



EXETER SUMMER

UPPER SCHOOL ONLINE

(STUDENTS CURRENTLY IN 9-12 GRADE)

2021 COURSE CATALOG

PHILLIPS

EXETER

ACADEMY

Exeter Summer

2021 UPPER SCHOOL ONLINE COURSE CATALOG

TABLE OF CONTENTS

TECHNOLOGY REQUIREMENTS	3
DESIGNING YOUR OWN CURRICULUM	3
PREREQUISITES AND GRADE LEVELS	3
COURSE CHANGES	3
TUITION AND FEES	3
COURSE AND FORMAT SELECTION	4
SAMPLE DAILY CLASS SCHEDULE	4
ONLINE COURSE LISTING BY FORMAT	5
COURSE DESCRIPTIONS	6
THE ARTS: DANCE AND VISUAL ART	6
COMPUTER SCIENCE	7
ENGLISH AND WRITING SKILLS	8
ENGLISH FOR NON-NATIVE SPEAKERS	10
HEALTH & HUMAN DEVELOPMENT	11
HISTORY AND SOCIAL SCIENCES	12
History	12
Humanities	12
Psychology	13
Social Sciences	13
LANGUAGES AND CULTURE	15
MATHEMATICS	17
SCIENCE	20
SAT PREPARATION	22
PRIVATE MUSIC LESSONS	23
EXTRACURRICULAR OFFERING	23

UPPER SCHOOL Online

UPPER SCHOOL Online students may take **one, two, or three courses**. For an additional fee, students may also sign up for the optional SAT Preparation course. **UPPER SCHOOL Online students wishing to enroll in the SAT Prep course must also enroll in at least one academic course.** All students may also enroll in private online music lessons for an additional fee.

TECHNOLOGY REQUIREMENTS

In order to participate in Exeter Summer online, students must have the appropriate technology available to them. Please review our technology requirements at exeter.edu/exeter-summer/technology-requirements-exeter-summer-online

DESIGNING YOUR OWN CURRICULUM

As an UPPER SCHOOL Online student, you have the freedom to design your own academic curriculum from the more than 50 courses offered by Exeter Summer. Most students who take multiple courses will pick courses from separate disciplines.

The many course offerings give students a wide range of academic choices. Please review the course descriptions and levels of proficiency required to ensure that the courses you select are appropriate. **Note:** students will be unable to change courses after they have submitted the application.

IMPORTANT: Course offerings are subject to change. Exeter Summer reserves the right to cancel courses for which there is insufficient enrollment and to limit the size of classes where necessary. If a class is canceled due to insufficient enrollment, students will be reassigned to their alternate choices and notified of these changes.

PREREQUISITES AND GRADE LEVELS

Prerequisites listed in the course description enable students to choose the appropriate level of a course. In addition, each course lists the appropriate grade level(s) which the student should be entering. In the final assigning of students to courses, proficiency rather than grade level alone is the essential consideration.

COURSE CHANGES

Prior to the start of the session, course change requests are expected to be kept to a minimum. Requests for course changes must be made by a parent/guardian via email to Exeter Summer before May 1. Reassignment into another class is based upon availability. **The Exeter Summer Office will not accept requests for course changes by phone. No class changes will be made after the start of the program.**

TUITION AND FEES

2021 UPPER SCHOOL ONLINE PROGRAM

Online Students:	\$1,550 per course
Optional Extracurricular Fees:	
SAT Preparation Online Course:	\$795
Music Lessons	
- Full Lesson (five 50-minute)	\$390
- Half Lesson (five 25-minute)	\$235

UPPER SCHOOL Online

COURSE AND FORMAT SELECTION

In order to avoid conflicts, pay attention to the format(s) in which a course is offered, indicated after the course title. The format is the meeting time for a given course. Students may not sign up for two courses that meet during the same format.

IMPORTANT: Choose your alternate courses in the order of preference paying close attention to the format(s). The alternate courses should not be the same as your preferred course selections.

SAMPLE DAILY CLASS SCHEDULE

As an UPPER SCHOOL Online student you choose your classes based upon format times.

- Formats A, B, and C meet between 8:30am and 1:15pm (ET)
- Formats D, E and F meet between 12pm (noon) and 6pm (ET)

Please refer to the sample class schedule below.

DAILY CLASS SCHEDULE FOR EXETER SUMMER ONLINE

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
FORMAT	START	END	FORMAT	START	END	FORMAT	START	END	FORMAT	START	END	FORMAT	START	END
A	8:30 AM	9:20 AM	A	8:30 AM	9:20 AM	A	8:30 AM	10:00 AM	A	8:30 AM	9:20 AM	A	8:30 AM	9:20 AM
B	9:25 AM	10:15 AM	B	9:25 AM	10:15 AM	C*	10:05 AM	11:35 AM	B	9:25 AM	10:15 AM	B	9:25 AM	10:15 AM
Assembly	10:20 AM	11:05 AM				B	11:40 AM	1:10 PM				Community Life	10:20 AM	11:05 AM
C	11:10 AM	12:00 PM	C	11:10 AM	12:00 PM				C	11:10 AM	12:00 PM	C	11:10 AM	12:00 PM
D	12:05 PM	12:55 PM	D	12:05 PM	12:55 PM	D	1:15 PM	2:45 PM	D	12:05 PM	12:55 PM	D	12:05 PM	12:55 PM
E	1:00 PM	1:50 PM	E	1:00 PM	1:50 PM	E	2:50 PM	4:20 PM	E	1:00 PM	1:50 PM	E	1:00 PM	1:50 PM
F	1:55 PM	2:45 PM	F	1:55 PM	2:45 PM	F	4:25 PM	5:55 PM	F	1:55 PM	2:45 PM	F	1:55 PM	2:45 PM

All times are in Eastern Time (ET)

Classes meet for four 50-minute classes and one 90-minute class each week (on Wednesdays)

*Note that C format meets before B format on Wednesday

Online Course Listing by Format

FORMAT A

COMPUTER SCIENCE

Game Programming

ENGLISH & WRITING SKILLS

Writing Process Workshop

ENGLISH FOR NON-NATIVE SPEAKERS

Becoming a Confident Writer
Grasping Grammar for Non-Native Speakers

HISTORY AND SOCIAL SCIENCES

Humanities
Global Justice

Social Sciences

Leadership for a Better World

MATHEMATICS

Adventures in Problem-Solving
Problem-Solving in Geometry
Statistics Through Simulation

