



**UPPER SCHOOL  
ELECTIVE & EXPEDITION PROGRAM**  
Course Catalogue

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# Program Overview

## Mission

The Cascades Academy Upper School Elective and Expedition Program work in partnership to cultivate the schools' core values:

Ignite curiosity  
Learn by doing  
Foster belonging  
Empower individuality  
Embrace challenge  
Share joyfulness

Additionally, the program aims to build skills that live outside our core curriculum through the use of experiential learning pedagogy.

In **Electives**, we seek to ignite curiosity by providing the chance to broaden or deepen areas of interest. While we seek to empower individuality and allow student choice, we also believe competent global citizens require a set of well-rounded skills. Thus, each year, a student must take one elective in each of the three categories: mind, body, creative spirit.

In **Expeditions**, students deepen connections beyond our school through purposeful community partnership. In collaboration, students work to develop meaning and shape impacts for goodness.

## Requirements

As the Elective and Expedition Program delivers the core of a Cascades Academy education, these programs are required for all enrolled students. They include correlating performance indicators for the Mastery Transcript and serve on a credit/no credit basis.

## Offerings

Courses are offered on a two-year rotation indicated in the table below by Year A and Year B. Each year, the annual offerings will be shared. This catalogue provides an overview of the entire two-year program.

## Assessment: Development of Character Skills

### Assessment

Cascades Academy considers electives and expeditions to be core to the development of the character traits included in the portrait of a graduate. In order to support students in their cultivation of these skills, students are provided feedback in these courses, are provided credit, and the same attendance policies apply to electives and expeditions as core academic classes.

In 2024-2025, electives and expeditions will be a component of the fulfillment of the Mastery Transcript for 9th and 10th graders and students will be provided with competency-based feedback. Additionally, as these students move through the program and work towards fulfilling their Mastery Transcript, they are empowered to work with their advisor to ensure that their course selections support the credit areas where they need further development and/or evidence to meet mastery.

11th and 12th graders will also be provided with competency-based feedback and given a course grade at the end of the term on the following standards: no credit, low pass, pass, and high pass. These students will receive feedback based on the core values of the school:

- **Ignite Curiosity:** A student who ignites curiosity expresses inquisitiveness as they engage and explore new and unfamiliar perspectives with concern and respect. In order to do so, the student proactively and autonomously seeks resources that uncover deeper learning.
- **Learn by Doing:** Learning by doing transforms an individual's skills and understanding through their active engagement in immersive experiences that require a willingness to fail and the power of feedback and reflection
- **Embrace Challenge:** Embracing challenges facilitates growth as individuals expand their personal growth zone, learn to take meaningful and appropriate risks, and develop resilience, patience, and fortitude.
- **Empower Individuality:** A student who empowers individuality is self-reliant and takes responsibility

### You & Your Mountain Bike

- lity for their own journey of learning. They seek to better understand and develop their unique passions and gifts so as to show up authentically and with integrity.
- **Foster Belonging:** A student who fosters belonging seeks to ensure community members are seen, heard, valued, and trusted. They demonstrate an understanding of the world's interconnectedness and seek to advance the enduring sustainability of a thriving, united community
- **Share Joyfulness:** A student who shares joyfulness honors and shares experiences of personal satisfaction and wonder and then celebrates and advances the successes and happiness of others. In doing so, they bring fulfillment, connection, and levity to community life.

## Elective Offerings in 2024-2025

### Quarter One

MIND	BODY	CREATIVE SPIRIT
Forensic Science		Visual Arts
Election 2024		Music for Performance
Design for Good (required for Impact Scholars)		Dia de los Muertos & Other Traditions
		Digital Photography

### Quarter Two

MIND	BODY	CREATIVE SPIRIT
Mock Trial (required for team)	Self-Defense	Visual Arts
Robotics (not required for team)		Music for Performance
Avalanche Safety Course		Digital Photography

### Quarter Three

MIND	BODY	CREATIVE SPIRIT
Mock Trial (required for team)	Personal Fitness	Yearbook
Robotics (not required for team)		Visual Arts
Film Studies		Music for Performance

### Quarter Four

MIND	BODY	CREATIVE SPIRIT
Financial Literacy	Ultimate Frisbee	Visual Arts
Arduino Coding		Music for Performance
Design for Good (required for Impact Scholars)		Drama: Single Scenes

