

Before the Advisory Fair, please look over this list with your family to discuss which course best suits your needs. During the Fair, you must go to THREE DIFFERENT WWW meetings and sign in at each. To increase your chances of being assigned to the course you want, you must attend that course's meeting on Fair Day and must turn in your request on time. Priority will further be determined by your graduation requirement needs and your grade level.

Seniors who have not yet met PE requirements should request a WWW course that earns PE credits!  
**ALL CLASSES ARE NON-UC APPROVED**

**ACTING 101 AND SCENE STUDY**

*Essential Question: How can developing one's acting ability improve their academic work and leadership potential?*  
Do you cry during sappy commercials? Are you seen as the class clown? Do you have a quick wit? Do you feel empathy for the suffering of others? Do you relish the spotlight? If you answered "yes!" to any of these questions then Acting 101 might be for you. In this workshop we will study the Meisner approach to acting and we will learn about improvisation and study scenes that we will perform at the end of the week. It will be fun, it will be hard at times, and it will require trust, respect and risk taking.

During the week perfect attendance is a must because you will be paired with one or two others and you will be rehearsing a scene together. Therefore, be ready to memorize your lines and rehearse your scenes a lot. We will also watch some performances and read a bit about the acting process. Journals are required for the course and you will use them to take notes for your scenes and your character development but also to give you a space to reflect on the craft of acting. The final is the scene that you will perform, as well as the journal that you will submit at the end of the week.

Credits: Leadership  
Estimated Cost: Free

Teachers: Johnston  
Room: 318

**BODY AND MIND MAKE-OVER WEEK!**

*Essential Question: How can I incorporate healthier habits into my life for life long good health?*  
Looking for ways to start living and feeling better? Interested in low-impact exercise you will be able to do when you are 80 years old? Want to get out and experience the natural wonders around us? Then this WWW is for you. We will be learning Pilates, which focuses on flexibility, stability and strength. We will participate in other simple exercise forms that anyone can do- and most of which are free: walking, croquet, bocci ball. We will also be meditating and researching better nutrition habits to help support our minds while developing our physical skills. You will learn to feel more relaxed, be more aware of how our physical health is linked to our mental health and be ready to integrate some new exercises into your life. By the end of the week, we will have developed a list of goals and resources (organized in a journal) to continue becoming healthier people and we will have gained a deeper appreciation for the natural resources that exist right here in San Francisco! Students will be assessed through the organized journals they will be creating as well as their healthy life plan presentation at the end of the week on how they will realistically integrate health into their lives.

Credits: Leadership  
Estimated Cost: S

Teacher: Guibord  
Room: 302

**COOKING WITH FLAIR!**

*Essential Question: How do I learn to be more aware of my future and my health through cooking?*  
**LETS GET YOUR COOKIN' ON!** Learning to cook is an important skill that will lead to a more self sufficient life. In this course, you will be creating a portfolio of recipes, cook a variety of dishes, learn how to work the kitchen and kitchen tools in a safe and efficient manner, explore a variety of culinary and hospitality management careers and schools, and discussing the relationship between food, our health, and our community. The end product is for you to test your cooking skills in an intramural iron chef competition at Golden Gate Park in which you will have to work in a group to make the best dish given a food item.

Credits: Leadership  
Estimated Cost: \$\$

Teacher: Aringo  
Room: 304

## **CREATIVE COMMUNICATION: BASIC SIGN LANGUAGE**

*Essential Question: How can students utilize and expand their communication skills while gaining an appreciation for the Deaf communities' contribution to our society through learning sign language?*

Students will demonstrate knowledge of the basic American Sign Language and deaf culture. Students will have fun and creatively learn how to use their eyes, hands, face, and bodies in order to learn ASL while also gaining knowledge of the Deaf communities' contribution to society.

A variety of techniques will be used: games, readings, presentations, film, music, guest presentations and field trips. Upon completion of this semester, the students will be able to: Understand and communicate signs with expression & style.

**Credits:** Leadership or non-UC Approved Language

**Teacher:** Atchan

**Estimated Cost:** \$

**Room:** 312

## **DANCING WITH THE LHS STARS... YOU!!**

*Essential Question: How does dance reflect and sustain cultures around the world?*

R u ready to hit the floor? Quieres bailar? This class will explore dance and music as a means of cultural expression. Hip-hop, salsa, dancehall and other styles of dance from around the world will be taught, practiced and enjoyed throughout the week. We will discuss the history of music and dance, study music appreciation, learn how to dance different styles of dance and leave with an understanding of the roots of dance and the desire to express yourself by dancing. You will gain confidence in your self-expression through dance. Each day, we will watch films, do activities to understand the regions where the dances originate and learn and practice dance routines with professional Bay Area dance instructors. There will not be a final performance. However, as a final project, each student will be responsible for researching a different style of dance and presenting it to the class. You can choose to lead us in the Charleston, African dance, fox-trot or any other dance you choose! We will be going to dance studios in the city to practice our skills each day of the week.