SCIENCE

Human Physiology and Anatomy
Introduction to Physics

FORMAT B

THE ARTS

Dance

Dance and Society

Visual Art

Drawing: Learning to Look

COMPUTER SCIENCE

Introduction to Computer Science

ENGLISH & WRITING SKILLS

Debate & Argumentation

ENGLISH FOR NON-NATIVE SPEAKERS

Creative Writing for Non-Native Speakers

HEALTH AND HUMAN DEVELOPMENT

The Science of Happiness

HISTORY AND SOCIAL SCIENCES

Psychology
Social Psychology

Social Sciences

Basic Principles of Criminal Justice
Global Economics

LANGUAGES AND CULTURE

Beginning Chinese
Beginning German
Beginning Italian
Beginning Korean

MATHEMATICS

Advanced Problem-Solving in Trigonometry
Introductory Problem-Solving in Trigonometry
Problem-Solving in Algebra
Problem-Solving in Calculus
Problem-Solving in Intermediate Precalculus
Problem-Solving in Precalculus

SCIENCE

Genetic Engineering
Introduction to Physics

FORMAT C

THE ARTS

Visual Art

3D Computer Design

ENGLISH & WRITING SKILLS

The Craft of the Essay
Great Books/Great Reading

ENGLISH FOR NON-NATIVE SPEAKERS

Becoming a Confident Writer
Creative Writing for Non-Native Speakers
Grasping Grammar for Non-Native Speakers

HISTORY AND SOCIAL SCIENCES

History

U.S. History

Humanities

Philosophy and Everyday Life

Social Sciences

Economics and Business Principles

SCIENCE

Neuropsychology
Sports Science

FORMAT D

THE ARTS

Visual Art

Digital Photography

COMPUTER SCIENCE

Game Programming

ENGLISH & WRITING SKILLS

Creative Writing
Debate & Argumentation
Writing the College Admissions Essay

LANGUAGES AND CULTURE

Classical Mythology
Intermediate Conversational Chinese
Intermediate Conversational French

HISTORY AND SOCIAL SCIENCES

Social Sciences
Politics: Power and Responsibility

SCIENCE

Bioethics
Environmental Issues

FORMAT E

THE ARTS

Visual Art

Drawing: Learning to Look

COMPUTER SCIENCE

Introduction to Computer Science

ENGLISH & WRITING SKILLS

The Craft of the Essay
Creative Writing
Writing the College Admissions Essay

LANGUAGES AND CULTURE

Intermediate Conversational Spanish

MATHEMATICS

Problem-Solving in Advanced Calculus
Problem-Solving in Algebra
Problem-Solving in Geometry
Problem-Solving in Intermediate Precalculus

HISTORY AND SOCIAL SCIENCES

Humanities
Global Justice

Social Sciences

Social Ethics

SCIENCE

Human Physiology and Anatomy

FORMAT F

THE ARTS

Visual Art

3D Computer Design

ENGLISH & WRITING SKILLS

Writing Process Workshop

HEALTH AND HUMAN DEVELOPMENT

Euphoria: The Human Pursuit

HISTORY AND SOCIAL SCIENCES

History

Global Security

Social Sciences

Basic Principles of Criminal Justice
Economics and Business Principles

SCIENCE

Genetic Engineering
Introduction to Physics
Introduction to Psychology
Modern Astrophysics

The Arts: Dance and Visual Art

The Arts Department offers a range of artistic experiences in the studio, classroom, and rehearsal space designed to challenge students and open a new world of creative possibilities.

■ Dance

Dance in Society

SDD-ODS | Online | All Grades

Format B

Why does a break dancer move one way and a salsa dancer another? How does dance differ when it occurs on a proscenium stage versus a night club? How can dance and choreography act as forms of personal, but also cultural expression? What social meaning is embedded in dance? Through theory and embodied practice, this course seeks to answer these questions. Students will form a shared vocabulary about how dance intersects with society, using cultural anthropological theory. Through readings, conversations, and independent projects, students will learn about a range of disciplines, both contemporary and traditional or folk. These may include but are not limited to: Ballet, Belly dance, Bharatanatyam, Breaking, Capoeira, Contemporary, Indonesian Dance, Irish Step, Hip Hop, Hula, Jazz, Musical Theater, Salsa, Samba, Swing, Tango, West African, dance of the African diaspora, and Voguing. Students are encouraged to share their own movement styles and cultures with the class. Final projects will feature a choice between an analytical paper, a creative media project (e.g., website, blog, or short documentary film), or a choreographed dance project. Students will attend synchronous class meetings and one-on-one teacher conferences.

■ Visual Art

It is our mission to create an experience that focuses on the process, excitement, and hard work of making art.

Digital Photography: The Creative Experience

SAR-OPH | Online | All Grades

Format D

Students who are interested in learning how to use their digital camera or smart phone camera will find this a very

informative course. This introduction to photography stresses the photographic image as a significant visual statement. Through the work done on various assignments, students learn how to make effective compositions that are expressive and meaningful. Along with the photographic assignments, we will learn about the basic elements of composition, such as color theory, shape, form, and texture, as well as elements of the history of photography.

Students are required to have a digital camera or smartphone. However, a digital camera is strongly recommended for a more complete experience.

Drawing: Learning to Look

SAR-ODR | Online | All Grades

Format B and E

If you want to learn how to draw or develop the skills that you already have, then this is the perfect class for you. In this observational drawing course, students have the opportunity to develop a thoughtful understanding of design, form, proportion, light and shadow, perspective, and space through a series of drawings from observation. Students will learn how to render and shade objects ranging from basic shapes (such as cubes and cylinders) to more complex objects. Finally, the class will progress to drawing portraits and learn about all the concepts that encompass them, including anatomy, mood, and form. This course uses different mediums including pencil and black and white charcoal.

3D Computer Design

SAR-OTD | Online | All Grades

Format C and F

SketchUp® is an easy-to-learn yet extraordinary artistic tool for developing 3D designs. Starting with a chair design tutorial, you will learn the tools of this drawing software. You will design a chess set and a project of your own choosing. No experience is necessary.