## Elective Course Descriptions

*\*Note: Some courses described below are not listed in the above rotation of offerings. They have been offered at Cascades Academy in the recent past and plan to be included in future rotations. They are described here to showcase the breadth and depth of programming included in the elective program.*

### **Studio Art**

Our ability to perceive the world around us and record the way we interpret it through our individual set of eyes is truly what defines us as artists. Even if you don't view yourself as an "artist" or a creative person, this class is designed to give you the tools, inspiration, and techniques necessary to successfully express your ideas through visual art. Mixed media such as painting, drawing, collage, ceramics and digital art will be explored throughout the year (not necessarily in a single trimester), and we will learn how to take the elements of art and principles of design and successfully incorporate them into your compositions for dynamic and meaningful art.

### **Music for Performance**

The goal of this program is to meet students where they are in their musical journey, whether as seasoned musicians or new players. Students will be exposed to as many areas of music as possible. This begins with the basic fundamentals of rhythm and melody, including singing together and performing in a drum circle in order to create this foundation. From there, students take on instruments of their own and have the opportunity to write and record their own songs, exploring chords and lyrics. The study of music history continues through examining the roots of students' favorite music, including the genres of blues and jazz and their influence on the popular music that we all listen to today. While they work on their individual instruments (guitar, drums, bass, vocals), students come together in a Rock Band to learn the challenges and rewards of performing as a group.

### **Digital Photography**

Using single lens reflex cameras (SLRs) and advanced photo equipment, students will spend the quarter building their photographic skillset. Projects will range from formal portraiture to sports photography, and from fine art photography to documentary. Emphasis will be placed on how you can leverage the technical aspects of the camera and control the lighting environment, to take the best picture possible. We will leave the quarter with a photographic portfolio and a heap of marketable skills. Students need no experience, and smartphone photography will *not* be included in the curriculum.

### **Drama - Scene Work**

In this one-quarter drama elective, students work together as an ensemble to explore foundational acting techniques. We will practice improvisation, character development, small group scene work, and monologue performance. We will utilize a variety of methods for bringing complex characters to life, including methods championed by award-winning actors and directors. The course will culminate in a final showcase where students will present for an audience of peers.

### ***Design for Good - Required for Impact Scholars***

This elective invites students to explore the principles of wayfinding, design thinking, and leadership, asking how our choices and values shape the world around us. Through hands-on projects and collaborative challenges, students learn to navigate complex problems, design innovative solutions, and lead with integrity. We will develop skills in creating and testing prototypes, aligning personal and group values, and confidently guiding teams through uncertainty. These experiences lay the groundwork for a community impact project in the second semester, where students, as solutionaries, tackle real-world challenges in Bend, making thoughtful, positive contributions that extend beyond the school environment and into the wider community.

### ***Food Systems***

Where does our food come from, and why does it matter? How is food connected to health, society, the environment, and me? How do current agricultural practices affect public health, social justice, the environment, and the economy? We will take a deep dive into each student's upbringing and cultural history, investigating how these influence the foods we choose thereby creating our own mini food system. During this class you will become more informed and aware as to how your choices about food can create positive change in your family, community, and the environment. Throughout the semester, we will learn about the obstacles that impede access to "real food" through discussions in our classroom, highlighting local farms and ranches, food sovereignty issues, and as you work on your group projects that focus on the local food system of the High Desert and Oregon.

### ***Mock Trial***

Mock Trial is a state-wide competitive program that is part puzzle, part performance theater, and part legal strategy. Throughout the program, a group of students review provided materials around a fictional legal case and bring to life the courtroom scene. With the support of local lawyers, the team learns about strategy, argument, public speaking, and performance. This elective will require some out-of-school commitments and will result in performing the CACO case at a regional court house in mid-February. Should we do well in this regional competition, we'll have the chance to move onto the state competition in Portland in March.

### ***Dance Around the World***

In the dance elective, we will learn techniques and short routines from a variety of dance genres and styles. Students will learn what musical and movement components define various genres and styles of dance. Content will range from popular tiktok dances to styles that move through geography and time. Anyone of any ability is welcome!

### ***Yoga***

Yoga is a practice that merges strengthening, mental training, balance, and breath work to result in a calmer, more flexible, stronger, aligned body and mind. Students will learn the basics of a yoga practice, build upon the set of poses with which they are familiar, and learn some of the philosophy behind this ancient practice during this winter elective.

