



FORMAN

2022–2023
Winterim Courses



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2022-2023 WINTERIM COURSES

Winterim Philosophy

All Forman students and faculty participate in Winterim, the centerpiece of Forman School's commitment to experiential education. Winterim is an exploration of subjects and ideas not taught in a traditional classroom setting, allowing for examination of important issues and the pursuit of new endeavors. Because students with different learning styles tend to excel as innovators, entrepreneurs, creators, and leaders, Winterim is designed to give students experience in and an opportunity for applying skills that lay a foundation for their talents.

Winterim is more than a timely educational break in the academic routine. It is an intentional program designed for students to discover and develop their individual interests and talents.

The prices quoted are estimates. Registrations usually determine final costs, and parents will be notified of the actual cost when permission forms are signed, schedules are finalized, and itineraries are produced. In addition, as travel has been greatly disrupted due to ongoing consideration of the pandemic, providing accurate pricing far in advance of the actual trip is difficult, and the final cost may differ from the estimate provided for travel Winterims.

Winterim courses are graded and earn a .5 credit that is reported on transcripts. Parents should take an active and early role in helping their children select a Winterim project that will be engaging and beneficial. Students make their Winterim selections during the Course Sign-Up Process in the spring with input from the Director of Studies and their family.

Selection

It is important for students to carefully consider their first and second choices, as they may not get their first choice. Students may not enroll in the same course twice during their time at Forman School. Changing a Winterim selection after the deadline will result in parents being financially responsible for both choices. Winterim deposits are non-refundable.

Academic Credit

Winterim is a graduation requirement for each year that a student attends Forman. If a student does not earn credit for a Winterim course, they will be required to make up the missing requirement during the following summer. To make up for this obligation, students must work with the School to find an appropriate summer course for credit.

Students must understand that all school rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim for both on- and off-campus courses. Any violations will result in disciplinary action and could also result in the loss of Winterim credit, which will need to be made up.

Absences

Given the short, intensive nature of the program, students are not permitted to miss class days. Any absences may result in the loss of Winterim credit and will require summer makeup.

Legitimate illnesses and emergencies will be dealt with on an individual basis, but there may come a time when too much of the course has been missed. Early departure for vacation may result in automatic loss of credit.

Behavior Considerations

Students need to be in good standing to participate in a Winterim that involves more than three days of off-campus travel. At the time of their Winterim selection, or at the time of the Winterim, students must not have been on social probation during the past six months. Students wishing to appeal this consideration need the permission of both the Dean of Students and the Director of Studies.

Travel Considerations

Any Winterim involving three or more days off-campus requires a non-refundable deposit. Travel in the United States requires a deposit of \$1,000 upon receipt of the invoice and commitment contract, and international travel requires a non-refundable deposit of \$1,500.

Failure to provide a deposit will result in the student being placed on a waitlist and the possibility of having to pick a different Winterim. Some Winterim trips may also require a visa or visas. It is the responsibility of the student and their family to obtain a valid passport and any necessary visas. The number of days listed as off-campus is approximate at this writing; as more details of the itinerary are secured, parents will be notified of a specific itinerary.

Health Advisory Considerations

Winterim courses involving travel have additional health and safety considerations that both students and parents need to be aware of when selecting a Winterim. Parents need to make the Student Health Center aware of any allergies, food restrictions, serious medical conditions, and medication requirements. As some Winterim trips are far from medical services, the Student Health Center may restrict travel for students with certain medical issues. Parents should follow the CDC guidelines regarding travel outside the United States and be aware of all requirements and recommendations for the countries their child will visit. Parents should consult with their physician and/or a travel clinic on these considerations. It is required that students traveling for more than three days off-campus have an annual flu vaccine and are up to date on their COVID-19 vaccinations.

Financial Risk and Insurance

Once a student has enrolled in a Winterim, Forman begins to make financial commitments based on the expectation of the student's participation in that course. For this reason, the family is responsible for the cost of the Winterim even if the student drops the course, regardless of the reason; if a student needs to enroll in another course, the family is also obligated to pay for the cost of the new course. Parents will receive a Winterim Commitment Contract, an Assumption of Risk waiver, a Medical Decision Authorization form, and more Winterim project details throughout the fall. We advise the purchase of travel insurance for courses that require air travel from Allianz Travel, or another travel insurance company of your choosing. If your student is enrolled in a travel trip, you will receive further information about Allianz Travel.

