

# FREMONT CHRISTIAN HIGH SCHOOL

## January Term

### COURSE CATALOG

**2019-2020**

#### **SPECIAL NOTES:**

- **Students taking on campus classes must take one AM and one PM class for a total of 2 credits. Students must pass with a C or better.**
- **Syllabi, permission slips, and fee reminders (if applicable) will be distributed before Fall Finals Week.**
- **Fees and permission slips are due the first day of class.**

**INTERNSHIPS – 2 Credits**  
*Prior approval required*

**RETREAT– 1 Credit**  
**Mandatory Jan. 15-17**

**AM CLASSES – 1 Credit**  
**8:00 AM – 11:00 AM**

**PM CLASSES – 1 Credit**  
**11:50 -2:50 PM**

# AM CLASSES – 8 am – 11 am

## **“Always Loved” - Discipleship: Girls**

**Cost: \$0**

**Instructor: Mrs. Cheryl Troia**

**Description:** We will be reading and discussing the book, “Always Loved: You Are God’s Treasure, Not His Project,” written by Brent Lokker. In Always Loved, Brent Lokker takes you on a journey into the depths of the Father’s heart where you will:

- Experience God’s affection for you as His son or daughter
- Rest in His approval and learn to trust His tender heart for you
- Learn to enjoy Him just as He enjoys you
- Celebrate who He says you are
- Get off the treadmill of performance and stay off. Dare to dream again and enjoy the adventure of your life
- Discover your unique ability to represent God like no one else can
- Transform the world around you by loving one heart at a time
- Learn to live in the continual favor of your Father’s blessing

Brent Lokker’s powerful yet tender stories woven into truths from the Scriptures will draw you into deeper places of intimacy with your heavenly Father. The more you receive God’s extravagant love, the more it pours forth from you as the world changer you are destined to be. It’s time to encounter God’s passionate heart for you! (Taken from [books.google.com](http://books.google.com))

## **Bites ‘N’ Hikes**

**Cost: \$10**

**Instructor: Mr. Terry Gregory**

**Description:** In this class we will spend time in the garden science kitchen here on campus and out on the hiking trails at nearby parks of the East Bay Regional Park system. The hikes will get you stepping away from screens and the class rooms and into nature, fresh air, and great views from the ridge lines of the beautiful Bay Area. Hikes will be from 1-2 hours in duration mostly on moderate to strenuous trails and hills. We will take time in the outdoors to do some nature journaling and sketching. Our days in the kitchen will provide us with time to prepare tasty treats to eat out on the trail, try out some homemade pizza, bake a fruit pie, and of course, a couple of surprises!!

## **Intermediate Programming**

**Cost: \$0**

**Instructor: Mr. Jamie Garcia/Mr. Tony Zhao**

**Required Materials:** Students must have their own laptop, Mac preferred. The school will provide other materials.

**Description:** This course is designed only for students who have had a solid exposure to the C programming language and would like to continue to learn more and develop proficiency using C and C++. We will be enhancing our knowledge of Arrays, Pointers, Strings, and learn how to use Structs. In addition, we will learn how to input from files and write to files using both C and C++ depending on the proficiency and experience of the student. We will touch on Object Oriented Programming with C++. The class activities will include some direct instruction, and mostly laboratory work that allows the students to develop solutions to interesting and challenging problems. During labs, students will learn to design, test and debug solutions, using proper programming techniques.

### **Capturing Memories: An Introduction to Yearbook**

**Cost: \$0**

**Instructor: Ms. Malia Morris**

**Description:** This is not just for students who are in the regular yearbook class. Learn how to create a piece of history in the form of a yearbook. In this class you will learn yearbook basics such as yearbook organization and planning, page layout and design, and marketing. Try your hand at page layouts using Jostens Yearbook Avenue and your page may end up in the yearbook!

### **College Cooking 101: Culinary Basics**

**Cost: \$25**

**Instructor: Ms. Denise Lum**

**Description:** Say no to surviving on cup noodles during college, and join College Cooking 101 instead. This course will teach students the basics of cooking with a focus on easy to prep meals that are perfect for college. Students will also learn basic kitchen sanitation methods and various facts of foodborne illness as well as food temperatures. At the end of the course, students will be displaying their new found cooking skills and cook their favorite recipes in front of the class.