Students are required to have their own laptop computer that is capable of downloading software and has a USB port. Chrome books, tablets and iPads cannot be used in this course.

Computer Science

The Computer Science Department at Exeter Summer is committed to the belief that through a combination of group activities and individual exploration students acquire problem solving skills. Our objective is that every student become comfortable using a computer, whether in the area of information technology (applications) or in computer programming. Each course stresses cooperative work, problem solving techniques, structured use of applications, and ethical uses of the computer within a community.

Introduction to Computer Science

CMP-OCS | Online | *Prerequisite: one year of algebra*
Format B and E

How do we write a simple program? How do we talk to the computer? While we learn the technical skills necessary to write a program, much time will be spent on honing your logical thinking skills in algorithmic development so you begin to understand how to think about problems to be solved. The strategies applied in this course are easily transferred across many disciplines. Each day will begin with a new puzzle. What do you already know? What do we need to find out? What is the desired outcome? By working as a group we can solve the problem employing particular problem-solving strategies. The next step is to get the computer to solve the problem for us. You will learn to parse the data and apply clearheaded thinking to the problem of the day. By the end of this course, you will be confident in your new computer science skills. You will come away knowing how to approach a problem from a programmer's point of view, and be ready to take a full year of computer science at your high school.

Students will need a laptop computer that is capable of downloading software and has a USB port. Chrome books, tablets and iPads cannot be used in this course.

Game Programming

CMP-OGP | Online | *All Grades*
Format A and D

Think about those online games that you play. Have you wondered how software engineers write these programs? Is it complex? Actually, it is not too difficult, but does take time to learn how to write a program using animation. This course will introduce you to the basic concepts of game programming. No previous experience is needed. You will have the opportunity to understand basic animations, movements, and collision detection, using graphics and sound while learning the elemental principles of creating a dynamic game. You will leave with an appreciation of the technical skills of a game designer and write a few of your own games to play with your friends. Students will need a laptop computer that is capable of downloading software and has a USB port. Chrome books, tablets and iPads cannot be used in this course.

Students will need a laptop computer that is capable of downloading software and has a USB port. Chrome books, tablets and iPads cannot be used in this course.

English and Writing Skills

The Exeter Summer English Department believes that students learn best when they are actively engaged with the material and each other. At the heart of each class are student-generated and centered discussions about literature, student writing, and themes of social and moral significance. Attentive and responsible preparation and participation is required from each member of the class. The English Department also believes that written expression is an integral part of learning, communicating, and thinking. You can expect to engage in the process of writing and to develop the skills of peer-editing and revision in both literature and writing courses. All courses are designed to enhance speaking, listening, reading, writing, and thinking skills.

The Craft of the Essay

EWS-OCE | Online | *All Grades*
Format C and E

This writing-intensive course focuses on the formal essay required in high schools and colleges across the range of academic disciplines. Students will work on how to develop strong, viable theses and support them effectively with persuasive evidence and specific details. Moving beyond the traditional five-paragraph essay, students will read, discuss, and analyze classic and contemporary works by essayists such as Orwell, Bacon, Swift, E. B. White, Hurston, Didion, Sedaris, and others. Harkness discussions, peer editing, and writing assignments will emphasize strategies for critical analysis and effective rhetorical techniques. Students will also examine the personal essay, which is the basis of a successful college application essay.

Creative Writing

EWS-OCW | Online | *All Grades*
Format D and E

This course is for students who have previous experience and investment in creative writing. Designed to help young writers discover and develop their own personal and artistic voices, the course is conducted as a workshop which provides a forum for discussion of published works as well as students' own pieces. Students may expect to write in several genres and must be willing to share their writing. They will learn

how to participate in writing workshops and how to critique each other's work. The course encourages openness to experimentation and revision.

Debate & Argumentation

EWS-ODA | Online | *All Grades*
Format B and D

In this course, students will be given an introduction to the fundamentals of debate and will have many opportunities to practice these fundamentals in the classroom. The course will focus on the research and development of constructive and negative speeches through library research. Students will learn to make presentations that include a traditional debate format with cross-examination. They will also analyze and evaluate a variety of forms of rhetoric. No previous debate experience is required to take the course.

Great Books/Great Reading

EWS-OGB | Online | *All Grades*
Format C

As Holden Caulfield thinks to himself in *The Catcher in the Rye*, "What really knocks me out is a book that, when you're all done reading it, you wish the author who wrote it was a terrific friend of yours and you could call him up on the phone whenever you felt like it. That doesn't happen much, though." It's true, it doesn't happen much. But, when one is able to find a knockout text and have a great discussion about it with others around the Harkness table, it's magical. This course aspires to create just that kind of experience. Great Books will appeal to students who, like Holden, love to read (or are still learning to love to read) and who are seeking exposure to novels and short stories that are diverse, dynamic, and compelling. More specifically, the course will focus on introducing students to complex, challenging page turners by such writers as Fitzgerald, Hemingway, Hurston, Kincaid, Marquez, Morrison, and Woolf, depending on the year. In addition to reading critically, students will be asked to write analytically in an effort to deepen their relationship with the material.

Writing the College Admissions Essay

EWS-OCA | Online | *All Grades*
Format D and E

Akin to a modern day rite of passage, writing the college admissions essay can be an arduous, mystifying, and stressful experience. It's a type of essay that requires an approach and style of writing with which many students are unfamiliar and unpracticed. The good news is that this approach and style can be learned. Everyone has the capacity to write an effective

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

college admissions essay that contributes considerably to the overall strength of their college applications. This course will focus on how best to craft a reflective essay that draws on personal experience, responds to a handful of the Common or Coalition application prompts, and conforms to the stringent length constraints these applications require. To this end, students will discuss audience and purpose, idea generation, pre-writing techniques, organization, and the narrative and reflective techniques that are the hallmarks of all powerful, memorable writing. Each student will have the opportunity to read exemplary student models and engage in a workshop format along the way, emerging with several viable writing pieces suitable for submission. Students will also have the opportunity to listen and learn from visiting college admission professionals who will draw on their experience in the field to dispel common misconceptions, describe how essays are evaluated, and discuss how they factor into the admissions process.