Winterim Class Times

The Winterim program runs Monday through Saturday for two weeks. Monday through Friday class times are 9:00 a.m.-3:00 p.m. and 9:00-11:45 a.m. on Saturday. Students are required to be present every day during the entire Winterim period and are graded for this course, earning a .5 credit that is reported on transcripts. Early departure for vacation may result in automatic loss of credit. Legitimate illnesses and emergencies will be addressed on an individual basis.

Students who are not in a traveling Winterim and are participating in an on-campus Winterim must attend their daily sports commitment.

There are several on-campus venues open during the evening hours for students from 6:30-9:30 p.m. In-town shuttles and frequent trips to the movies, the mall, etc., will also be offered.

Important Points to Think about When Choosing a Winterim Course

Parents should actively help their student choose the courses that are best for them and affordable.

Students should follow their own interests when choosing courses. Courses popular with their friends may not truly match their own interests.

Read course travel advisories carefully. They provide necessary information about health and skill requirements.

Select all Winterim course choices carefully, as you may be placed in any of them, not necessarily your first choice.

Winterim Internships

Available only to seniors and PG students

Initial internship proposals, in lieu of a Winterim course, must be presented to the Director of Studies by May 15th to make sure they meet specific guidelines. There is a separate program to follow if a student chooses a Winterim Internship. Full and final internship details must be presented to the Director of Studies by November 15th.

A presentation at an assigned Assembly is required in the spring. Communication between the internship contact and the Director of Studies takes place to be sure a thorough evaluation is completed and sent to the School for the student to receive a Winterim credit.

Students should understand that all school rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim (both on and off campus). Violations will result in disciplinary action and could result in the loss of Winterim credit or other disciplinary consequences.

Off-Campus Options

Baja Marine Science: Ecology Project International

Mexico: Baja ~ California Peninsula

Cost: \$3,000 - \$3,500

Min: 8 students, Max: 12 students

Snorkel in the sky-blue waters of the Gulf of California, home to one of the planet's richest arrays of marine life. During the program, you will collect data on a variety of marine species, like sea stars that impact coral reefs or green sea turtles that feed in these nutrient-rich waters. Spend your days and nights at our camp on Espiritu Santo Island, and cap the program off with a stunning wildlife encounter by snorkeling with whale sharks.

The Gulf of California is your classroom in EPI's Baja Marine Science Program. Your course provides a unique opportunity to assist with international conservation efforts in a World Heritage Site that is home to 39% of the Earth's marine mammal species.

Espiritu Santo is a protected island in the Gulf of California, just a short boat ride from La Paz, Mexico. The island's waters are a marine reserve thanks to their unique ecology and bounty of rare and native species. Here you will find stunning beaches, red rock cliffs, abundant birdlife, reptiles, and desert plants. While on Espiritu Santo, you will conduct snorkel counts of echinoderms, including the predatory crown of thorns sea star. In addition, you will develop a field-based research project using the data you collect.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Ability to swim/snorkel for an extended period of time

Castles of Bavaria

Germany: Nuremberg, Munich and other points in Bavaria & Austria: Salzburg

Cost: \$4,250 - \$4,750

Min: 8 students, Max: 10 students

What is the purpose of the castle? How does its function in physical space translate to the role it plays in stories? This course will give students the opportunity to investigate these questions by exploring several castles and notable architectural sites during travels through Bavaria. With anchoring touchpoints of Nuremberg and Munich, Germany, and Salzburg, Austria, activities will include visits to Neuschwanstein, the Nuremberg Castle, and the Salzburg Old Town and Fortress, a trip along the Romantic Road to picturesque Rothenburg, and an occasion to appreciate art and architecture in big city museums and tucked-away towns. Students will meet with local artisans and architects to better understand the construction of such long-standing physical structures and design conceptual castles of their own. We will contextualize our visits to significant sites with insights from historians to help students feel they have stepped back in time.