### ***Graphic Design***

Graphic design permeates our modern world. In this course, students will explore the fundamentals of graphic design and typography by looking at examples of classic and cutting-edge design in order to examine the interplay between “rules” of design and creativity. We will utilize various software packages to produce different types of graphic design and consider the impact that different media can have on design. Students will design and execute graphic design projects based on their own interests and/or on external requirements.

### ***Forensic Science***

Forensic Science is the application of science (chemistry, physics, and biology) to criminal and civil law investigations. Topics include the investigation of fingerprinting, fiber/hair analysis, ballistics, trace evidence analysis, poisons, drugs, blood spatters, and blood samples. Students are taught the proper collection, preservation, and laboratory analysis of various samples. The end of the elective will culminate in a crime scene investigation.

### ***Financial Literacy***

In this Financial Literacy elective, students will learn valuable skills and knowledge to prepare them for making important financial decisions in the present and future. Topics to be covered include money, banking, credit cards, loans, interest rates, credit scores, financing higher education, renting versus owning a home, taxes, insurance, consumer protections, investing, saving for retirement (IRAs, 401k, 403b), stocks, bonds, and mutual funds. We will also take a look into the historical significance and current debate related to these topics and others such as social security and health insurance programs.

### ***Outdoor Skills***

This program provides students the chance to develop a foundation of outdoor technical skills in order to develop competency and independence in the great outdoors. Topics will include culinary skills including how to operate a variety of stoves and prepare a surprisingly ambitious menu with such minimal tools, as well as how to build shelters, start fires from a range of resources, tie a range of knots, and much more.

### ***You and Your Mountain Bike***

Ride and fix it! This elective is about learning how to ride better and how to do routine preventative maintenance and repair. Students will up their mountain bike game by practicing MTB-specific trail skills such as cornering, climbing, descending, maintaining momentum, basic jumping, and more. We will learn how to clean your bike safely, chain maintenance, brake adjustments, safety checks, and more. We will learn how to safely spot each other and “session” obstacles in order to build our skills. Students are required to bring their own MTB, in good working order. At the end of the course, students will have increased confidence and skills on their mountain bike and a working knowledge of bike maintenance.

### ***Journalism***

This class is for anyone looking to be involved in first-hand reporting in our school and community. We collaborate to build a newsmagazine by breaking the whole publishing process into steps, from learning to conduct interviews, to writing articles, designing pages, creating a brand, and copy editing



before publishing. Students will become familiar with the school community and look to report the stories that matter most to their readers, uncovering the details that bely the school community and culture.

### ***Yearbook Production***

Want to be part of capturing the memories of this school year? As part of yearbook production, you'll gain valuable skills in journalism, photography, graphic design, and teamwork — all while creating a treasured keepsake for you and your classmates. This is a hands-on elective, which means students will: conduct interviews and write articles/captions highlighting events, clubs, sports, and student life; curate photographs of school events to visually document the year; and use graphic design software to lay out pages with creative designs, graphics, and formatting. This project-based class lets you explore your interests, whether it's writing, photography or design.

### ***Fermentation***

Do you love food? Are you interested in microbes? This course is designed to engage our curiosities about the foods we eat, including sourdough, pickles, lacto-ferments, koji, and potentially so much more. Students will engage with projects like pickling their favorite foods, learning the traditions of kraut & kimchi, and creating their own sourdough starter. Along the way students will learn about microbes, how they ferment various foods, and the cultures/traditions that have been practiced for generations. During the elective there may be opportunities to tour local shops/artisans that use fermentation. This course is graded based on participation, the completion of various tasks during class time, and a short final project.

### ***Anthropology***

Who are we as human beings? The class will explore this branch of social science that involves the study of humans and humanity as a whole. Here, students will examine the wide range of disciplines that make up the field of anthropology including human biology, human behavior, societies, linguistics, culture, and more in a past and present context. For those interested in enhancing their knowledge about human ancestors, and how societies have evolved, this introduction to anthropology is the perfect fit.

### ***Self-Defense***

In Self-Defense, students work with coaches in intensive, individualized classes. The instructors instill discipline, confidence, courage, self-respect, and respect for others. The techniques taught are geared toward tactics over brute strength. The training largely draws from Brazilian Jiu-Jitsu, focusing on joint locks, escapes, and strategies for utilizing leverage akin to a physical game of chess. In addition to self-defense, this course prioritizes a healthy, balanced lifestyle in each of their classes. This approach to martial arts instruction has also been shown to improve problem-solving and critical thinking abilities both in and out of the classroom.