Writing Process Workshop

EWS-OPW | Online | *Grades 10 - 11*

Format A and F

This class offers students an in-depth examination of the elements of the writing process. Students will learn to generate compelling topics, organize their ideas, use effective transitions, and write with style and precision. Assignments will help writers become aware of audience and purpose as they discover strategies for sustaining longer pieces of prose. All essay assignments will be drawn from personal experience and will not conform to the traditional five-paragraph form. Students will become part of a community of writers engaged in collaborative analysis and discussion. Classroom workshops will facilitate open-discussion critique, peer editing, and revision. Reading will complement the writing assignments and offer models for students' own prose.

English for Non-Native Speakers

Exeter Summer provides a language immersion experience for non-native English speakers. The following courses are offered to help students gain confidence in their immersion and to support non-native English speaking students who are still honing their skills in spoken English, English grammar, vocabulary, reading, and conversation. Student-generated and centered discussions are at the heart of each virtual classroom and require attentive and responsible participation from each member of the class.

Becoming a Confident Writer for Non-Native Speakers

EFL-OBC | Online | *All Grades*
Format A and C

In this introductory writing workshop, students will develop confidence in their reading, writing, and thinking skills. They will complete daily writing exercises that stress observation, description, detail, and development of voice. Students will build confidence in their skills through frequent short pieces of writing drawn from experiences and consistent reinforcement of “showing” rather than “telling.” Students will be led through the process of drafting, editing, and evaluating their own writing. Prose assignments may include personal narratives, personal essays, and expository writing. Harkness discussions will examine works of nonfiction prose and will provide a forum for discussing drafts of students’ papers. Students who enroll in this course become a member of a small community of writers eager to help one another through thoughtful discussion and literary analysis.

Please note: Students interested in writing poetry or short fiction should sign up for the *Creative Writing for Non-Native Speakers* (EFL-CRW) course rather than this course.

Creative Writing for Non-Native Speakers

EFL-OCW | Online | *All Grades*
Format B and C

Do you love to write? Do you have a story to tell? This introductory workshop will help students improve their writing and further develop a love of language through in-depth writing practice. Students will explore narrative, fiction, and poetry while practicing the fundamentals of grammar and punctuation. They will be asked to write often, both in and out of class, and will produce a portfolio of short creative pieces. Additionally, students will develop listening and speaking skills essential to a writing workshop. Short readings – primarily stories and poems – will provide models for student work.

Grasping Grammar for Non-Native Speakers

EFL-OGG | Online | *All Grades*
Format A and C

In this course, students will become better speakers and writers of English. Students start by composing a number of short pieces that will be used to identify weaknesses in their writing. The focus will be to improve on each student’s area(s) of greatest need. This diagnostic approach will provide individualized attention to each student and afford them the opportunity to refine their command of English. In addition, students will undertake a formal study of parts of speech, noun clauses, adjective clauses, gerunds, and infinitives.

Health and Human Development

The Health and Human Development department mission is to prepare and empower students to value and engage in healthy lifestyles by honoring diversity, fostering leadership, and encouraging students to reach their highest potential as productive, responsible citizens at the Academy and beyond. Our courses challenge students to stretch their understandings of health issues in trusting and respectful environments. In order to facilitate positive health choices today and in the future, students are provided opportunities to examine their values and attitudes, through developing skills in critical thinking, decision-making, self-advocacy, and interpersonal interactions.

Euphoria: The Human Pursuit

HHD-OEU | Online | *All Grades*

Format F

This course will explore the use of mind-altering practices and substances throughout history, across cultures, and with subcultures around the world. From a biochemical, sociological, political, and psychological standpoint we will probe the reasons why people seek to alter their state of being, whether through the use of drugs or through natural means. Students will also learn about drug policy and legal issues, and gain an understanding of how race, class, and social standing influence outcomes and behaviors.

The Science of Happiness

HHD-OHA | Online | *All Grades*

Format B

This course explores the roots of a happy and meaningful life. Students will engage with some of the most provocative and practical lessons from science and discover how cutting-edge research can be applied to their own lives. Exploring core findings from positive psychology, students will discover how happiness is inextricably linked to strong social ties and how it contributes to something bigger than oneself. Students will learn about the varied research supporting this view and gain practical, research-based strategies for nurturing their own happiness. The purpose of the course is to not only learn what psychological research says makes us happy, but also how to put strategies into practice to create a happier life.

History and Social Sciences

The Exeter Summer Department of History and Social Sciences offers a diverse program of study for motivated students who want an experience that may not be available to them during the academic year. We strive to offer a curriculum that emphasizes a broad understanding of the human experience. In order to provide a deeper understanding of human thought and behavior, we offer selections in economics, humanities, media studies, psychology, and philosophy. In all areas of study, you will have the opportunity to explore ideas, question concepts, and conduct research while developing essential skills in analytical reading, writing, and collaborative work.

■ History

Global Security

HSS-OGL | Online | *All Grades*

Format F

This course will examine contemporary security challenges that have global dimensions, such as the proliferation of international terrorism, climate change, nuclear weapons, mass migration, and world health crises. In the face of these transnational problems, governments have struggled to provide effective solutions. We will evaluate the importance of the nation-state in furnishing solutions to security threats that cross borders as well as international organizations like the United Nations and the work of non-governmental organizations like Climate Action Network or Doctors without Borders. Students will discuss what can be done to improve our collective security today, where we see progress toward greater justice and world peace, and what approach should be favored as a way forward.

U.S. History

HSS-OHI | Online | *All Grades*

Format C

This course serves as an introduction to major themes in American history. We will think carefully about how American values and institutions have been created and

changed over time. In particular, we will explore the concept of freedom as an ongoing contested definition between liberty and equality. We will study topics, such as independence and Revolution, Civil War and Reconstruction, the Gilded Age and progressivism, the Great Depression and the New Deal, and the struggle for racial and gender equality. Along the way, we will learn about seminal political leaders such as Thomas Jefferson, Abraham Lincoln, Frederick Douglass, Franklin Roosevelt, Eleanor Roosevelt, Martin Luther King, Malcolm X, Betty Friedan, and Gloria Steinem. We will ask how these political actors sought to modify the meaning of freedom in the American imagination. This class will prepare you to write analytical essays, conduct library research, enhance your performance on exams, and build a foundation for college-level work. Any student – American or international – who would like to (re)discover the American past is welcome!