By the end of the course, students will have gained an understanding of how physical structures shape daily activities and mold cultural meaning. Students will complete a daily journal reflecting on the meaning and role of each location visited and produce a capstone project communicating one of the many functions castles fulfill.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city and countryside

Cultural Immersion in Spain

Spain: Madrid and Andalusia

Cost: \$4,000 - \$4,500

Min: 8 students, Max: 10 students

Are you curious about Mediterranean food, Flamenco, art, language, and history? Take a journey through Madrid, Spain, and its surrounding towns to discover some of the world's richest culture. During this Winterim, you will have the opportunity to explore world-famous paintings at the Prado, take a Flamenco class, practice your Spanish language skills with a Spanish poet, learn to cook Spanish food, and take a deep dive into the Islamic influence that made Spain what it is today.

Music, food, dance, language, and art from Spain that so many tourists admire and love today have a long history that few know about. In 711 A.D., Moors from northern Africa conquered Spain, leaving a lasting mark on the country's culture. Through this class, you will not only learn the history of Spanish culture but be fully engaged with it.

The focus on history during this course makes the perfect opportunity to converse with locals, visit historic sites like the Alhambra, ask deeper questions, and appreciate the lifestyle the Spanish people live today.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city and countryside

Enchanted Islands - A Glimpse into the Galápagos with Charles Darwin

Ecuador: Quito and Three Islands in the Galápagos (Isabela, San Cristobal, & Puerto Ayora)

Cost: \$5,250 - \$5,750

Min: 8 students, Max: 10 students

“A man who dares to waste one hour of time has not discovered the value of life” - Charles Darwin.

Imagine traveling through time following Darwin's footprints as a roadmap to discover your own theories around biological evolution. We will be visiting the same famous locations that he studied more than 100 years ago. The Galápagos Islands often exceed expectations. Where else can you see enormous tortoises grazing, short-feathered penguins waddling down the equator, or blue-footed boobies in their natural habitat? Learn about Darwin's scientific methodology around natural selection and evolution through the island's untamed terrain and obscure wildlife. Join us in discovering why the Galápagos are indeed enchanted!

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the countryside

Students will be required to consult with a travel clinic and be up-to-date with all recommended vaccinations

Great American Music Tour

United States: Nashville, Memphis, and Clarksdale

Cost: \$3,500 - \$4,000

Min: 8 students, Max: 12 students

This Winterim is highly recommended for serious musicians and those interested in taking a deeper look at American history through music. The trip's focus will be a cultural study of music in America and the exploration of cities that have had a major impact on popular music in the US and abroad. Students will explore the significance of Blues on contemporary music, both in concept and musical theory (scale usage, tone, call, response, etc.). A highlight will be the overnight visit to Clarksdale that will feature stops at the Blues museum, the Crossroads mentioned in Robert Johnson's most famous 1936 song, local juke joints, and other sites that provide a real feeling of the roots of the blues.

The majority of the course will focus on music beyond the Blues, such as early Rock and Roll. Students will visit important sites to that music's history in Memphis, including Sun Studios, where Elvis cut his first demo, and the Stax Museum, which was the home of Memphis Soul. Visits to the Civil Rights Museum will inspire students to think more deeply about the movements of the 1960s and how music played a role. The Gibson factory tour will give insight into the significance of an instrument in contemporary music history.

The focus in Nashville will include not only country music history but also songwriting. While the city is known for its legendary studios, many of which the students will visit, it is also home to a thriving songwriting scene and features some of the greatest music collaborators in the world. The city features many in-depth museums that will allow students to get to know artists more deeply (Johnny Cash and Patsy Cline, to name a few), as well as some incredible and historic venues. Students will also have the opportunity to take part in a Nashville songwriting session, no matter their previous knowledge.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city

Israel: Ancient to Modern Culture

Israel: Jerusalem, Tel Aviv, and other points of interest

Cost: \$5,500 - \$6,000

Min: 8 students, Max: 10 students

Israel stands at the crossroads of the world. Join us as we explore this fascinating country from a unique perspective - the blending of ancient and modern. We will attempt to answer the question of how the history and geography of Israel have shaped the identity and challenges of modern-day Israel. We will visit ancient ruins and sites of historical significance, explore the birthplace of several major religions, and dive deep into the clash for control of Israel — a struggle that continues to this day.

