

Introduction to Second Nature Student Curriculum

Second Nature has created a unique curriculum in which the wilderness is an outdoor classroom. Students have the opportunity to complete courses during the duration of the Second Nature wilderness program. The wilderness provides a hands-on learning environment where students apply classroom learning into their daily lives. Second Nature is accredited by AdvancED. All teachers are certified by the Utah State Department of Education.

This program is based on a 90-hour curriculum that includes four subjects: English, Psychology, Biology, and Physical Education. You have the opportunity to earn 2 credits (0.5 credit each). This translates to one full semester of credit per class. **All work must be completed prior to leaving the program.** The course syllabi are as follows.

All course grades are determined by a point value system, and grades are awarded based on the following scale:

Percentage Grade:

100%–94% = A

93%–90% = A-

89%–87% = B+

86%–84% = B

83%–80% = B-

79%–77% = C+

76%–74% = C

73%–70% = C-

69%–0% = No Credit Given

The course syllabi are as follows.

English

English teaches you writing and speaking skills to enable you to express your ideas, and reading comprehension to understand the ideas of others. Your wilderness experience will provide you with many opportunities to read and write. Be sure that you read and follow all directions for this course; anything less may result in a failing grade. This English course will offer one semester of credit for reading, writing, and speaking/presenting. It will follow the objectives as laid out by the Utah State Core Curriculum. Parts of the following objectives will be covered:

9th/10th /11th/12th Grade: Standards

- Reading Literature: 1, 2, 5,
- Writing: 2, 3, 4, 5, 10
- Language: 2, 3, 4, 5,
- Speaking & Listening: 1

Grading:

You will receive points for each assignment you complete. The majority of your grade comes from the writing assignments. All points are added together for a possible 230 points, and then averaged together for a final grade. Most of the assignments are worth 10 points each.

Grading will be based on completion of every part of the requirement as well as correct grammar and punctuation. Neatness is a must. No credit will be given if the writing is not legible. Assignments are as follows:

- Life Story
 - Letter to parents
 - Complete the reading assessment with a field instructor
 - Share Life Story
 - Weekly Letters
 - Process with a field instructor how the Fire Phase Story (Accountability and Engagement document relates) to your life
 - Figurative Language Poem
 - Book Study Project
- Extra Credit opportunities
- Service Project

Psychology

Psychology is the science of why people think, feel, and behave the way they do. Learning about psychology will help you develop skills to understand yourself and others better.

Your wilderness experience will provide you with many practical experiences that relate directly to fundamental psychological concepts. You will spend a lot of time thinking about a wide variety of psychological issues, including motivation, emotion, problem solving, leadership, consequence-based learning, personality, substance abuse/addiction, communication skills, conflict resolution, cooperative teamwork, social participation, mental disorders, and therapeutic approaches. Because the wilderness is your classroom, it will be necessary for this course to emphasize the practical, pragmatic aspects of psychology.

This Psychology course will offer one semester of credit, and it will focus on the National High School Psychology Standards, with a specific focus on the Individual Variations Domain. Areas covered are as follows:

- Motivation
 - Perspectives on motivation
 - Domains of motivated behavior
- Emotion
 - Perspectives on emotion
 - Emotional interpretation and expression
 - Domains of emotional behavior

This course will focus specifically on Standard 6340-01 of the Utah State Core Curriculum:

- Develop observation skills in psychology (6340-0101).
- Develop writing skills in psychology (6340-0102).
- Develop reading skills in psychology (6340-0103).
- Develop listening skills in psychology (6340-0104).
- Develop speaking skills in psychology (6340-0105).
- Develop reasoning skills in psychology (6340-0106).
- Develop critical analysis skills in psychology (6340-0107).
- Develop interpretive skills in psychology (6340-0108).
- Develop critical thinking skills in psychology (6340-0109).

Grading:

You will receive points for each assignment you complete. All points are added together for a possible 230 points, and then averaged together for a final grade. Most assignments are worth 10 points each.

Grading will be based on completion of every part of the requirement as well as correct grammar and punctuation. Neatness is a must. No credit will be given if the writing is not legible. Assignments are as follows:

- Write a Letter to your parents
- Begin Daily Journals
- Read Impact Letter to the group
- Continue Daily journals
- Practice appropriate communication skills
- Demonstrate “I Feel” Statement
- Participate in an Initiative Activity
- Core issues assignment
- Participate in group conversations (ask questions, give feedback, and take accountability)
- Write a response to your impact letter and share it with your therapist
- Write Letter of Accountability (LOA) and share with your group if directed by your therapist
- Participate in individual and group therapy
- Maslow hierarchy of needs assignment
- Goal Worksheet
- Goal Journals
- Emotion/Behaviors Reflection
- Total Behavior Reflection