Note: This class will help those students preparing for the AP or IB U.S. History course.

■ Humanities

Global Justice

HUM-OGJ | Online | *All Grades*

Format A

Have you ever thought about what you can do when large-scale global issues flash across your phone or TV screen? The increase in technology and media has granted us a front-row seat to the great issues afflicting all corners of the world – oppression and human trafficking, genocide and war, dictatorships, poverty, and gender disparities. Through various documentaries, articles, and the book *Half the Sky*, this course will delve deeper into how we define global justice in an ever changing and evolving world while considering ways in which to solve these major crises. We will tackle questions including: What roles and responsibilities do countries and individuals play in aiding those effected by global justice issues? How do individuals and governments differ in their perception of global justice? Why is there such a division between governance by religion and governance by state? When can the divide between religion and politics create a moral dilemma? Throughout our quest for understanding, we will tackle major themes including women's empowerment, the role of the UN, climate change, responsibility of developed countries, and the work of non-governmental organizations (NGOs). Finally, we will look at the role the media plays in focusing the world's attention on these issues.

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

Philosophy and Everyday Life

HUM-OPH | Online | All Grades

Format C

Most human beings take the world we sense, the world we see, hear, and feel for granted. But how do we know if “the world outside” is real? What if we all live within “the Matrix”? How can we tell if we are simply dreaming or plugged into some giant computer? We seem to make choices every day: what to wear, to study or watch a movie, to go out with this person or that person. But are we really “free” to choose or do social and psychological forces, genetics, and instincts determine our life? Is freedom an illusion? What about God? Does God exist or is the idea of “God” a human creation? What about right and wrong? Are “good” and “evil” words reflecting personal feelings and cultural norms or something more universal? These are some of the profound questions that we will grapple with throughout this course, guided by the insights of mentors, both classical and contemporary, from Aristotle to Žižek.

■ Psychology

Introduction to Psychology

SPS-OIP | Online | All Grades

Format A and F

In this course we explore the science of human behavior and cognition. We begin by looking at methodology (experiments and case studies), and then discuss learning and memory (eyewitness testimony), problem-solving, intelligence (the en vogue concept of multiple intelligences), and language. After focusing on cognition we turn to social behavior, discussing techniques of persuasion and the effects of groups on individuals’ behavior (mob psychology and bystander intervention). Finally, we study psychopathology – specifically, the symptoms and treatment of mental illnesses such as depression, schizophrenia, and developmental disorders like autism. Students are graded on class participation, opinion papers, and group projects.

Neuropsychology

SPS-ONE | Online | All Grades

Format C

This course is designed to introduce you to the biological underpinnings of the brain’s influence on behavior. We will delve into topics such as neuroanatomy, brain development and plasticity, learning and memory, sensation and perception, and neurodegenerative disorders. We will use the findings from current research to evaluate some of the major questions in the field of neuroscience. Can the brain recover from severe trauma? Why do we sleep? Do gender differences exist at the neural level? In addition, we will uncover how

perception of the world around us impacts behavior and how we respond to everyday experiences. This course will explore behavior at the level of the synapse up through the mysteries of neural networks, increasing your understanding of the brain’s involvement in every thought, emotion, and action you experience.

Social Psychology

SPS-OSP | Online | Grades 11-12

Format B

This course will introduce you to social psychology, the scientific study of social life. As humans are inherently social beings, the range of topics we will consider is quite broad: decision-making, behavior in groups, cooperation and helping, persuasion, stereotyping and prejudice, aggression and conflict, and the influence of subtle and automatic stimuli on our behavior. Relating these topics to everyday experience and current events is an important component of the course.

■ Social Sciences

Basic Principles of Criminal Justice

SSC-OCJ | Online | Grades 11-12

Format B and F

Is America’s criminal justice system sufficient for today? How does discrimination play a role in the system? The focus of this course is to consider problems such as racial profiling, search and seizure, rights of privacy, cruel and unusual punishment, speedy trial and appeal, and mass incarceration. We will make use of various sources, including recent cases, current events, and *The New Jim Crow* by Michelle Alexander to debate these larger questions surrounding justice. In addition, we will have Harkness table discussions on other controversial issues including police brutality, #BlackLivesMatter, the death penalty, and sexual assault on college campuses, among others.

Economics and Business Principles

SSC-OEC | Online | Grades 11-12

Format C and F

Current economic issues and business operations will be the focus in this course. This is NOT a course in economic theory, although you will learn the essential facts and theories about investment, productivity, inflation, recession, monetary and fiscal policy, and the stock and bond markets. In addition, we will examine some basic business financial methods.

Only students with a thorough mastery of English should enroll in this course.

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

Global Economics

SSC-OGE | Online | *Grades 11-12*

Format B and E

Why are some countries more developed than others? What responsibilities do the wealthy nations have towards the poor nations? Is democracy necessary for countries to develop economically? Could child labor be beneficial to poor countries' economies? These are just some of the questions we will discuss. This course introduces students to the principles of international and development economics. We will study a wide range of international issues including inequality and poverty in less developed countries, the lives of the poor, foreign aid and debt relief, micro lending, global financial crises, the role that geography plays in development, and the role that organizations, such as the World Bank, might have.

Only students with a thorough mastery of English should enroll in this course.

Leadership for a Better (Post-COVID) World

SSC-OLB | Online | *All Grades*

Format A

How do I change the world? Not alone! This course will explore the leadership challenges immediately facing our global community in a post-COVID world that range from access to healthcare and basic necessities to addressing the social injustices that are highlighted by the pandemic. Students will look at ways to reconnect with each other and their communities, and specifically look at how they can lead others to make a difference through politics, service, and activism.

Politics: Power and Responsibility

SSC-OPO | Online | *All Grades*

Format D

Politics, it has been said, is the art of striving to maintain, share, transfer, and influence the distribution of power. This course will examine how power – the ability to achieve desired ends and, when necessary, influence the behavior of others to bring about these ends – and responsibility mesh in political life. We will consider the pressures of balancing money and influence; the difference between enemies and adversaries; the difficulty negotiating through competing loyalties – loyalty to one's party, to one's constituency, and to one's own ideals; of knowing when to fight passionately and knowing when to compromise. We will also consider the "soft" and "hard" tools of power and their relative strengths and weaknesses. Readings include classic and contemporary authors: Aristotle, Thomas Hobbes, Niccolo Machiavelli, Max Weber, Vaclav Havel, Joseph Nye, Fareed Zakaria, and Michael Ignatieff.