Contrasting with the ancient and archeological sites, we will explore modern-day Israel — a vibrant, eclectic, and tech-driven society that still maintains a connection to its ancient roots. We will travel from the very northern tip of Israel to the Negev desert, visiting Jerusalem, Tel Aviv, the Mediterranean coast, the Sea of Galilee, and many other places along the way, all the while contrasting the juxtaposition of ancient and modern and how they co-exist today. Join us for Jeep rides in the Hula valley, rappelling and zip lining on the Manara cliffs, sand-surfing the dunes of the Negev desert, floating in the Dead Sea, and a night in the desert eating an authentic Bedouin meal and sleeping under the stars. The academic focus of this trip will have students learn and demonstrate an understanding of the intersection of the many factors that have shaped the culture and people of modern-day Israel, including historical, archeological, religious, and geographical factors.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city and countryside

Lights, Camera, Tinseltown! A Location-Based Storytelling Adventure in Hollywood

United States: Los Angeles, CA

Cost: \$3,250 - \$3,750

Min: 8 students, Max: 12 students

Glamour, filmmaking, and art — the magic happens in Tinseltown! This locale has long been a leader of storytelling in the filmmaking industry. Join a group of Forman students exploring location-based storytelling in Hollywood, where they will be right in the middle of the action, taking advantage of the opportunity to tour well-known studios, appreciate the art of film, and gain a deeper understanding of filmmaking and tourism. Students will then put the knowledge they gained to the test by creating their

own storytelling project on campus through their choice of medium (art, media, theatre/performance, etc.) inspired by this enchanting adventure.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city

Patagonia: Forman Makes An Environmental Documentary

Chile: Santiago and Patagonia

Cost: \$4,000 - \$4,500

Min: 10 students, Max: 15 students

On South America's southern frontier, nature grows wild, barren, and beautiful. Spaces are large, as are the silences that fill them. For the newly arrived, such emptiness can be as impressive as the sight of Patagonia's jagged peaks, pristine rivers, and dusty backwater oases. On its enormous scale, Patagonia offers a wealth of potential experiences and landscapes. Students will set out to film their own environmental documentary in Patagonia, learning to use a professional-grade video camera and sound equipment while researching and capturing the natural beauty of the area. Time will be spent learning how to edit all of our footage into a narrative documentary that tells a cohesive and fascinating story of our experiences in Patagonia. This Winterim will teach students editing and storytelling skills that will last their lifetimes and offer them an opportunity to see one of the most beautiful places on the planet.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking/hiking and camping

Students electing this Winterim will be required to take two associated courses during the regular academic year

South Africa: Lions, Honey Badgers, and Sharks, oh my! Digging deeper into the Ethics of Travel

South Africa: Kruger NP Area, Johannesburg, & Cape Town

Cost: \$5,500 - \$6,000

Min: 8 students, Max: 10 students

Lions, honey badgers, and sharks, oh my! Travel has the potential to be a transformative experience but often includes many missed opportunities and cultural misunderstandings. How do you ethically explore the world around you? South Africa, the rainbow country named after the diverse cultures within its borders, is a country that has experienced Apartheid, is one of the leading economies on the continent of Africa, faces extreme income inequalities, and is home to over 90,000 species. How do you celebrate beauty and success while also learning from the challenges? Moving beyond Instagram photos depicting beautiful scenery, how do you document and reflect on your experiences abroad to deepen your

understanding of self and the world. This trip will utilize daily excursions from the Apartheid Museum to safaris in Kruger National Park, followed by a variety of self-reflection tools to build your skills of ensuring that you get the most from your travel experiences, whether that is to your neighboring town or the farthest place away from your home.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the countryside

Students will be required to consult with a travel clinic and be up to date with all recommended vaccinations

Students will be required to take anti-malarial medications

The Civil Rights Trail

United States: New Orleans, Birmingham, Montgomery, Selma, Jackson, Little Rock, Memphis, Atlanta, and Washington, DC

Cost: \$3,250 - \$3,750

Min: 8 students, Max: 12 students

Embark on a journey of meaningful discovery and memories, where the past will enrich the present and inspire the future. Learn how New Orleans, Birmingham, Montgomery, Selma, Jackson, Memphis, Washington, DC, and Atlanta became the center of a decisive shift in the American conscience and how a high school in Little Rock, Arkansas, demanded the attention of an entire nation. Stand where Dr. Martin Luther King, Jr. challenged the masses and inspired millions. Walk where the oppressed marched against their oppressors and explore the museums that preserve their legacy. Bear witness to the destinations and landmarks that defined the settings