### ***Books! Books! Books!***

This course is designed to develop and stoke a love of reading. Students will read works of their own choosing from a variety of genres, set personalized reading goals to measure growth throughout the term, and come together as a group to share insights. The goals of this course are to cultivate a

lifelong appreciation for literature and a habit of reading. With this in mind, reading schedules will be individually tailored to encourage motivation, self-sufficiency, and community around the lifelong benefits of enjoying good books.

### ***Robotics***

Students in the US FIRST Robotics elective will be members of Cascades Academy's FIRST Robotics Competition (FRC) Team. Students will compete in a national competition where students team up with engineers to design and build a 120-lb robot in 6-weeks to compete against teams from around the state and at regional competitions. In addition to the winter elective class, attendance at weekend/after-school team work-sessions is encouraged to provide enough time for students to successfully complete the challenge. If you want to be in the elective and not attend any additional sessions, please talk with Mr. Snape before signing up. The robot build season is a whirlwind of activity and the 3-day competitions are equally intense and hectic, but the payoff is huge. FRC provides students the opportunity to delve into mechanical engineering, electrical engineering, project management, computer animation and computer programming and then immediately apply their new knowledge to solve authentic engineering challenges. They develop strong engineering and problem-solving skill sets and will emerge from the program confident in their ability to apply these skills. Professional engineers will meet with the class during elective and after school to provide their expertise.

### ***Upcycle***

In the upcycle elective, students will explore their ability to creatively reuse. In our modern day there are incredible ways to build, design, and reuse "waste" material. Not only will students learn new skills that will allow them to repurpose materials headed for the waste stream, but students will enhance their understanding of the impacts of these changes (or lack of changes) on the environment and on society as a whole.

### ***Print-Making***

Printmaking builds on the basis that a print is a transfer of ink that can be replicated. This elective explores the history, importance, and practice of printmaking style. Beginning by looking at how money is a print, what lithographs are, and specific artists. We aim to take inspiration from nature by walking the campus and looking at various textures, color patterns, and other points of interest. Throughout the elective students primarily focus on creating lino block prints. Each student may create at least 3 prints during the trimester, if desiring more students may be responsible to purchase materials on their own. The final project is a group collage based on a selected theme that presents our work and learning to the school community. Students leave this class with a basic understanding of printmaking and the tools to further pursue this passion at their leisure.

### ***HIIT Training***

Get your stretchy pants and sweatbands ready, we're working out! This elective will challenge students to push their bodies to the physical limit by participating in high intensity interval training (HIIT). Students will learn and practice proper form and technique for a variety of physical exercises via a new 30-minute HIIT workout each week. Participants are expected to come prepared in appropriate attire, try their best, and bring water!

### ***Personal Fitness***

Get ready to get sweaty! This elective will allow students to explore a range of workouts to push their bodies and learn about not only fitness but proper exercise techniques, and effective goal-setting strategies. By fostering a positive attitude towards fitness and wellness, this elective aims to instill lifelong habits that promote overall health, well-being, and personal growth. Participants are expected to come prepared in appropriate attire, try their best, share joy and bring water!

### ***Avalanche Safety Skills***

This course is for anyone, regardless of method of travel, who wants to recreate in or near avalanche terrain. Students can expect to develop a good grounding in how to prepare for and carry out a backcountry trip, to understand basic decision making while in the field, and to learn rescue techniques required to find and dig up a buried person (if an avalanche occurs and someone in the party is caught). Students will learn how to develop a plan for travel in avalanche terrain, identify avalanche terrain, and use the AIARE (American Institute of Avalanche Research and Education) Risk Management Framework to make terrain choices in a group setting. This elective is a prerequisite to the Backcountry Skills winter skills expedition.

### ***Election 2024***

This course provides an in-depth examination of the 2024 U.S. Presidential Election, covering the electoral process, key political issues, and campaign strategies. Students will explore the historical context, analyze campaign tactics, and assess media and public opinion's impact. The curriculum includes an overview of the U.S. electoral system, profiles of candidates, and analysis of campaign finance, advertising, and media roles. Key political issues like the economy, healthcare, and foreign policy will be discussed alongside voter behavior and demographic studies. Activities involve lectures, group discussions, media analysis, and research projects. Assessment is based on participation, a research paper and a final project.