Social Ethics

SSC-OSE | Online | *Grades 11-12*

Format E

This course introduces students to a variety of debates concerning contemporary ethical issues. Through reading and Harkness discussions, you will consider some of the most compelling moral topics of our time: capital punishment, cloning, stem cell research, euthanasia, free speech, the treatment of war prisoners, conservation and the environment. The course will provide you with the analytical tools necessary for examining and critiquing these issues, while helping you define and support your own positions.

Languages and Culture

In a world where globalization is a rapidly growing reality, learning two, three, or even four foreign languages is a highly valued skill. Students taking a modern language will find themselves immersed in authentic language with a variety of homework exercises to reinforce the essential skills necessary for communication and interaction in a variety of cultures. The Harkness class encourages active learning and fosters participation. Whether you are looking to strengthen your skills in a language you are already studying, eager to try something new before college, or hoping to gain basic fluency for more productive engagement, these courses will suit your needs. Instruction in the introductory classes assumes no prior knowledge of the language.

Beginning Chinese

LNG-OBC | Online | *All Grades*
Format B

This course introduces you to basic grammatical elements of the Chinese language by using simple situational vocabulary that reflects everyday activities. While you will learn to read and write the language, emphasis will be placed on communication skills. Students will be introduced to Chinese writing in simplified Chinese characters. This course will be further enriched by Chinese calligraphy practice and cultural video presentations.

Beginning German

LNG-OBG | Online | *All Grades*
Format B

This course will offer you a simple survival guide for your first time in a German-speaking country or a future German class. You will be able to talk about yourself, find your way to a train station, engage in a basic conversation, order a meal that you actually want from the menu, and pay for it without surrendering your wallet to the waiter. You will become familiar with a few basic geographical, political, and cultural aspects of Austria, Germany, and Switzerland. In addition you will find out what the German language is all about by exploring the very flexible sentence structure and the seemingly endless phrases and nouns.

Beginning Italian

LNG-OB I | Online | *All Grades*
Format B

This course will immerse you in the sights and sounds of Italy. Through dialogues and presentations, you will become familiar with the vocabulary and structures. Common themes include food, family, leisure, sports, and lodging. Present tense, articles, pronouns, numbers, colors, and activities will be mastered. We include films, magazine articles, poetry, and music, in our curriculum. This is a great course for those who would like to explore a new language.

Beginning Korean

LNG-OBK | Online | *All Grades*
Format B

Do you ever wish that you could watch K-drama or listen to K-pop without subtitles? Did you know that you can learn the Korean alphabet, Hangeul, in about an hour? In this beginning course, you will learn basic communication skills, vocabulary, and grammar patterns. You will be introduced to culturally appropriate conduct like greetings, gestures, and body language. By the end of this course, you will be able to talk about yourself and communicate through some simple everyday activities. Emphasis will be placed on learning through dynamic interaction.

Intermediate Conversational Chinese

LNG-OCC | Online | *Prerequisite: one to two years of high school Chinese*
Format D

This course is for a student who already has a basic knowledge of the Chinese language and would like to strengthen and enhance their language skills. Through class dialogues in Chinese, the student will improve their comprehension of both spoken and written Chinese. You will continue to learn either traditional or simplified Chinese characters, and you will build confidence in your speaking ability. Students also write essays about their favorite subjects as a basis for oral presentations. In this course, you will have an opportunity to practice Chinese calligraphy and watch Chinese movies.

Intermediate Conversational French

LNG-OCF | Online | *Prerequisite: one to two years of high school French*
Format D

This class is for students with one to two years of French instruction who want to build confidence in conversation

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

and develop a more extensive vocabulary. Come ready to make the leap into French culture as you will be immersed in the language through dialogue and real life situations. The course will provide students with confidence to speak French in everyday situations such as going to the market, finding a hotel, wandering through town, or asking for directions. In addition, students will learn about traditional French foods, holidays, and cultural customs.

Intermediate Conversational Spanish

LNG-OCS | Online | *Prerequisite: one to two years of high school Spanish*

Format E

This course is for students who have an intermediate level of Spanish. The course will strengthen students' Spanish comprehension and use of the language. The focus is on conversation with emphasis on pronunciation, fluency, and vocabulary. It will provide the knowledge, vocabulary, and linguistic structures necessary for students to use Spanish effectively for communication. Students will participate in discussions of a variety of topics using the Harkness method. Students will improve and gain confidence in their Spanish skills.

Classical Mythology

LNG-OCM | Online | *All Grades*

Format D

From Daphne and Apollo to Orpheus and Eurydice, the stories of classical mythology have influenced us for thousands of years. Classical myths continue to appear in art, literature, film, and theatre, from the plays of Shakespeare to the more recent musical *Hadestown*. In this introductory course, we will examine some of the major characters and their stories by reading, discussing, and writing about ancient sources. Selections may comprise of Hesiod's *Theogony*, Ovid's *Metamorphoses*, Sophocles' *Antigone*, as well as ancient art and sculpture. Some questions we will explore include: What is myth? Why do societies create myths? How does mythology shape thought and culture? All sources will be read in translation. No previous knowledge of Greek or Latin is required for this course. The course will emphasize writing (in English) to build an argument using literary and artistic evidence from the ancient world.

Mathematics

Our mathematics curriculum is designed around the central tenet that mathematics is best learned by solving problems. In most of our courses, we replace the standard textbook with collections of problems authored by teachers at Phillips Exeter Academy. These problem sets feature the presentation of new material within the content of actual problems posed to the students. While you will certainly learn subject-specific concepts and techniques, the focus will be on developing problem-solving skills that will enable students to respond in kind to any new material in a future mathematics course. As with other Harkness classes at the Academy, students will be expected to participate actively and to persevere if their first efforts do not yield immediate success. Through active participation, you will gain an enhanced ability to ask effective questions, answer fellow students' inquiries, and critically assess and present work. Our ultimate goal is to see the student, not the teacher or textbook, become the source of mathematical knowledge.

Students are required to have either a scientific or a graphing calculator for these classes. Students should also have their calculator manuals at hand.