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city

Zen and the Art of Photography: An Odyssey in Japan

Japan: Tokyo, Kyoto, Osaka, and other points of interest

Cost: \$6,000 - \$6,500

Min: 8 students, Max: 10 students

Japan is an ideal location to explore a range of photographic approaches, from the remarkable street photography options in Tokyo to the stunning natural beauty of the countryside and the architectural wonders that are found in the temples, shrines, and castles throughout Japan. Students will learn the skills and techniques utilized in a variety of different types of photography (street, portrait, architectural, landscape) as they travel around Japan. They will learn to integrate a “zen” approach to composition and

then build on this as they refine their own particular style and viewpoint. Students will develop their technical skills, such as the use of aperture and shutter speed, to further their own artistic vision. In addition, students will learn the basics of color theory as it relates to photographic composition, further enhancing the quality and vibrancy of their images.

We will begin our odyssey in Tokyo and Kyoto but will also move beyond these great cities to explore smaller cities and the countryside. This Winterim will investigate the artistic styles and trends dominant in Japan and how the ideas expressed in these styles may influence an individual photographer's vision. We will explore traditional Japanese aesthetics influenced by Buddhism and Shintoism and contrast this with the more modern and technologically influenced urban Japan, perhaps best expressed in the Akihabara district of Tokyo. Students will immerse themselves in the culture of Japan, and we will utilize a variety of local guides, artisans, and artists to help us better understand this amazing country. We will also have the opportunity to enjoy a couple of food tours to experience the great diversity, and artistry, of Japanese cuisine. At the conclusion of the Winterim, students will develop a photographic portfolio reflecting the richness of Japanese culture, landscape, and history.

Our days will be jam-packed, and students should have a strong interest in developing their photographic skills. Students will be pushed beyond “sightseeing photographs” to develop images that reflect their own unique artistic expression. Due to the travel time to Japan, this Winterim is likely to spill into the first couple of days of vacation. This Winterim is open to both students new to photography and advanced photographers.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking in the city and countryside

Students will need a 35mm digital camera (students may be able to rent or borrow a camera) and a tripod

Students should be open to new culinary experiences as we explore the cuisines of Japan

The Forman Rainforest Project

Costa Rica

Cost: \$3,000 - \$3,500

Enrollment: TBD

High adventure with a conservation mission. Have you ever wanted to be in the jungle and study one type of animal? How about helping to save that animal? To do this, we need information based on collecting species or species pictures. We need well-trained students who can live in a rustic situation with some rain and be in the field collecting data. The data you collect goes to University data banks, which help keep track of species populations. This class and expedition is a once-in-a-lifetime event. It is a scientific mission while having a great time.

Travel Advisory Considerations:

Annual flu vaccine and up-to-date with COVID-19 vaccinations

Students should be prepared for extensive walking/hiking and lodging in rustic accommodations
Students enrolled in this Winterim must also enroll in three associated tropical ecology courses during the regular academic year

On-Campus Options

Art and Nature or Nature and Art

Cost: \$150 - \$250

Min: 5 students, Max: 12 students

We will explore local open spaces and document them through various visual art forms, such as photography, film, drawing, painting, multi-media, time-based media, etc. Emphasis will be placed on a sense of place and creating in the moment. Most of the sessions will incorporate hiking (light to moderate walking) to various scenery and creating art in response to the spaces we are in. By the end of the Winterim session, each student will have created a portfolio of work documenting this experience. We will meet with a nature art photographer and study exceptional photos taken from the *National Geographic* archives. In addition, two volunteer opportunities will occur at a local elementary or middle school. During these sessions, we will share a Winterim project with the younger students and guide them in the making process. Students of all levels of artistic experience are encouraged to explore Art and Nature or Nature and Art Winterim.

College Tours of the Northeast

Cost: \$350 - \$450

This Winterim is open only to Juniors

Min: 7 students, Max: 12 students

What type of college is the best “fit” for me? What type of college will give me the best education and jump-start on life? What are the different types of colleges? What if I choose the wrong college? What characteristics should I be looking for in a college?