### ***Arduino Coding***

Unlock the world of physical computing by enrolling in our Arduino Coding elective! In this hands-on course, you'll dive into the exciting realm of microcontrollers and learn how to program the versatile Arduino board. Through a series of engaging projects, you'll master the fundamentals of coding in C/C++ (or possibly Python), enabling you to control sensors, actuators, and various electronic components. From blinking LEDs to building interactive installations, you'll gain practical skills that bridge the gap between the digital and physical worlds. Unleash your creativity, problem-solving abilities, and bring your ideas to life with the power of Arduino programming.

### ***Current Events***

In the Current Events elective class, students will engage in a dynamic exploration of global and local news to develop a nuanced understanding of current affairs. Through class discussions, critical analysis, and research projects, the class will aim to cultivate students' awareness of the world around them, fostering the skills needed to navigate and comprehend the complexities of contemporary issues. Students will be encouraged to express their opinions, challenge assumptions, and develop a well-informed perspective on the ever-changing landscape of current events.

### ***Creative Writing***

This course provides students with the opportunity to explore the writing process, including building storylines, utilizing literary techniques, and editing and revising in order to craft a unique but well-informed style. The course will explore a variety of creative writing styles and genres including poetry, short stories, plays, memoir, narrative nonfiction essays, and film and book reviews. Because great writers are also informed readers, students will engage in close readings and study a variety of mentor texts in order to understand and evaluate various writing techniques and to hone their own writing craft. The course will include frequent writing workshops in which students will share their own writing and participate in peer review of classmates' compositions.

### ***Know Your Place***

Relationships are central to any community, and our individual relationship with the natural world is central to our interactions with the ecological community of which we are a part. In the "Know your Place" elective, students will meet their ecological neighbors, learning the names of plants and animals that share this space, and the roles that they play within ecosystems. Students will learn to approach a landscape with a detective's mindset, looking for clues regarding the ecological processes that have created what we now see. They will apply what they learn about the natural history of this place to better understand our present and future world and their place within it.

### ***World Religions***

The World Religions elective is an overview of five of the world's most recognizable faiths: Hinduism, Buddhism, Islam, Judaism, and Christianity. We enrich our understanding of those faiths with a variety of coursework designed to create lasting knowledge around key figures and practices. We study how each faith emerged and identify important schisms, sects, and branches, and highlight reasons for religious divides. We address many overlapping principles, narratives, and schemas in the world's major religions. We also uncover the roots of where and how a few small communities of faith grew into international movements and explore lesser-known religions, cults, and spiritualities. Finally, we journey into cross-spiritual themes of asceticism, pilgrimage, meditation, divination, and love.

### ***Ukulele***

As beginning ukulele players, we will embrace the challenge of learning a new skill while sharing joyfulness. This class is for those who already know how to play an instrument and for new players. We will learn about the ukulele, some of its history, famous ukulele players, and we will play and sing some well-known songs. Most of the class will be spent strumming. However, we will also gain an appreciation of - and begin to learn the basics of - reading TAB and perhaps playing chord melody. Students will play and sing together and will record themselves playing and singing alone as one portion of a final project.

### ***Coed Volleyball***

From picnics in the park to the Olympics, volleyball is a sport played by a wide variety of participants at every imaginable skill level. However, like many activities, (for example, math) the better you are, the more fun it is! To that end, much of this elective will be spent acquiring the skills to make you a

better volleyball player. Of course, we will play games, which are not only crazy fun but will give you the chance to see what an awesome player you are becoming! Did I mention that this elective is fun? We will also look at the history of the sport, discuss different offensive and defensive strategies, analyze film of high-level matches and have fun.

### ***Filmmaking***

Filmmaking is an introduction into the mechanics and artistry required to produce a film. Students will watch and critique established films, as well as create and produce their own works. Students will alternately screenwrite, act, direct, sound design, edit, film, and more throughout the semester. No experience required, but enrollment priority given to those with some theater experience.