**Credits:** Leadership or P.E.

**Teacher:** Silb/Joshua

**Estimated Cost:** \$\$ (25)

**Room:** 314

## **DRIVER'S EDUCATION**

*How will I get a California State Driver's License?*

San Francisco Driving & Traffic School offers 30-hours of classroom driver education training for students. Upon completion, each student will receive a duly authorized certificate of enrollment and certificate of completion enabling his/her eligibility to take the written exam at the DMV.

**Credits:** Leadership

**Estimated Cost:** \$\$\$ (exact cost TBD, but price will be between \$75.00 - \$100.00)

**Teacher:** Professional driving school with Salinas

**Room:** 319

## **FITNESS AND NUTRITION**

*Essential Question: How does being fit and taking care of myself transform the way I am and how I feel??*

No matter what we do in this life, we do it in our bodies. Be happier, live longer, and take care of yourself! In this course, we'll focus on the importance of exercise and nutrition for a healthy mind, body, and spirit. Every day, we'll do a morning workout consisting of stretching, cardiovascular conditioning, and strength training. In the afternoons, we'll leave campus for a longer activity, like mountain biking and capoeira. When we're resting, we'll learn about nutrition and dedicate ourselves to eating healthy and smart. We will look at the content of the food we eat (calories, fat, sugar) and learn about healthier alternatives. We will practice the leadership skills of self-reflection, goal-setting, and perseverance. At the end of the week, we'll be creating a resource guide for ourselves and others, with each of us contributing a page (where to work out, where to shop for cheap, healthy groceries, recipes, and more!). Not only that, but we will commit to continuing one healthy activity from the week and recruit a friend or family member to do it with us. Very important: You don't have to consider yourself fit to enroll in this course. Everyone is encouraged! The most important thing is to push your limits and to be committed to your health.

**Assessment:** Participation, positive attitude, willingness to push yourself and try new things, and contribution to the resource guide.

**Credits:** PE or Leadership

**Teachers:** Ekstrom and Isero

**Estimated Cost:** \$\$

**Room:** 317

## **GIRLS INVOLVED IN EXCELLENCE (GIVE)**

*How can I develop into a powerful and self-aware young woman that understands what I value and knows how to carry that out in my life?*

It's time to look out for #1- YOU! Learn how to stand up to the everyday pressures of life and quit trying to please everyone else. This WWW course addresses the issues confronting young girls today. Through meaningful workshops, fieldtrips and guest speakers you will gain confidence, learn to set boundaries, learn to listen to yourself and discover your strength. Our five days together will include activities in self-image & self-esteem building; cultural empowerment; prevention; exploring who you are and how your personality relates to career/life choices; and a pamper party and celebration. For your culminating project, small groups will create a visual montage incorporating one of the above themes and present their project to the class.

**Credits:** Leadership  
**Estimated Cost:** \$\$

**Teacher:** Muhammad  
**Room:** 307

## **GIRLS RUGBY: WITH EACH OTHER, FOR EACH OTHER**

*Essential Question: As young women, how do we learn to support each other physically, mentally and emotionally on and off the playing field?*

Do you enjoy a sport that will challenge you physically, mentally and emotionally? If so, step right up and be one of the 14 lucky young women to learn how to play RUGBY, the fastest growing sport in America. You will also learn how to test your "limits" and by the end of the course begin to exceed them. Students are expected to participate in all physical activities to the utmost of their ability and to demonstrate good sportsmanship. Students will demonstrate knowledge of rugby positions and responsibilities, the basic elements of the game, and how it is played.

**Final Assessment:** Post fitness test and a separate rugby laws test

**Credits:** PE or Leadership  
**Cost:** To Be Determined

**Teacher:** Rosenfeld  
**Room:** Deans Office 305

## **GOSPEL CHOIR**

*Essential Question: How does gospel music affect individuals and society as a whole?*

Have you ever wanted to take voice lessons? Does gospel music inspire you? Then this is the course for you! We will learn how to read music and harmonize. We will also discuss gospel's roots and its impact today. We will watch another gospel choir perform and end the week with a performance of our own. Your participation in the week as well as the applause provided by the audience at the end will let me know if you have met our goals. Like all other gospel singers, by the end of the course you will have found your voice while listening for others' voices at the same time.

**Credits:** Leadership or Art  
**Cost:** \$

**Teacher:** Nyffeler  
**Room:** 316

## **INTRO TO OUTDOOR FILM-MAKING...SHOW ME THE GREEN!**

*Essential Question: How can we produce short films about the environment that inspires others within our cultural groups to preserve natural resources?*

The class will expose you to both filmmaking and cinematic critique within an environmental background.

The class will introduce you to the basics of film production, narrative, style, editing, performance, and sound. We will be viewing and creating environmental imagery (films and images) to see how they function as commercial/entertainment/artistic artifacts, as well as how our own cultures views environmental issues. On the 3<sup>rd</sup> day and pending the conditions on the mountain, the class will be having an overnight trip to the Santa Cruz mountains to view the impact of deforestation of our local mountains. By the end of this course you will learn the steps needed to film a short documentary as well as be able to raise 10 action based awareness tips to local members of our community. The 10 specific guideline tips that you provide will be used as a warning to others that environmental issues within our city, impact the lives of all species. For your formal assessment, you will show your film to other LHS students, present during our end of the week showing, and will be publicly stating your top 10 tips to help reduce, reuse, and rethink our natural resources. Above all, you will be, "showing the green!"

