



Dear Educators,

The intent of this letter is to familiarize you with the 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 by The National Association of Therapeutic Schools and Programs (NATSAP) and the Association for Experiential Education (AEE). Academically, we have partnered with Northridge Learning Center, which is accredited by Cognia. Learn more about Cognia at [Cognia.org](http://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 Literacy (0.5)

Health Education II (0.50)

Physical Education (0.5)

Character Education (0.50)

English Language Arts (0.50)

Individual Lifetime Activities - outdoor recreation (0.50)

Advanced Individualized Lifetime Activities II (0.50)

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

Sincerely,

Carley George  
Educational Director  
Anasazi Foundation

## **Anasazi Foundation Course Descriptions**

**ENVIRONMENTAL LITERACY (0.50 credits)** Backcountry environmental science will cover various 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 describing in-depth how these elements work together in the natural world to help sustain life and develop the landscapes students traverse. Students will explore the relationship between humans and the natural world, focusing on environmental literacy through outdoor experiences. Key topics will include ecosystems, biodiversity, conservation, and the impact of climate change. Students will engage in activities like hiking and camping, learning essential skills for navigating and appreciating the outdoors. The course will emphasize Leave No Trace principles, promoting responsible outdoor ethics and sustainable practices. By integrating experiential learning with discussions, students will reflect on their experiences in nature and develop critical thinking skills. By the end of the course, students will be empowered to advocate for environmental stewardship and make positive changes in their communities.

**HEALTH EDUCATION II (0.50 credit)** During this course, successful students will learn health foundations such as mental/emotional health, safety, disease prevention, substance abuse prevention, nutrition, and human development. 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 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, delayed 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.

**PHYSICAL EDUCATION (0.50 credit)** 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)** Communication development will be a large part of this course. Students will learn to self-monitor and regulate through weekly meetings with a therapist. Weekly group meetings reviewing group goals and dynamics will be guided by a therapist. 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. Students learn the acquisition, internalization, and application of commonly held and time-honored principles that promote optimal personal growth, establish an upright citizenry, and support the common good. Students will develop positive personal qualities.

**ENGLISH/LANGUAGE ARTS (0.50 credit)** 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. Students will explore creative writing through writing prompts and poetry.

**INDIVIDUALIZED LIFETIME ACTIVITIES - OUTDOOR RECREATION (0.50)** As applied to an outdoor setting, students learn motor skills, movement patterns, efficient movement, and performance. Students understand how to maintain healthy levels of fitness to support outdoor physical activities. Students develop cooperative skills and behaviors through communication and respect for self and others. Students learn the personal value of outdoor physical activities as a tool for wellness, challenges, and interacting with appropriate social skills.

**ADVANCED INDIVIDUALIZED LIFETIME ACTIVITIES (0.50)** Students continue to develop their outdoor skills and build on the foundations learned in ILA. Students will learn basic first aid for treating minor injuries 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. 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.

# 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.

## **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 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 the 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/>

# Accreditation



Northridge Learning Center and the Anasazi Foundation have built a unique educational relationship that provides a benefit to students. Students enroll in Northridge Learning Center'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 coursework.

Northridge Learning Center is accredited through Cognia. Cognia has recently merged with AdvaceED holding. 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's curriculum meets the high-quality standards for sound educational programs of all the accreditation associations and commissions.

This accreditation covers Northridge Learning Center's educational courses in all six North American accrediting regions as well as internationally.

Northridge Learning Center and Anasazi Foundation's educational relationship, based on high standards, provides the opportunity for students to work with their school counselor to best transfer these credits to their school of choice.

Sincerely,

Carley George

Education Director

[Carley@Anasazi.org](mailto:Carley@Anasazi.org)