### ***Horticulture***

Do you love plants? Do you find yourself talking to your houseplants or trees on a walk? Have you tried growing plants at home and wondered how to make them healthy and happy? This will be a gardening class for everyone where you will learn the science of growing healthy, vibrant plants, no prior experience necessary - all you need is a desire to grow something useful, edible, beautiful, or for the birds! In this class we will learn the basics of botany, plant propagations including seed starting, divisions and cuttings, garden planning and maintenance, plant harvesting and eating, and creating an herb garden. By the end of the class students will feel confident in their ability to grow healthy plants.

### ***Ultimate Frisbee***

Come learn how to play ultimate (Frisbee) and goaltimate. We'll learn how to throw a backhand, flick, hammer, push pass and maybe scoobers, thumbers, and chicken wings for the advanced throwers. Offensive (vertical and horizontal stacks) and defensive strategies (man and zone) will be practiced. Come each day prepared to learn and run hard. It is likely that we will also schedule a scrimmage or two with another local team.

### ***Fiber Arts***

Students will delve into the world of yarn and handmade wearable items. By the end of this elective, students will have produced one knit hat and one crochet hat. Students will learn how to read a pattern, wield the appropriate tools (crochet hook and knitting needles), and understand the particulars of yarn. Through the acts of knitting/crocheting, students will exercise perseverance, resilience, creativity, and patience. Materials provided!

### ***Mountainscapes***

This course will combine a geographic and cultural tour of some of earth's most significant mountain ranges. Students will address why some people are drawn to mountains and how mountain communities and cultures are shaped by their environments. In doing so, the class will study the cultural, economic, and political significance of mountainscapes worldwide. This course will also explore the pursuit of climbing mountains through key players in mountaineering history and discuss the impact of tourism on mountain cultures and communities. By the end of the course, students will gain an understanding of the gear, training, and costs associated with a variety of climbing disciplines.

Finally, each student will demonstrate the ability to organize a trip into a mountainscape of their choice – complete with a budget, gear list, and mock itinerary.

### ***The Personal Essay***

This course provides passionate literature students (and eager college applicants) the chance to dive into a particular art form in creative nonfiction writing: the personal essay. A craft that is part philosophy, part personal narrative writing, the essay is an age-old tradition that allows a single writer to investigate how her experiences allow her access to the great questions of what it means to be a human being. Learn how to build your own powerful personal essay (perhaps as you prepare for college applications) and also contribute to the group's Zine, which we'll collaboratively publish at the end of the term.

### ***Psychology***

Through the exploration of its historical origins, theories, and research, students will gain a fundamental understanding of the science of psychology and its relevance to everyday life. This class will encompass a multi-modal approach to include some lecture, discussion, film viewing, reading, and interactive elements. Students will learn how psychology impacts culture and policy, as well as our understanding of interpersonal relationships and self-concept. By the end of this course, students should be able to use their understanding of psychology to better inform their experience of people, relationships, and broader social dynamics.

### ***Bouldering***

The bouldering elective provides participants with 2 one hour sessions at the Circuit climbing gym weekly. This is an open air facility catered specifically to bouldering on the North end of Bend. Participants will be able to learn the basics of climbing including foot work, grip placements, and spotting. Participants will be able to rent all necessary equipment or acquire through a secondhand gear store like Gear Fix in Bend. More advanced climbers are also welcome and will be able to progress their skills. We will take at least one trip to an outdoor location during the Fall. All levels are highly encouraged, can't wait to climb with you all this Fall! \*Elective caps at 8 participants.

### ***Plant Propagation***

The popularity of keeping houseplants has exploded in recent years. For some, houseplants improve internal environments both aesthetically and in terms of air quality. Others find that caring for houseplants can positively affect mental health. Regardless of the reason, a key skill in growing a houseplant collection is learning techniques to propagate. In this elective, students will learn why the various tropical and temperate plants that have found their ways into our homes reproduce in the way that they do, and what benefits or disadvantages come with the different types of reproduction. They will learn basic plant anatomy, and use that knowledge to apply to the propagation process. Students will learn when, how, and why to propagate a plant from seed, from a leaf cutting, from a stem cutting, or from a root cutting. Students will learn and practice the different techniques using different mediums, and will collect data to assess the effectiveness of the different methods.

### ***Film Studies***

In this course, students will watch and critically analyze a variety of films. We will focus on understanding and studying how films reflect the attitudes and perceptions of different cultures and time periods by honing in on the narrative arc and storytelling techniques employed by filmmakers. Additionally, we will examine cinematic techniques and individual styles from different directors and cinematographers. We will engage with a variety of genres and study films representative of different countries and eras. The goal will be for students to learn to appreciate film as an artform as well as entertainment.