Environmental Issues: What do the Numbers Tell Us?

MPS-OEI | Online | *Prerequisite: one year of algebra*
Format D

Mathematics is the backbone to understanding and solving environmental issues, from energy generation to waste reduction. This course will put elementary algebra to use and build on students' algebraic skills by describing and analyzing relevant environmental problems with various mathematical techniques. Designed for students who will benefit from additional practice in manipulating algebraic expressions and who are interested in applying these skills in environmental scenarios. Topics may include: graphing energy production and consumption, analyzing data from government agencies, using systems of equations to optimize energy efficiency in buildings, and describing recycling and waste diversion with fraction operations. Students will have the opportunity to study their local community with an eye for energy efficient buildings, recycling facilities, and renewable energy generation sites. They might also propose solutions to the environmental issues they observe as a final project that applies mathematics with an environmental focus.

Some of the work will require a graphing calculator or graphing software.

Problem-Solving in Algebra

MPS-OPA | Online | *Prerequisite: one year of algebra*
Format B and E

This class is for students who have successfully mastered the algebraic tools typically explored in a first-year algebra course. Through problem solving you will deepen your understanding of concepts and develop new algebraic tools. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Problem-Solving in Geometry

MPS-OPG | Online | *Prerequisite: one year algebra that includes the study of systems of equations and quadratic equations*
Format A and E

This class offers an investigative approach to geometry for students who have not had a formal geometry course. We will integrate algebraic concepts covered in previous study with new geometrical ideas. Student will use a calculator or computer software, as well as traditional manipulatives, as they delve into the material. As with all of our offerings, the focus will be on problem solving, rather than on memorization of theorems presented to the students. This course is not intended to cover the material of a full term's course at the student's regular school.

Any calculator is sufficient for this course.

Introductory Problem-Solving in Trigonometry

MPS-OIT | Online | *Prerequisite: minimum one year of algebra and one year of geometry*
Format B

Students will derive the concepts and identities of trigonometry by solving practical problems and by applying working knowledge of algebra and geometry. The class will explore such topics as the right triangle and circular definitions of trigonometric function, the Law of Sines, the Law of Cosines, and graphs of trigonometric functions. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Advanced Problem-Solving in Trigonometry

MPS-OAT | Online | *Prerequisite: minimum one year of algebra and one year of geometry*
Format B

This course focuses on analytic trigonometry, graphs of trigonometric functions in the coordinate plane, and more

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

sophisticated applications of triangle trigonometry. Students will derive the concepts and identities of trigonometry by solving practical problems and by applying working knowledge of algebra and geometry. Understanding of concepts is developed through problem solving. The course assumes students are comfortable with principles of right triangle trigonometry, and additionally have had some exposure to the Laws of Sines and Cosines. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Statistics Through Simulation

MPS-OSS | Online | *Prerequisite: two years of algebra*
Format A

This course will discuss the places where data comes from, such as polls, surveys, and experiments. Students will study how to organize data and infer relationships between variables. In studying probability, students will discuss the role of chance and randomness in outcomes. Through simulation, they will decide how closely the results of polls actually mirror reality and how far the results of experiments can be extrapolated to the wider world. There will be many activities in class, and students will use computers and calculators to display and analyze data. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Adventures in Problem-Solving

MPS-OPS | Online | *Prerequisite: two years of algebra and one year of geometry*
Format A

This is a challenging course for students who like mathematics, have had at least two years of algebra and one year of geometry, and have found most of the problems presented to them in their regular math courses rather easy to solve. You will encounter a wide variety of unusual mathematics problems and will develop a fuller understanding of the various patterns and methods used in mathematical problem solving. To succeed in this course, students need to participate actively and be willing to persevere if their first attempts do not succeed. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Problem-Solving in Intermediate Precalculus

MPS-OIP | Online | *Prerequisite: two years of algebra, one year of geometry, including the study of trigonometry*
Format B and E

This course is appropriate for students who have completed the equivalent of two full years of algebra and one year of geometry (including right triangle trigonometry). We will focus on extended topics that typically appear in a Precalculus or Functions course. Topics studied may include circular trigonometry, vectors, sequences and series, parametric equations, matrices, and logarithms. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Problem-Solving in Advanced Precalculus

MPS-OAP | Online | *Prerequisite: precalculus or elementary functions including the study of analytic trigonometry*
Format B

This class is intended for students who have completed a precalculus course. You will be presented with challenging problems that will deepen your understanding of what you have already studied and will introduce additional topics not often explored in a typical precalculus course. Examples might include complex numbers, sequences and limits, combinatorics and probability, and properties of functions. The course will enable students to discover new strategies for solving problems. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Problem-Solving in Calculus

MPS-OPC | Online | *Prerequisite: precalculus including analytic trigonometry*
Format B

This course is intended for students who have successfully completed a Precalculus course including Trigonometry. We will use an inductive approach – students will solve problems designed to foster a knowledge and understanding of the principles and applications of calculus. Depending on progress, some problems involving differential equations and/or integration may also be discussed. Topics might include: differentiation, implicit differentiation, related rates, optimization, anti-differentiation, accumulation of change (approximate and exact), and differential equations, including geometric and other applications. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

UPPER SCHOOL ONLINE COURSE DESCRIPTIONS

See the Sample Daily Schedule for format times

Problem-Solving in Advanced Calculus

MPS-OAC | Online | Prerequisite: elementary single-variable calculus, including limits, differentiation, and integration

Format E

This course will address concepts typically found during a second semester college calculus course. Specific topics will be covered based upon progress and student aptitude and may include: a selection from parametric equations, polar coordinates, sequences and series, further integration techniques, and differential equations. These are topics in the College Board's AP BC syllabus. This course is not intended to cover the material of a full term's course at the student's regular school.

Some of the work will require a graphing calculator or graphing software.

Science

Our goal in the Exeter Summer Science Department is to provide an experience that will motivate students to continue their studies in science and create a foundation of knowledge and skills for future coursework. All science courses emphasize the development of scientific concepts and problem solving skills. Teachers encourage and expect extensive student participation. Each course develops skills such as analytical thinking, data analysis, and scientific writing. Our course offerings can be classified as introductory courses and enrichment courses.