### **Decorating Cakes and Cookies**

**Cost:\$25**

**Instructor: Mrs. Paige Ellis**

**Description:** Students will be designing and creating your very own custom cookies and small cakes! We will work through the basics of creating cut out cookie dough, concept of design, making royal icing, piping techniques, cake assembly, and final details. You will get to take home (or hand out) all of the special treats you make. Keep in mind, if you are learning how to decorate desserts or want to challenge yourself with advanced techniques, this course is for everyone! Everyone will design their own desserts and learn the techniques necessary to complete their vision.

### **Disney Behind the Scenes**

**Cost: \$0**

**Instructor: Mrs. Cassia Sollitt.**

**Description:** Delve deeper into the world of Disney and discover the story behind the Mouse. Originally dubbed the Disney Brothers Cartoon Studio, the now legendary Walt Disney Studio has flourished from its humble beginnings in 1923. Explore the ways that Disney animated films have advanced, not just in style, but in content and character. How did an entrepreneur from Chicago become such a success? How has advancement in technology changed the way these animations are created? How long does it take to see a Pixar film develop from an idea into a full-length masterpiece? Take this course to find out!

### **Filmmaking: From Conception to Completion**

**Cost:** Purchase Adobe Premiere Pro (Different price ranges based on subscription options.)

**Instructor: Mr. Michael Westphal**

**Required:** Each student will be required to have computer to edit on and Adobe Premiere Pro to edit with.

**Description:** This course will explore making a short film from conception to completion with a focus on screenwriting and editing while storytelling through the medium of film. Each student will get the opportunity to write a short film script and then play a role in shooting a short film (from director to cinematographer to actor, etc.). Finally, each student will edit the film that they made with their own take on the edit.

### **HELP! How Do I Become an Adult?**

**Cost:**\$0

**Instructor:** Dr. Shawn Handran

**Description:** Adulthood is just around the corner, but how prepared do you feel for it? What are the most important life skills that you need to have in order to be successful? Do you even know what life skills you will need?! In this short course, you will learn a wide range of skills that will prepare you for the next stages of life, from leaving home for college, to entering the work force and becoming a fully independent adult. We will learn career-related skills such as creating compelling resumes, successful interviewing skills, understanding your weaknesses and building on your strengths, and masterful use of Microsoft Office to stand out from the crowd. We will also learn life skills such as money and financial management, effective and positive interpersonal communication, managing difficult situations and people, work-life balance, and everyday skills needed to not only function and survive but to thrive. Don't get wrecked -- take this course to learn how to get your adulthood off to a solid start!

### **Poetry and Painting**

**Cost:**\$10

**Instructor:** Ms. Lynne Sparling

**Description:** "Painting is silent poetry, and poetry is painting with the gift of speech."

The Greek poet, Simonides of Ceos, defined poetry as a speaking picture and painting as mute poetry. In this January Term class, we will consider different ways a poem and a painting can come into being; including observation, sensory experiences, personal memory, and reflection. Students will explore the relationship between poetry and painting by reading and writing poetry, and creating paintings using a variety of mediums. In addition, they will keep a journal of ideas and preliminary sketches, and participate in small group critiques.

### **Psychology: Counseling and Human Behavior**

**Cost:** \$0

**Instructor:** Mr. Sam Miller

**Description:** The study of human behavior is very interesting! Find out what makes you who you are and why others are so different from you. Students will learn about themselves and how some of the founding psychologists would interpret the way you behave in the world around you. Students will participate in group interventions, discuss social norms, and learn ways to maintain positive and healthy interactions with others. Students will explore the clinical foundations of psychology within a biblical framework. Your thinking will be challenged in new ways as you experience the group process and engage in your own exploration of human behavior.

### **Put a Pin in It: DIY**

**Cost:** \$20

**Instructor:** Mrs. Katelyn Banuelos

**Required:** An internet-enabled laptop or tablet for class use; miscellaneous items from home (simple items; will be explained in syllabus)

**Description:** In this course students will explore Pinterest for its many uses. There will be do-it-yourself projects, as well as, opportunities for students to find ways to "up-cycle" some of the things that are lying around the house. In addition to this, we'll learn how to use Pinterest for planning and organizing purposes, including designing a room, planning a party, collecting and organizing recipes, and setting college and career goals.