*Note: Students in this course must have prior parental approval for watching rated R films.*

## Expedition Program Overview

### Fall Offerings

Year A, 2023-2024	Year B, 2024-2025
Local Food Economy	On Meaning, Purpose, & The Good Life
Outdoor Leadership & Skills	Business: Myth vs. Reality
Gone to the Dogs	Wilderness First Aid Certification with Adventure Medics
Science of Sound and Music	MOVE YOURSELF!

### Spring Offerings

Year A, 2023-2024	Year B, 2024-2025
International Culinary Arts	Audio Broadcasting
Recycled Fashion Show	
Know Your Place; Bioregional Exploration	
Adventure Race	



## **Expedition Course Descriptions**

### ***Business: Myth vs. Reality***

An expedition that immerses students in the world of business and product creation. This course offers a hands-on experience where students will engage directly with local entrepreneurs to learn the fundamentals of starting and managing a business. Throughout the semester, students will brainstorm unique ideas, design innovative products, and develop comprehensive business plans. From concept to creation, they will explore the entrepreneurial journey, learning valuable skills in creativity, problem-solving, and strategic planning. By the end of the course, students will have the opportunity to present their business and product ideas to a panel of industry professionals, preparing them for future success in the dynamic world of entrepreneurship.

### **International Culinary Arts**

Students will embark on a culinary journey exploring the rich tapestry of global cuisines and their profound influence on culture. Through hands-on cooking experiences and interactive discussions, students will delve into the intricate connections between food and society, examining how ingredients, cooking techniques, and culinary traditions reflect the values, histories, and identities of diverse cultures around the world. Students will develop both culinary skills and cultural awareness, gaining a deeper appreciation for the global mosaic of flavors that shape our interconnected world.

### **Recycled Fashion Show**

Ever thought about the ecological and societal downsides of fast fashion? Let's shake things up! We're flipping the script on style, embracing the beauty of recycled threads. We'll investigate how we can expand our aesthetics and reimagine our definitions of beauty and fashion to encompass "used" and recycled clothing. Let's see how community events and the power of our wallets can make a difference. We'll hunt for treasures in secondhand stores, and exploit our IDEA Lab to craft them into jaw-dropping eco-chic looks. Get ready for a recycled fashion show like no other in the Upper School!

### **Know Your Place; Bioregional Exploration**

For many, Central Oregon is a special place. People come for the mountains, the allure of the high desert, and, even though the population of the area is growing, the small town feel. But, what are the forces that have shaped this place we call home? Who are the peoples who have inhabited this land since before the arrival of Europeans? How have humans changed the landscape, for good or for ill? This expedition is intended to open your eyes, your heart, and your mind to the past, so that you may better understand the present and the future of Central Oregon. Topics covered may include, but are not limited to: People native to the region, hydrology, geology, colonial history, volcanology, and fire science.

### **On Meaning, Purpose, & the Good Life**

In this course, students will explore various practices and theories from throughout human history connected to developing a sense of individual meaning, purpose, and well-being. Students will learn about historical and contemporary practices of a contemplative life as they examine a range of answers to the question: How should I live? By studying the philosophical foundations of different belief systems and faiths, mingled with those traditions' practices, students will develop the knowledge and skills needed to engage more fully with their own lives and learn what it means to thrive.

### **Adventure Race**

In this expedition, students will engage in planning, training for, and participating in an adventure race involving multiple disciplines. Potential components of the race include, but are not limited to, activities such as running, mountain and/or road biking, downhill skiing, paddle boarding, and swimming. This expedition is intentionally designed to incorporate significant physical and mental challenges in order to push participants to their limits. Only those willing to endure the hardships of adventure racing should apply. This course will culminate with CACO's first annual adventure race.

### **Gone to the Dogs**

Bend is a dog mecca. Everywhere you go you see big dogs, little dogs, scruffy mutts and designer poodles. This expedition will investigate the relationship between dogs and their people and, hopefully, give students the means to deepen their understanding of their furry friend. Not only will we visit professional dog handlers, but we will bring some of our pups along for some paws-on learning. The students will also be exposed to the myriad ways in which one can make a living working with dogs. From dog walking to dog photography, if spending time with dogs seems like an attractive career choice, this expedition is for you.