Introduction to Physics

SCI-OIP | Online | *Prerequisite: Algebra II and basic trigonometry*

Format B and F

In this course students will be exposed to a sampling of introductory physics topics. Strong laboratory and mathematical components will help students learn how to observe and analyze physical phenomenon. The demonstration component of this course is designed to encourage student interest in physics and to give you a conceptual understanding of some fundamental physics topics. Possible topics of discussion and lab activities include motion in one-dimension, motion in two dimensions, conservation of energy, electricity, magnetism, and properties of light and sound waves.

Human Physiology and Anatomy

SCI-OHP | Online | *Prerequisite: one year of biology at the secondary level*

Format A and E

This course will examine the structure and function of the human body. We will study the complexity of and interactions among major organ systems in order to gain a complete understanding of human physiological systems. Systems of study include digestive, cardiovascular, respiratory, and nervous. Laboratory investigations will include several virtual or observed dissections.

Modern Astrophysics

SCI-OMA | Online | *Prerequisite: one year each of physics, algebra, and geometry*

Format F

This is a rigorous science course for students who have had a year of physics as well as algebra and geometry. We will focus on the phenomena of the heavens and how we understand

them. Throughout the course, our explorations will emphasize the thread of unity of the cosmos. We will begin with the creation of the universe as we think of it in the Big Bang and proceed to consider the origin of galaxies, stars, our solar system, and, finally, life itself. Lab work and observing the night sky are an integral part of the course.

Sports Science

SCI-OSP | Online | *All Grades*

Format C

This course is for students interested in developing a more solid understanding of the science behind performance enhancement. It draws from many disciplines including physics, anatomy, physiology, biomechanics, and kinesiology as it explores the relationships among science, exercise, and sports activities. Through the study of the musculoskeletal and cardiovascular systems and evaluations of those systems as they relate to exercise and activity, students will be able to safely assess, design, prescribe, and update exercise programs. The goal of the course is to have students understand and produce a scientifically based training and fitness plan to help themselves and others more effectively prepare for the sports or activities of their choosing.

Students signing up for this course should have a keen interest in sports and/or physical activity.

Genetic Engineering

SCI-OGE | Online | *Prerequisite: one year of high school biology and a strong interest in laboratory work required, one year of chemistry also recommended*

Format B and F

This course provides experience with some of the recombinant DNA techniques that have revolutionized biology and medicine. Groundbreaking procedures such as vaccine development, PCR, gel electrophoresis, gene therapy, protein culture and purification, and CRISPR will be explored and discussed for their promises and shortcomings. Students will explore both the theory and the techniques behind procedures that have changed modern life. The class will discuss the ethical issues that are relevant in this new and changing field at the Harkness table.

Bioethics

SCI-OET | Online | *Prerequisite: one year of biology*

Format D

This course is designed for students with a background in biology and a desire to explore its applications. It is difficult to predict the impacts that a particular scientific application

may have on society, and whether its use is right or wrong. This class will explore the effects of applications currently in use as well as future impacts. Labs will enable students to experience a variety of applications first hand before examining current bioethical issues using current literature, media, and even science fiction. Topics will include genetic engineering, direct-to-consumer genetic testing, artificial intelligence, and gene therapy, among others. In addition to the issues discussed in class, students will research a topic of their choice to analyze and present.

Live Online SAT Preparation with Academic Approach[®]

The Academic Approach[®] SAT Preparation Course

At Academic Approach, we see SAT preparation as an opportunity to engage students in real learning. We, as teachers, are warm, supportive professionals who know how to make a classroom experience effective in raising scores, academically enriching, and, just as importantly, enjoyable for the students. Academic Approach classroom courses are uniquely effective and efficient because of the high level of customized teaching we provide. As expert tutors, we know that one size does not fit all, so we differentiate each class, customizing each study plan to the class's specific strengths and weaknesses.

Students must enroll in at least one other academic course before signing up for this class.

Live Online (Via Zoom) SAT Preparation

We begin the 24-hour, five-week SAT preparation course with a diagnostic test; we then analyze the results of these diagnostics, giving us an in-depth understanding of each class's most common and immediate learning needs. Our extensive curriculum supports students with a comprehensive review of every rule and strategy necessary for test-taking success. In order to measure individual score improvements and to realign their course of study, students take a second diagnostic test in week four of the course. The results of the diagnostic become the basis for an individual analysis of the student's strengths and weaknesses.

Students will be given access to an online student portal featuring digital copies of the manuals, practice tests, and student score reports. SAT students will further gain access to our online mastery quizzes, which afford students the tools to complete hundreds of additional SAT practice problems for continued study. Families are welcome to contact Academic Approach at www.academicapproach.com or 212.348.4172 before and after the course for a complimentary consultation.

Academic  Approach

Chicago • Boston • New York City

www.academicapproach.com

This supplementary course requires an additional fee.

Extracurricular course fee: \$795*

Please Note: It is recommended that each student have a calculator for the math portion of the instruction and for the diagnostic tests. Any four-function, scientific, or graphing calculator is acceptable for the SAT.

*Fees are NOT refundable once the Exeter Summer program has started.

Private Music Lessons

Private Online Music Lessons

The Academy offers private music lessons in voice and a variety of instruments (Brass, Clarinet, Drums, Guitar, Piano, Saxophone, Viola, and Violin) and Songwriting.

Cost for Private Music Lessons:

\$390 for five 50-minute lessons

\$235 for five 25-minute lessons

Extracurricular Offering

Free Extracurricular Course Offering

Space is limited and students may only sign-up after acceptance into the program.

Interested students should send an email to summer@exeter.edu by June 15, 2021.

Introduction to Mindfulness | Online

This 4-week class will introduce you to the practice of mindfulness. Several very useful skills, including meditation, which can help with stress management and living a more open and full life, will be taught. Research has shown that practicing mindfulness over time can help with improved sleep, enhanced learning, resiliency, and maximizing one's potential. This hour-long class is highly structured and requires a commitment to attend all four weeks. It involves keeping a daily log and committing to a mindful practice of your choice for 10 minutes a day. Fun, interactive, and very useful for our busy lives, this class is a wonderful way to strengthen your ability to focus and gain perspective on the stresses of everyday life. All experience levels welcome. *Meets for one hour each week*

EXETER SUMMER

exeter.edu/summer