## **Traditional Chinese: Language of God?**

**Cost: \$0**

**Instructor: Ms. Frances Lin**

**Description:** Chinese culture is deep and profound. This culture has been passed down for over 5,000 years using meaningful symbols to communicate long before the first words of the Bible were written down. Is the connection between the ancient Chinese characters and the stories in the Bible a coincidence or by design? Now is the opportunity to dive deeper into this beautiful culture and trace the origin of our faith. This course will explore Chinese culture, an introduction to conversational language and character writing, and more! Why wait? Come join us!

## PM COURSES – 11:50 am – 2:50 pm

### **Awareness & Advocacy: Human Trafficking**

**Cost** \$0

**Instructor:** Mrs. Fiona Miller

**Description:** What is human trafficking: it is an exploitation of vulnerable people, most commonly through sexual exploitation and forced labor. The victim feels enslaved within their situation and is usually hidden from public sight. In this J-term class we will talk about different aspects of human trafficking: what does it look like, why does it happen, how can we prevent it? And, we will get creative: how can we educate and advocate for change - using our unique creative gifts - perhaps fine art, infographics, fashion design, dance or spoken word... whatever it is you have a gift and passion for. \*\* Please be aware that we will be covering some sensitive subjects. While we will not delve too far into details, some of the information will be upsetting. \*\*

### **Bead Loom Weaving: Warping and Wefting**

**Cost:** \$25

**Instructor:** Mrs. Nadine Arionus

**Description:** Watch us Warp and watch us Weft as we maneuver seed beads into line to create beautiful designs. Students will design projects on graph paper and watch their designs become 3-d creations on the loom. At least four projects will be completed during class time. Students may be asked to complete more than four projects if class time allows. Creations are only limited by a student's imagination!

### **Chop Monster: Jazz Theory and Improv**

**Cost:**

**Instructor:** Mr. Thomas Banuelos

**Required:** Students will need to be proficient in both playing a musical instrument and in reading music.

**Description:** In Chop Monster, students will be introduced music theory and improvisation in the Jazz idiom. Classes will consist of listening, singing, performing, analyzing and transcribing improvised solos.

### **Congas to Bongos: Learning How to Play Hand Drums**

**Cost: TBD by students/parents:** (The class will be going on a field trip to the San Jose Guitar Center. Students are to bring cash on the day of the field trip if interested in purchasing at the music store.)

**Instructor:** Mr. David Stockman

**Description:** In a fun and easy going atmosphere, beginner students will be introduced to the conga and bongo drum. Each class will consist of learning the proper technique and patterns of essential Cuban rhythms along with instruction on how these patterns fit into any type of music. Students will also be taught the proper technique to play cowbell, maracas, claves and guiros. No prior musical instrument experience is needed nor is the ability to read music required.

### **Exploring the Science of Rustic Baking**

**Cost:**\$25

**Instructor:** Mr. Jimmy Fu

**Description:** Attention fellow bakers! While we all enjoy well-made baked goods, there's simply so much more than just mixing flour, eggs, and sugar when it comes to baking! If you are following instructions precisely, the end product will always be the same. That's science! This course will not only break down the steps of making many rustic desserts, you'll also get to explore and learn the science

side of baking just one cup of flour at a time!

### **Hand Lettering for Beginners**

**Cost:** \$0

**Instructor:** Ms. Alyda Reyes

**Description:** This course will teach students the basics of hand-lettering. Students will not only learn the basics of the art of hand-lettering, but they will also learn how to start developing a style that is 100% their own—not just a replica of styles seen on Pinterest or Instagram. By the end of the course, students will be inspired to take their hand-lettering skill to the next level. Therefore, they will be provided with a 30-day challenge prompt to continue to improve their hand-lettering skills upon completing this course.

### **In the Swing of Things: Intro to Swing Dancing**

**Cost:** \$0

**Instructor:** Mrs. Carissa Flores

**Supplies:** Students need to wear closed-toed shoes to dance safely and comfortably (think the style of Keds, Toms, etc.)

**Description:** This course will be enrolled with 6 boys and 6 girls.

This class is for anyone who wants to learn social swing dancing--no dance experience required! Swing dancing is an all-American dance: the music, fashion, and moves have evolved from the streets of the Harlem Renaissance to our social dance floors today. This class will cover the history of swing dancing and the basic footwork for several individual and partner dance styles, including the Lindy hop, Charleston, and east coast swing. After this class, you'll be feeling footloose!