This Winterim will attempt to answer these questions and more for students. Students will develop a solid understanding and foundation of the many different options that are available to them at the collegiate level. By visiting a variety of different colleges in the area, students will gain the knowledge necessary to make educated decisions regarding their post-secondary options. This Winterim aims to help students see that having a college that fits their needs is far more important than having a college with a popular name.

Chinese Calligraphy and Poetry

Cost: \$50 - \$100

Min: 3 students, Max: 7 students

Ignite the fire of curiosity about Chinese culture through classic poetry reading and writing in calligraphy on a scroll while incorporating the STAMP elements of the art of Chinese calligraphy: stroke order, tools, atmosphere, mindset, and posture. This multi-focus workshop centers around the driving force to explore the relationship between Chinese calligraphy, visual arts, and mindfulness. Respect for self-discipline and

tools will be strictly enforced, as Chinese calligraphy is an art of synergy between techniques and meditation. After receiving instructions about calligraphy techniques as well as Chinese characters and phonetic basics, students will be offered a selection of poems to learn to read and interpret and the freedom to plan the visual layout of their independent calligraphy scroll of a Chinese poem of choice. Each student will produce at least one calligraphy scroll of a classic Chinese poem of choice, which the student will recite at Calligraphy Gallery & Poetry Café — the culminating public event at the end of the Winterim.

Fact-Based Opinion Writing: The Art of the Op-ed

Cost: \$0

Min: 5 students, Max: 12 students

The purpose of this course is to familiarize students with the kind of opinion writing that appears in publications like *The New York Times*, *Washington Post*, and *Wall Street Journal* and give them the tools they need to craft similarly persuasive writing. Students will spend the duration of the two-week course tracking a relevant issue, reading-related opinion pieces, conducting research, crafting their own op-eds, and submitting their work to local and digital publications.

Fiber Arts Odyssey

Cost: \$300 - \$500

Min: 5 students, Max: 10 students

Students will follow the journey of wool from sheep to tapestry. We will visit local sheep farms, shear sheep, process raw wool into yarn, dye yarn, visit local weaving studios and artisans, assemble a loom on campus, and produce group and individual fiber arts projects.

History of Haiti

Cost: \$50 - \$100

Min: 5 students, Max: 12 students

Haiti is a country with a rich history, especially regarding its colonization by France, its battle for independence, and its continued struggles with poverty and democracy due, in part, to the political influences of other countries. In this Winterim, we will look at Haiti's history, beginning before the French landed in Haiti and continuing through to the current issues of Haiti.

Improv is Everywhere: A “Yes, and...” / Sketch Comedy Writing Course

Cost: \$300 - \$500

Min: 5 students, Max: 12 students

Learn to produce comedy, create characters, set the scene, and improvise dialogue in this form of live theater, in which everything is made up on the spot. In this “Yes, and…” Winterim, students will learn the rules and guidelines of both short-form and long-form improvisational comedy theater, as well as how to use the skills they learn as tools to help them navigate situations found in everyday life. With a focus on building self-confidence, practicing clear communication with teammates, and inventing a rich and consistent environment that gives highlight to “The Game,” students will become masters of playing at the “top of their intelligence.” Students will attend a live improv comedy show at the end of the first week of this course. Students will also learn how to write their own sketch comedy, with specific concentration on what is considered “funny” and why. At the end of the Winterim, we will be calling on talented actors from Hartford’s own SeaTea Improv Troop for a live performance of students’ sketches in their black box theater.

Investing with Your Conscience

Cost: \$250 - \$350

Min: 5 students, Max: 12 students

This Winterim will allow students to gain a greater and more comprehensive understanding of Wall Street, Global financial institutions, and the business world. The overarching theme of the Winterim, and that which will guide our inquiry, is how to invest in a socially responsible manner. Investors increasingly find meaning in their work by using their investment dollars to impact causes that can be seen as benefiting others and creating good on a global scale. Whether it is environmental, social, or governance-related, one’s voice and ideas can be heard while maintaining an intelligent investment strategy. Participants in this course will understand how to design, evaluate, and manage a complete portfolio using the most up-to-date tools to screen for social responsibility, climate impact, energy efficiency, human rights, political bias, and other ESG filters. ESG investing — or strategies that take a company’s environmental, social, and governance factors into consideration — grew to more than \$35 trillion in the last 12 months. There are a number of ways to take an ESG investing approach, such as investing in companies that have specific stands on societal issues or putting money into funds that are related to areas of the market such as tobacco, guns, or fossil fuels.

