExTerm courses, the Upper School administration will endeavor to give every student their top choices. Priority will be given to 11th graders first, then 10th graders, etc.

Dismantling the School to Prison Pipeline: Learn to be an Activist!

What is the School to Prison Pipeline? Students of color, students with disabilities, and LGBTQ students are more much likely than others to face harsh discipline or arrest in public schools, even at a young age. These students often drop out and end up in prison without hope for a successful life. By visiting schools, hearing directly from people who have been incarcerated, and talking with lawmakers and social justice advocates, we will learn how poverty, bias, and discriminatory government policies have created this system and explore concrete ways we can take action to change the system!

Exploring Philadelphia's Cultural Arts: Graffiti, Murals, and More!

Step outside of AFS and into historic Philadelphia! We will explore and experience Philadelphia's Cultural Arts and bear witness to its power as an expressive element of social transformation. We will think critically about the muses, motivations, and messages behind the art; gaining sense and sensibility about artforms and artists. Philadelphia is the birthplace of graffiti and home to historic arrays of mural art and architectural masterpieces. Come! Let's learn and explore together!

I Love That Song: An Exercise in Documentary Filmmaking

I love that song! This course provides you the opportunity to explore your passion for a song by researching the creation of the song by the artist and developing a documentary short film. Students can incorporate existing footage or recreate footage with classmates portraying the artists. To assist you, we will watch and analyze clips from various documentaries, visit a production and/or recording studio, and meet with artists and engineers in the music and film industry.

Into the Wild: Learning How To Survive in the Wilderness

Inspired by Sam Gibley in *My Side of the Mountain*, we will learn basic survival skills. We'll spend the first four days based at the Alverthorpe camp site. There, we will practice fire making, including building a tinder bundle, lighting it with flint and steel and bow drills, and keeping a fire going. We'll learn to find, identify and use wild ingredients for teas and snacks. We'll use recycled and found materials to make string bags, ink, journals, spoons and baskets. Week two, we'll spend two days and one night camping at Ridley Creek State Park using our newfound skills and crafts.

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Protest and Sport: What Do You Lose?

How do you feel about Colin Kaepernick's "Take a Knee" protest? Was it right for him to take a knee during the national anthem? Did he have the right to do so? In fact, should athletes express their political views? What do athletes give up to bear witness to injustice? These questions are not new. For decades there has been a rich tradition of protest associated with sports on the part of individual athletes (Muhammad Ali, John Carlos and Tommie Smith, etc.), entire teams (University of Missouri Football, the Miami Heat, etc.) and even nations (the US in 1980 and the USSR in 1984). In this course we will look at how athletes over the past 60 years have used their prominence to protest and raise awareness of injustice and inequality and the repercussions that activism had on their careers and lives.

SKETCHterm!: Sketch Comedy from Idea-Phase to SNL-Ready

Comedy is more than laughs and entertainment; it is social commentary, political parody, and tragedy turned upside-down. Sketch comedy takes an idea and, through collaborative process, makes a story that works to reveal absurdity, hilarity and/or comedic recognition. We will begin with improvisation and use those skills to create our own writers' rooms: turning funny ideas into scripts, scripts into performances, and performances into filmed (and live) sketches. In addition to writing and improv, we'll incorporate fundamentals of filming and film editing into our time. Get ready to learn the serious business of comedy!

The Ins & Outs of H₂O: The Environmental Issues of Water

Water is the most abundant molecule on the Earth's surface, covering 71% of it. In this course, we will explore what makes water so unique and the path that water takes from the Earth's surface to our bodies. We will discuss why clean water is necessary and how to ensure this valuable resource is continually available. We will tour the Belmont Drinking Water Plant, the Southeast Sewage Treatment Plant, and Fairmount Water Works. We will go out in nature, tour part of the Jenkintown Creek, learn from Villanova Graduate Students who monitor the AFS Riparian Buffer and Rain Garden, and be involved with neighboring community service projects.

The Secrets of Light in Literature, Art, and Science

Students who enjoy examining the mysteries of our world will find plenty to explore in The Secrets of Light. Have you ever marveled at a vivid sunset? Wondered how the light of a distant galaxy winks its way to Earth? Loved the glow of sunflowers in a Van Gogh? We will study light through the lenses of science, art, and writing, as well as its potential for healing. Students will learn how light functions as a physical force in the world--photons, optics, color theory; how light affects mood and well-being; and how light stands as a spiritual symbol in the stories of various cultures. At Bryn Athn Cathedral, we'll learn about the creation of their ethereal stained glass windows. Finally, we'll put all our new knowledge and passion to use as we create original "Healing Color" windows for residents of a local rehab and nursing facility.

The True Cost of a T-Shirt: Social and Political Impact of Manufacturing

Where do our clothes come from? Who are the people who make them? How much work does that take? Can we make clothes ourselves? These are some of the questions that we will explore through reading, research, and sewing. If you want to explore the complicated issues of being paid fairly for work, think about the impact clothing manufacturing has on the planet, and want to learn to make and alter clothing, then this is the course for you!

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Unveiling Greatness: Studying North Philadelphia's 5th Street

Ever wondered about the different neighborhoods in Philadelphia? Come learn about one of Philadelphia's most diverse neighborhoods: North 5th Street. We will explore the culture and communities of this incredible yet hidden gem. We will be working with the North 5th Street Revitalization Project to learn and observe for ourselves the past, present, and future of this vibrant neighborhood. We will do a neighborhood analysis as well as wrestle with issues of class and culture such as gentrification and redlining. Our final projects will unveil the greatness of this North Philadelphia neighborhood through creative projects that highlight how North 5th Street is a neighborhood that shines!

What Is Consciousness?

Are you conscious right now? How do you know? Can a computer have consciousness? What about a "mini-brain" in a petri dish? In this course we will explore Chalmers' "hard problem of consciousness": how does a 3 pound (1.3 kg) brain create the sense that we are self-aware individuals with internal thoughts and external experiences? We will explore this connection from the perspectives of philosophy, science, technology and medicine.

Yoga: Modern Body, Ancient Practice

These days, we are more likely to be connected to our phones and social media than to our breath. When we become more aware of the connection between mind and body, we will be more likely to feel empowered and informed in our connections to ourselves, others and society as a whole. That's what we hope to explore with our class. The yogic yama of ahimsa, meaning non-violence in thought, word, deed, and being, guides our classroom foundation in that it allows students to practice courage and balance, love for self and others, and aims for peace-making. By introducing various practices in mindfulness, wellness, and yoga, we enhance our awareness of our agency and potential to make meaningful change in our own lives and communities.