### **Inside Science Fiction (I\_Sci\_Fi)**

**Cost:** \$0

**Instructor:** Mr. Jason Perenon

**Required:** This course will require the use of a laptop, iPad/Tablet, or other similar device each day of class.

**Description:** Greeting Earthlings and welcome to Inside Science Fiction (I\_Sci\_Fi). It is difficult to define science fiction as it is not an ordinary genre, nor does it have identifying actions or places that the reader can recognize as found in other genres of literature. Yet science fiction can, and will, incorporate other genres such as mystery, the western, the gothic, romance, and adventure story. So, what is science fiction? I\_Sci\_Fi seeks to define this genre through its many sub genres. Along the way we will explore the vast reaches of space and the microcosm of human identity and existence as we seek to answer the questions posed by Science Fiction: Who are we? Why are we here? Where did we come from? Are we alone?

### **Making Beats with Mr. Angulo**

**Cost:** \$0

**Instructor:** Mr. Miguel Angulo

**Description:** Are you ready to make some beats with Mister A? If so, this course will introduce students to music recording software and sound engineering (garage-band is free software for macs) as well as teach them the basics of how to start a recording project.

### **Metal Working**

**Cost:** \$20

**Instructor:** Mrs. Letitia Martinez-Chinn

**Description:** This class investigates properties of metals. Students will work with different forms of metal while exploring, malleability, ductility, and tensile strength. Aluminum foil, aluminum cans, and

different gauges of stainless steel wire will be used to create various projects. The projects possible are embossed foil art, candle holder, and wire sculpture. Students will need to bring needle nose pliers and wire cutters.

### **See You at the Movies: An Intro to Film Studies**

**Cost:** \$0

**Instructor:** Mrs. Julie Garcia

**Description:** Storytelling is the most common way that we communicate to one another. Stories told with film have a tremendous influence on our attitudes and perceptions of the world around us. In fact, films may be one of the most powerful tools in modern culture for shaping values and conveying information. By viewing, studying, discussing and writing about film, students develop and demonstrate skills in technological, cultural, and media literacy, as well as critical thinking and problem solving - skills that will serve them well in the real world.

### **Slip-Knot-Crochet**

**Cost:** \$25 (The class will take a field trip on day one to purchase crochet supplies at Jo'ann Fabrics. Bring your own money to spend.)

**Instructor:** Mrs. Maya Mathews

**Description:** Making something beautiful with your fingers and yarn! God made us from nothing. We can create with our fingers and yarn during this class. Learn to make socks, slippers, hat, or a head warmer during an introductory class to crochet. Come join >>>> for some fun slipping knots together without getting them tangled of course. Take home a creation to wear this winter. Link to project ideas: <https://www.pinterest.com/mmathews13/slipknotcrochet/>

### **Spikeball**

**Cost:** \$0

**Instructor:** Mr. Micah Shyu

**Description:** Contrary to popular belief, Spikeball is not just a sport for college students at the beach! Come join us to learn the fundamentals of this action-packed game, a mix between volleyball and four square. A game for four people, in teams of 2, players race around the net hitting a yellow ball away from their opponents. During this course, we will learn the rules of the game, practice techniques, and most importantly, play. Our last day will include a tournament with the winning pair receiving an awesome prize!

### **Strength Finders: Uncover Your Talents**

**Cost:** \$0

**Instructor:** Mrs. Caroline Jeyadoss

**Description:** Do you know your top five strengths? Let's discover them now! The strengths finder class will help you discover your top five strengths so you can do what you do best every day.

**CliftonStrengths for Students: Your Strengths Journey Begins Here** is a self- help book written by Donald O. Clifton, Ph.D. "As a student, you have the opportunity every day to search for patterns in your actions, learn from them and use them to make the most of your life experiences, now and in the future. To do that, you need a solid understanding of where and when you're at your best: your strengths." At the heart of the book is the internet-based "Clifton Strengths Finder," an online personal assessment test which will outline the user's strengths. The author advocates focusing on building strengths rather than focusing on weaknesses. Students will have the opportunity to hear special speakers talk about how StrengthFinders Test made them effective in their relationships, school, and community. Also, they will engage in group discussions to discover how best they could use their strengths in their everyday lives. At the end of the course, they will be receiving a Certificate with their



top five strengths listed.