Through interactive participation and hands-on exercises, students will truly become independent investors. Over the course of the two weeks, students will establish their own portfolios and learn strategies and techniques for the best practices when it comes to researching corporations and businesses that are ESG driven and focused. Furthermore, we will also explore historical trends in the market and look at how those trends have influenced the mindsets and lifestyles of generations. Through industry analysis, portfolio construction, and simulated trading, students will gain a wealth of experience and a greater understanding of what working in the financial industry entails. Students will be taught how to read charts, how to place market or limit orders, how to set up stop losses, and how the major markets operate. Additionally, we will spend the two weeks constructing and analyzing our own portfolios. Participants will also be asked to undertake a full market analysis of a company of their choosing. As an

end product, students will need to create a display whereby they detail their portfolio and explain to an audience why they chose the particular investments that they did. Additionally, a major focus of this Winterim will be on providing students with the knowledge of what it entails to start a small business. Students will create their own businesses, within a socially responsible and ESG lens, and develop a comprehensive business plan that involves multiple aspects.

Launching a Small Business: A Startup Guide for Budding Entrepreneurs

Cost: \$100 - \$200

Min: 5 students, Max: 12 students

Students will become acquainted with the inspiring opportunities and very real challenges of setting up and managing a small business. Topics will include selecting a product or service, writing a business plan, deciding on a corporate structure, registering a company, brainstorming marketing ideas, honing in on a budget, and much more. Students will have the opportunity to talk with a number of small business owners and visit studios and workplaces of artists and entrepreneurs, including Litchfield's own Arethusa Farm and restaurant. Students will also build websites for their products or services.

This Winterim is designed for students serious about learning how to start up an authentic and viable small business. While much of the fortnight will be spent on campus, conducting research and learning how to effectively map out a strategy for success, viewing relevant films and TED talks for motivation, we will also travel into Litchfield and down to the Connecticut shore for in-person interviews and experiences.

Living in the Moment: Meditation and Wellness

Cost: \$100 - \$200

Min: 5 students, Max: 12 students

In a world that is constantly expecting us to multitask, what if we spent some time mono-tasking? In focusing on one task completely for a period of time, we have the opportunity to experience beauty, joy, and rest in the midst of the world around us.

In this Winterim, we will explore ways to live fully in our everyday moments through meditation, self-care, journaling/scrapbooking/crafting, experiencing beauty in nature, seeking new experiences, and taking time to laugh, turning daily tasks into mindful moments.

This Winterim focuses on wellness, mindfulness, meditation, and self-care. It offers an opportunity to create a space to be calm, centered, and attentive to the present moment; to slow down, live mindfully, and know that we can choose this practice in our everyday life.

Each student will delve into learning about wellness and what it means to live mindfully. We will explore mental health, growth mindsets, and research the history behind how far we have come as a society and the importance of mental health. Every student will produce a research project on our findings and leave this Winterim with a completed scrapbook reflecting our daily moments to remind ourselves to live mindfully.

Psychology of Cults

Cost: \$200 - \$400

Min: 5 students, Max: 12 students

Cult leaders have made headlines in the United States since the 1700s for their outlandish practices and secret, often sinister gatherings. What defines a cult? Why are some people drawn to the allure of a cult? And how do cult leaders use their own understanding of psychology to recruit members? In the Psychology of Cults Winterim, students will take a deep dive into how these groups form, what makes them tick, and how individual cult leaders rise to power. Academically, students will be discovering locations where cults began and why location is so important to cultivating community. Students will analyze different figures of charismatic leaders and what is the difference between transformative power and calculated manipulation.

Riddle of Steel

Cost: \$500 - \$800

Min: 5 students, Max: 10 students

This is a hands-on Winterim during which students work with professional and award-winning blacksmiths to learn the art of metalcraft. Students will travel off campus each day to a local forge to learn the basics for the first week and then craft their own knives for the second week. The course would also include the screening of documentaries about smithing and visits to nearby sites and museums.