### **Science of Sound and Music**

In this expedition course, students will discover what happens when music, science, and engineering collide! Students will investigate the origins and properties of sound, explore what constitutes music in different cultures, and discuss what distinguishes music from noise. Students will work to uncover the relationships between science, mathematics, and music using various technologies and experimental techniques. Then they will manipulate materials and manufacture devices to produce musical sounds. All of these experiences will influence and inform students as they design and construct a musical instrument of their choice. The course will culminate in a musical performance showcasing the student-made instruments.

### **Outdoor Skills & Leadership**

In this expedition, students will develop the basic skills needed in a backcountry setting. Students will learn about and practice foundational wilderness skills, including: trip planning, on and off trail navigation, map reading, backcountry cooking, shelter building, and wilderness first aid. In addition, students will spend time exploring their leadership styles and considering what it means to be a leader as well as an effective member of a team in a backcountry setting. The expedition will culminate in students planning and executing a backcountry trip simulation in which they will have to put all of the skills they learned to the test in a backcountry scenario.

## **The Local Food Economy**

Have you ever wondered: Where does my food come from, how is it processed, and why does it matter? How is food connected to health, society, the environment, and me? What factors contribute to people's access to (quality) food? This experiential course will give students first-hand experiences with different aspects of the Central Oregon local food economy. Students will visit and volunteer with working farms, gardens, and/or ranches, in addition to engaging with organizations and businesses that help connect food producers to consumers.

## **No Greenhouse? Gnome Problem! Cascades Academy Greenhouse**

In this expedition, students will visit greenhouses, talk with growers, design a greenhouse, source supplies, sow seeds, grow starts, develop a grow system, learn construction techniques, and build a greenhouse on the Cascades Academy campus. It is an ambitious project! Join this expeditionary team if you are interested in construction or gardening and working hard to achieve the group's goals. An additional benefit will be providing a greenhouse to engage future students in gardening at Cascades Academy. Fair warning, this is an ambitious project and may require some work outside of the expeditionary block to ensure we maintain our timeline and keep the plants alive!

## **Animal Teachers: Learning to be Human**

Through a partnership with Harmony Farm Sanctuary, this program will dive deeply into partnership with animals that have been rescued from a farm where they were neglected and/or abused. The "compassionate curriculum" allows the animals to become our teachers as we explore aspects of our personhood. Moving from empathy, through communication, to ethical decision-making, and eventually advocacy, the program will include elements of art each week to showcase our experience with the animals and what they taught us about ourselves. The program will also include elements of service as build a relationship over the five weeks.

## **Makers' Space**

This course will provide students with a diverse set of experiences in many artistic practices, potentially including but not limited to ceramics, photography, woodworking, welding, jewelry making, and culinary arts. Under the guidance of local professionals, students will get to experiment with new techniques, apply and refine their skills, and work toward the creation of a published 'zine that helps them address and engage with some of the essential questions below.

## **Outdoor Stewardship and Recreation**

Central Oregon has long been a mecca for outdoor enthusiasts and increasingly serves as a hub for a growing outdoor industry. Successful outdoor recreation depends on balancing use and stewardship of our public lands and waters. In this expedition, students will explore preservation, retail services, and fire management by learning from local partners such as the Central Oregon Trail Alliance, Tumalo Creek Outfitters, and the Redmond Smokejumper base. We will also experience outdoor recreation by mountain biking on Bend's famed trail network and paddleboarding a section of the Deschutes River. Students will come away with a better understanding of a variety of opportunities and responsibilities inherent in our public resources.

## **Audio Broadcasting / "Be A DJ"**

Interested in going “on-air”? People with no background in radio broadcasting can learn about on-air programming through this exciting community partnership with KPOV – a listener supported, volunteer powered community radio station serving Central Oregon right here in Bend! In this hands-on expedition, we will learn the fundamentals of radio programming, including running the mixer and mics, planning for music/talk shows, and developing your own style.

### **MOVE YOURSELF!**

This is a dynamic course designed to introduce students to a variety of fitness programs. Over the course of six weeks, participants will explore activities such as pilates, cross fit, swimming, water fitness, and weight training, gaining valuable insights into each discipline's history, benefits, and suitability for different individuals. This engaging program combines informative discussions with hands-on experiences, empowering students to discover their interests in fitness. Join us for an inspiring adventure that encourages movement, confidence, and personal growth!