Extra Credit opportunities

- Process with a field instructor what Water Phase means to you
- Mentor an Earth Phase student if directed by your therapist
- Set and account for short-term and long-term goals
- Avoid triangulation, gossip, and forming cliques
- Call groups to manage the emotional safety of the group
- Create a therapy assignment for yourself and share it with a field instructor and your therapist
- Co-lead a transition ceremony
- Co-lead with field instructors and participate in an initiative activity
- Request feedback individually and in group

- Write an impact letter to your family and share it with the group if directed by your therapist
- Complete the “Letting Go” assignment

Biology

Ecology, the study of the interactions between living and non-living things in the world, will be the primary focus for your Biology credit. Learning about biology will teach you appreciation for the environment and help you understand how caring for the environment is everyone’s responsibility.

Your wilderness experience will provide you with many opportunities to observe the world and environment around you, and specifically to observe interactions between living and non-living things. You will learn to observe how things directly and indirectly affect your environment. You will be able to apply these observations by expressing your ideas in writing.

This Biology course will offer one semester of credit, and it will focus on Intended Learning Outcomes and Objectives 1 and 5, and Standard 1 of the Utah State Core Curriculum.

Grading:

You will receive points for each assignment you complete. Each assignment is worth 10 points.

Grading will be based on completion of every part of the requirement as well as correct grammar and punctuation. Neatness is a must. No credit will be given if the writing is not legible. Assignments are as follows.

- Discuss the Earth Phase story with a field instructor and complete the written response
- Discuss minimal impact camping with staff and practice these conservation measures. Complete write-up on natural disturbances of the environment
- Human impact on the environment assignment
- Effect of fire assignment
- Write a list of written instructions for someone on how they could practice minimal impact camping.
- Read and respond to Fire Phase story
- Demonstrate fire safety. Maintain a complete bow drill set and start 5 fires if appropriate
 - Complete writing assignment on living organisms
- Complete vocabulary paper on fire-making experience
- Carve a spoon and complete simple tools writing assignment
- Study and analyze the water cycle
- Write a response on human interaction in the water cycle

Extra Credit opportunities

- Make a primitive water container and complete the writing assignment

Physical Education

Physical education teaches individuals that good health is not only physical, but also mental, social, and spiritual. When there is a balance in all of these areas, a person has achieved overall wellness.

Your wilderness experience is designed to teach you how to establish personal wellness. You will participate in activities that you may use to maintain good health throughout your life.

This Physical Education course will offer one semester of credit, and it will meet Core Standards 1, 2, 3, 4, 5, and 6 of the Individualized Lifetime Activities Course. To receive full credit for this course, you must be able to do all of the following:

- Demonstrate responsible personal and social behavior in physical activity settings
- Participate in activities to prevent and relieve everyday stress
- Develop trust through adventure-based and cooperative learning activities
- Explore new activities individually and with others
- Demonstrate the ability to work with others in activity settings
- Participate regularly in activities that promote physical fitness and enjoyment
- Recognize the importance of personal activity vs. food intake in maintaining a healthy weight
- Participate in activities while following rules and regulations
- Demonstrate healthy personal hygiene habits
- Treat personal equipment and team equipment with respect
- Participate in activities for the benefit of both the community and individual

Grading:

You will receive points for each assignment you complete

Grading will be based on completion of every part of the requirement as well as correct grammar and punctuation. Neatness is a must. No credit will be given if the writing is not legible. Assignments are as follows:

- Maintain personal hygiene
- Ask your staff mentor or student mentor for guidance on how to pack your backpack appropriately
- Eat and drink the required amount of food and water to maintain your health
- Maintain personal hygiene and personal safety
- Identify and demonstrate safety procedures for gear and equipment
- Communicate with group members and field instructors to solve conflict, include others, and respect others' differences
- Serve another student: Over the period of time you are in wilderness, find a way to serve or help another student. Serving another student by helping them with chores, showing them the rules of camp, or listening to them talk when they need a friend, fosters teamwork and cooperation among the group
- PRE Fitness Assessment
**** You will not be graded on how many repetitions you do of each exercise, you just need to try your best. If you cannot complete one repetition of the exercise, it is ok to put "0" in the space allotted. This is just to see where your fitness level is, so we can compare it to what it will be when you leave.*
- Hiking and Exercise Log

- Body relationship questionnaire
- Team player assignment
- Target heart rate
- Fitness plan worksheet
- Foods Assignment- Read about the healthy foods and what makes a balanced diet, then complete the healthy foods worksheet
- Water Log
- POST Fitness Assessment – to be complete at end of stay. Same as Pre- Fitness assessment
- “Why Exercise” worksheet

Extra Credit opportunities

- Continue your exercise log for 6 additional days