The Art of BBQ

Cost: \$100 - \$200

Min: 5 students, Max: 12 students

This two-week course will be for the student who is interested in cooking and understanding the art of BBQ. We will be learning and using a multitude of grilling methods and equipment. Teams will compete each day between each other and the Head Chef, Coach Ron Miller. With over 30-plus years of cooking experience using these styles, Mr. Miller will show his techniques to the students and then turn them loose to create their own masterpieces. The slow cooker days will be done on the colder days. When the food is finished, we will offer it on a first come first served basis to the other students on campus. We will visit famous BBQ establishments in and around the area of New England and learn how the masters do it! We will definitely be a campus hit. From food selection to clean-up, all aspects will be experienced.

The Forman Mural

Cost: \$0

Min: 5 students, Max: 12 students

Students will have the opportunity to be a part of a large-scale painting project that demonstrates Forman's creative values. Murals in communities establish a sense of pride and purpose for those involved and for the audience themselves. Having a piece of public art that students have participated in making encourages a shared experience and excitement about the arts. Students will be helping to develop this project through all of its stages — conception, design, creation and construction, and presentation. Participation in these aspects of the project also encourages the development of professional skills that are so inherent in the working world today, and students will come out of their comfort zones to be a part of such an important cultural piece on campus. Included with the design of the mural, there will be two days of travel that introduce students to different murals and artwork throughout Connecticut. Each destination will have students engage with cultural responses to the arts and allow them to connect these ideals with their assignment within their own community of Forman. Dedication to the craft is a must, and while this is a difficult undertaking within the short time period of Winterim, students will come away with an incredibly rewarding experience and product that will reach not only students and faculty but the world beyond Forman.

The Lion's Den Bistro Experience

Cost: \$100 - \$300

Min: 5 students, Max: 10 students

Would you like to take the Lion's Den Bistro experience to the next level and see what it is like to work in a real regenerative restaurant morning, noon and night? This experience will give students the opportunity to see what it is like to actually live day-to-day life as a restaurant employee working in both the back of the house and the front of the house. Over the course of the two weeks, all students will get the chance to understand what it is like to work in all aspects of the restaurant industry and what it takes to make the next generation of the food industry. The mornings will be filled with Regenerative Agriculture education, and the afternoons and evenings will be filled with prepping and cooking. To finish the class, the students will make a family-style menu and serve it to the whole school.

Wilderness First Responder Course

Cost: \$500-800

Min: 8 students, Max: 15 students

Since 1975, SOLO (Stonehearth Open Learning Opportunities) has taught wilderness/extended care emergency medical courses, from basic to very advanced. SOLO's Wilderness First Responder (WFR) course is the recognized industry standard for wilderness medical training for those who work as backcountry trip leaders, camp counselors, mountain guides, river guides, and ski patrollers. The WFR course is the perfect certification for anyone working in a position of leadership in an outdoor setting or for individuals who want a high level of wilderness medical training for extended personal backcountry trips or expeditions. The WFR is 72+ hours long (eight to ten days) and is a comprehensive and in-depth look at the standards and skills of dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. A SOLO instructor will come to Forman's campus to teach the course. There will be both classroom work and hands-on practical exercises that will take place both in the classroom and throughout the Forman School property. Students must be at least 16 years of age to obtain the Wilderness First Responder certification at the end of the course. More information about the course can be found at <https://soloschools.com>.

Witchrim

Cost: \$400 - \$600

Min: 8 students, Max: 12 students

This Winterim will explore the history of witches from the use of the label to persecute women in early Europe and the Americas to the reclamation of the term by modern-day feminists. We will embark on a great discovery of ancient spiritual practices by women and examine the more contemporary construction of the idea of the witch through a modern-day historical lens. Students will investigate the creation of the idea of the witch through cultural and historical information. Our journey will include two trips off-campus. One trip will be a two-night, three-day stay in Salem, MA, to analyze the historical information and representation of witches during the era of the Salem Witch Trials. The second trip will take students to the streets of New York to meet with The New Schools University Professor, Kristen J. Sollee, to hear a presentation on the connection between contemporary women's issues and witches and to go on a tour that explores the witches of New York City.