



Dear Educators,

The intent of this letter is to familiarize you with Anasazi Foundation and its “Making of a Walking” educational curriculum.

Anasazi Foundation is a non-profit (501c3) behavioral healthcare provider that utilizes remote outdoor settings for the treatment and care of youth and young adults. It is licensed under JCAHO, the Arizona State Department of Human and Health Services, and the Arizona Department of Economic Security. Anasazi is also accredited through AEE (Association for Experiential Education) and OBH (Outdoor Behavioral Health). Academically we have partnered with Northridge Learning Center/Dorius Academy, which is accredited through Cognia. Learn more about Cognia at Cognia.org.

Each day on the Anasazi Trail provides new learning experiences, both interpersonal and academic. Staff members are present 24 hours a day, offering their assistance and expertise. Clinical therapists and educators also visit the trail to teach, monitor the progress, and set goals with participants. Each participant is given a series of booklets to help in the learning process. Their coursework is completed during their Anasazi walking experience. If the student completes all the components of our academic curriculum, the student may attain credits in:

Environmental Science Health Education Psychology of Daily Living Participation Skills / P.E.
Character Education English / Language Arts

If you have any questions regarding the academic aspect of our program, feel free to contact me at Carley@anasazi.org

Sincerely,

Carley George

Educational Coordinator Anasazi Foundation

Anasazi Foundation Course Descriptions

ENVIRONMENTAL SCIENCE (0.50 credits) Course Code: **08-04-00-00-020**

Backcountry environmental science will cover a variety of topics including exploration of plants, animals, stones, effects of the wind on the earth, light, and the importance of water in our ecosystem for sustaining life. Each topic will have a booklet that describes in-depth how these elements work together in the natural world to help sustain life and develop the landscapes that students traverse.

HEALTH EDUCATION (0.50 credit) Course Code: 04-01-00-00-010 During this course, successful students will develop the capacity to cook healthy meals for themselves, adapting and learning new basic cooking techniques within a primitive setting. Students will gain an understanding of how food affects the body and mind, while also learning the effects of a healthy and regular sleeping schedule. Students will learn basic first aid for treating minor injuries and concerns in the backcountry--including hypothermia, poison ivy, blisters, dehydration, cuts, splinters, burns, scrapes, etc. In addition, students will have the opportunity to disconnect from technology--learning to calm the mind in a healthy way. Throughout the course, various survival skills will be mastered, such as fire-making, knot-tying, shelter-building, bow drills, and the making of eating utensils. Students will learn to take responsibility for themselves, as they maintain their gear and learn to keep dry and warm in the elements. They will learn to stay hydrated by monitoring one's pulse to gauge hydration before and during hiking. Psychological benefits will include increased resiliency, delaying gratification, self-management, interpersonal skills, cognitive reframing, and personal care management. Proper care for mind and body, including exercise and fitness goals for the future, will be taught.

PARTICIPATION SKILLS/P.E. (1.00 credit) Course Code: 04-02-00-00-080 Throughout this course, students will hike 4-8 miles a day for five days a week. A registered nurse will provide students weekly instruction on cardiovascular health, endurance, and conditioning for muscle strength and flexibility. During these hikes, students will carry primitive survival packs weighing roughly 25-45 pounds. Packs will contain materials for basic skills, such as supplies for shelter building, cooking, sewing repairs, knives, and knife-safety information.

CHARACTER EDUCATION (0.50 credit) Course Code: 34-01-00-00-220 Communication development will be a large part of this course. Students will learn to self-monitor and regulate through weekly meetings with a therapist as well as weekly group meetings with other students and a therapist who will lead the group discussions. This setting will allow students to understand how behaviors impact others. New communication skills will be introduced, with the opportunity to evaluate and take responsibility for past behaviors that have negatively affected others, including family members. This will be done through letter-writing to family and journal-keeping. Outdoor ethics such as "Leave No Trace", as well as land conservation practices, will be taught and implemented during this course. Respect for local wildlife will be a part of daily living, while students gain an understanding of their impact on the land and proper waste disposal in the backcountry. This course will also include plant identification and usage. Because the wilderness experience includes functioning within a group comprised of those with diverse backgrounds and experiences, students learn team-building and sustainable living while adapting socially in a challenging natural environment that, through metaphor and common principles, translates to challenges at home. Included are numerous opportunities for conflict resolution and group discussions, helping to underscore the need for all voices to be heard.

ENGLISH/LANGUAGE ARTS (0.50 credit) Course Codes: 06-02-00-00-070 Throughout this course, students will explore letter writing and journal keeping. Students will each complete booklets with a variety of questions designed for introspection and self-reflection. There will be nightly guided group discussions of their readings and writings. Each student will read the Seven Paths book and present an oral explanation of its stories and principles, sharing one's personal experiences as related to the material. Students will be encouraged to include these in their journaling and letter writing. There will be several writing prompts throughout the course to invite self-reflection.

Frequently Asked Questions

What does it cost?

There is no additional cost. Earning these school credits is an opportunity each child has when walking the trail at the Anasazi Foundation.

Can these classes take the place of Core Classes?

The courses are accredited and transferable. With that being said, it is up to the institution they are transferred to, to decide how they will interpret the credits. All courses can be used as elective classes. Often institutions are willing to use them in place of relevant core classes. We encourage you to work with your child's school counselor to see how best to use these credits to further your child's education.

How is the coursework graded?

Coursework is pass fail. Transcripts will not reflect letter grades.

Can my child complete homework from their high school while on the Anasazi Trail?

No. Our mission is to prepare families to turn their hearts toward each other and begin anew. Removing ourselves from distractions – including traditional homework.

Can all of the coursework be completed while on the Anasazi Trail?

Yes. All coursework for the 3 credits will be completed while your child is on the trail during the program.

When is the transcript issued?

A transcript will be issued two weeks after students exit from the program. The official transcript will be mailed to the home address listed with Anasazi Foundation. A PDF copy of the transcript will also be emailed to the address listed. You may also request a copy mailed or emailed to the school of your choice. Please reach out to Dixie.evans@nlcda.com or Carley@anasazi.org for this request.

Does Anasazi offer other courses?

Not at this time. However, Northridge Learning Center offers students a complete high school curriculum with many options. Please visit their website for more information:

<http://northridgelearningcenter.com/>



Northridge Learning Center Dorius Academy and the Anasazi Foundation have built a unique educational relationship that provides a benefit to students. Students enroll in Northridge Learning Center Dorius Academy's standards-based courses to earn course credit from an accredited distance learning school.

Courses are aligned to national and state academic standards to meet accreditation requirements.

Northridge Learning Center provides the official transcript upon completion of the course work.

Northridge Learning Center is accredited through Cognia. Cognia is dedicated to advancing excellence in education worldwide. The North Central Association Commission on Accreditation and School Improvement (NCA CASI), Northwest Accreditation Commission (NWAC) and the Southern Association of Colleges and Schools Council on Accreditation and School Improvement (SACS CASI) are accreditation divisions of Cognia. Northridge Learning Center Dorius Academy's curriculum meets the high-quality standards for sound educational programs of all the accreditation associations and commissions. This accreditation covers Northridge Learning Center Dorius Academy's educational courses in all six North American accrediting regions as well as internationally. Northridge Learning Center Dorius Academy and Anasazi Foundation educational relationship, based on high standards, ensures students that their course credit will be transferred successfully to their school of choice.

Sincerely,

Carley George

Education Coordinator