**Credits:** PE or Leadership  
**ESTIMATED COST:** \$(15)  
**Teacher:** Nunez  
**Room:** 306

## **LEADERSHIP OLYMPICS**

*Essential Question: How do we best develop a healthy lifestyle through a commitment to involvement in physical activities and good sportsmanship?*

We will explore individual and group sports that are fun and easy to play in SF. We will learn the history of a few sports, study leaders and the leadership skills needed to play both team and individual sports by exploring films about each of the sports that we will play. Students will also learn about good sportsmanship and be required to practice it throughout the week both in and out of the classroom. Then we will learn the rules and get out there to play. The sports will include bowling, golf, ice-skating, basketball, and baseball (sports subject to change). A willingness to be active and have fun is required. You don't need to be a professional athlete or even know how to play sports.

Assessment will be done through routine reflection, journal writing, and participation in activities. At the end of the week each student will create a poster/collage using their learning's and experiences to demonstrate their answer to the EQ. Students will also make a "How to be a good sport" booklet at the end of the week containing...

**Credits:** PE or Leadership

**Teacher:** Segado/ Heyl

**ESTIMATED COST:** \$\$

**Room:** 323

## **LET'S TALK ABOUT SEX!**

*Essential Question: How can I empower myself to become a happy, safe, sexual person?*

Every student at Leadership deserves access to accurate sexual health information! Being comfortable with our bodies and our minds is an important part of living a happy, healthy life. In this class, we will first investigate important issues around sexuality, intimacy, and self-awareness in order to make healthy choices and educate ourselves. We'll read, write, have guest speakers, see demonstrations, take a trip to a local family planning clinic and engage in real discussion of sexual health issues that matter to you. You will be expected to fully engage in all the activities and push yourself to answer the essential question. Then, you will be trained to give back by teaching your peers this valuable information. As your final project, you and a partner will present at least one session to an LHS advisory after break.

**Credits:** Non-UC Approved Art or Leadership

**Teacher:** Veuve

**Estimated Cost:** \$\$ (15)

**Room:** 321

## **NOR-CAL TO SO-CAL COLLEGE TOURS**

*Essential Question: How will you find the right college for you, and how will you best prepare yourself for college?*

With all these colleges out there, how do you know which one is right for you? This week you will embark on a journey to find your future college! During the week we will visit various colleges and universities in Los Angeles and the Bay Area, explore your interests, values and learning styles, prepare for the SAT and ACT, and research various colleges throughout the country. You will develop your long-term planning, goal-setting and communication skills. Upon completion of this class, you will know what it takes for you to get into the college of your dreams. For your culminating project, you will present your research and top 3 college choices to the class and write a one-page reflection on your plans for the future.

**Credits:** Leadership

**Teacher:** Michaelis

**Estimated Cost:** \$\$

**Room:** 309

## **THE STRATEGY GAME**

*Essential Question: Students will learn how to incorporate chess, basketball, Yoga, & soccer game strategies into their daily life routines.*

**Course Outline:** Students will learn the basic principles of soccer, basketball, and chess. Students will learn the games' basic strategies which players must develop in order to defeat their opponent. Likewise, through these principles, students will learn how to incorporate these strategies into their daily life routines.

At the end of this course our students will understand the importance of being able to incorporate several plans of action to improve their chance of being successful in life. Additionally, students will practice "Yoga" one hour daily to help them learn relaxation skills. For the culminating project, students will be required to write a daily journal about different strategies they have learned throughout the day's activities. Moreover, students will demonstrate skills and strategies learned through coaching a peer or a team for one of the activities of their choosing. Additionally, at the end of (WWW) students will be required to turn in their journal with a one page personal reflection (typed) stating how they will incorporate the strategies learned into their personal lives, and how they will apply them into today, tomorrow, and their future decisions.

**Credits:** PE or Leadership

**Teacher:** Lepe

**Cost:** \$ (5)

**Room:** 310

## **YOUTH, RACE, AND THE LAW**

*Essential Question: How can students combat oppression in the criminal justice system and empower themselves to thrive?*

Have you ever been harassed by the police? Have you ever been locked up and wondered what your rights were? Do you have friends that sell drugs or carry weapons? Have you ever been angry about the way police treat youth and people of color? Have you ever wanted to stand up for your rights?

If you answered yes to any of these questions you must take this class! Knowing your rights can save your life in a society that is structured for your failure. In this week we will focus on knowing your basic legal rights such as how to protect your rights when dealing with the justice system and how to understand and cope with the intersection between race, age, class and gender.

**Activities:** Visit a law school class, meet a judge and practicing attorneys, participate in a mock trial

**Assessment:** Students will participate in a mock trial on the final day, which will demonstrate students' understanding of their basic legal rights through role play.

**Credits:** Leadership

**Cost:** \$\$ (15)

**Teacher:** Williams/Turner

**Room:** 300