

Vista Charter School

2023-2024 COURSE CATALOG



"Pioneering an Alternative and Individualized Approach to Learning"

www.vistacharter.org

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**SCAN TO
ENROLL
NOW!**



VISTA CHARTER SCHOOL

Vista Charter School in Montrose, Colorado is a High School offering an alternative way of learning and ensuring our students leave Vista with the knowledge and understanding of the workforce and career pathways they may be interested in. Vista Charter School utilizes a four cycle term per year. Students have the autonomy to build their schedules and choose classes that meet the needs of the individual student.

The Discovery program is a concrete, skill-based curriculum that has the power to create positive change in students. Students learn and master the positive social skills necessary to be successful in school and life. It works especially well for students considered at risk and has helped students from all walks of life.

Course offerings change quarterly and we try to meet all the needs and wants of students in terms of course offerings and career pathways. Vista is also working closely with CMU to implement some new introductory courses. The most recent introductory course offered in partnership with CMU is a Welding and Machining class. Vista hopes to continue and grow this partnership and start offering other career pathway courses in Early Childhood Development, Nursing, and Law Enforcement.



GRAD PLAN AND REQUIREMENTS

- **English-**
 - 4 Credits Required
- **Math-**
 - 4 Credits Required
- **Social Studies-**
 - 3 Credits Required
- **Science-**
 - 3 Credits Required
- **District Capstone-**
 - 1 Credit Required
- **Electives-**
 - 3 Credits Required
- **Career Pathways-**
 - 2 Credits Required
- **Social Emotional Learning-**
 - 1 Credit Required

Total of 21 Credits Required to be a Vista Graduate

21 credits needed to graduate		VISTA GRADUATION PLAN										
	Name:						Date:				TOTALS	
Math (4 credits)	.5 Math	5 Math	5 Math	5 Math	5 Math	5 Math	.25 CORE	.25 CORE	.25 CORE	.25 CORE	MATH	4
English (4 credits)	.5 English	5 English	5 English	5 English	5 English	5 English	.25 CORE	.25 CORE	.25 CORE	.25 CORE	English	4
Social Studies (3 credits)	.5 Social Studies	5 Social Studies	5 Social Studies	5 Social Studies	5 Civics	5 Civics					SS	3
Science (3 credits)	.5 Science	5 Science	5 Science	5 Science	5 Science	5 Science					SCIENCE	3
District Capstone (1 credit)	.25 DISCAP	25 DISCAP	25 DISCAP	25 DISCAP							ICAP	1
Electives (3 credits)	.5 Elective	5 Elective	5 Elective	5 Elective	5 Elective	5 Elective					ELECTIVES	3
Career Pathways (2 credit)	.5 Career Pathways	5 Career Pathways	5 Career Pathways	5 Career Pathways							Career Pathway	2
Social Emotional Learning (1 credit)	.5 Vista Disco (Basecamp)	5 SEL									BASECAMP/SEL	1
NWEA MAP Score	Math 232	Language 221	Read 224	Science 215	MAP BENCHMARKS MUST BE MET IN FINAL CYCLE						Total Credits:	21

ADDITIONAL GRADUATION REQUIREMENTS

STUDENT DIGITAL PORTFOLIO REQUIREMENT

Vista's Capstone Project is a graduation requirement in which each student does a culminating presentation of their student portfolio and submits the student portfolio for review. All competencies demonstrated in the portfolio must meet the proficiency requirements as indicated based on the various rubrics.

**ALL VISTA STUDENTS ARE REQUIRED TO
MEET MINIMUM BENCHMARK SCORES ON
NWEA/MAPS THE CYCLE THEY ARE
GRADUATING**

Vista's Minimum Benchmark Scores

Reading 224

Language 221

Math 232

Science 215

SOCIAL EMOTIONAL COURSES

DISCOVERY PROGRAM

Credits offered: 0.25 per
quarter

The Vista Discovery Program is an entry pathway designed for skills acquisition, allowing individual students to develop and use their existing strengths and to identify, practice, and master skills that require improvement. The skills taught include work skills, communications skills and problem solving skills. In addition, Basecamp strives to guide students in positive self development and community building.

SOCIAL EMOTIONAL LEARNING

Credits offered: 0.5 per SEL
course

Vista requires social-emotional learning for all students because it teaches students to be more successful in all areas of their lives. SEL programs positively affect students' success in school. Studies show that social-emotional skills—such as problem-solving, self-regulation, impulse control, and empathy—help improve academics, reduce negative social behaviors like bullying, and create positive classroom climates.

Cognitive Behavior Therapy (CBT) is an evidence-based treatment for several mental health struggles like anxiety, depression, and addiction. CBT group is offered at Vista to help students

- Learn to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality.
- Gain a better understanding of the behavior and motivation of others.
- Use problem-solving skills to cope with difficult situations.
- Learn to develop a greater sense of confidence in one's own abilities.
-

Dialectical Behavior Therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). DBT group is offered to Vista students with the goals to teach students how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

MATH COURSES

FINANCIAL LITERACY

Credits offered: 0.5 Math per quarter

Financial Literacy is a course designed to help students understand the impact of individual choices on occupational goals and future earnings potential. Topics covered will include income, money management, spending and credit, as well as saving and investing.

MATH 1

Credits offered: 0.5 Math per quarter

This course is designed to increase students' foundational math skills and prepare them for Algebra I by covering a variety of topics, such as properties of rational numbers (i.e., number theory), ratio, proportion, estimation, exponents and radicals, the rectangular coordinate system, sets and logic, formulas, and solving first degree equations and inequalities

MATH 2

Credits offered: 0.5 Math per quarter

Math 2 includes the study of properties and operations of the real number system; evaluating rational algebraic expressions; solving and graphing first degree equations and inequalities; translating word problems into equations; operations with and factoring of polynomials; and solving simple quadratic equations.

ENGLISH COURSES

ENGLISH 1

Credits offered: 0.5 English per
quarter

This course is designed to develop students' basic English skills, further developing and extending students' English academic, social and cultural language abilities/competencies to upper-intermediate level and beyond. Students will learn essential strategies for note-taking, summarizing, making presentations, assignments and essay writing.

ENGLISH 2

Credits offered: 0.5 English per
quarter

In this course, students will practice producing grammatically correct and logically sound claims, arranged in coherent paragraphs; understand and develop the thesis statement; learn to distinguish between primary and secondary sources; learn to annotate sources, and incorporate quotes in their writing with proper lead-in sentences and follow-up; begin familiarizing with citation styles; learn to use information technology, from research to writing and formatting.

SCIENCE COURSES

SCIENCE FOUNDATIONS

Credits offered: 0.5 Science per quarter

A combination of lectures, laboratory exercises, and assignments will introduce you to ways of observing and thinking about fundamental concepts and processes common to many living organisms (basic chemistry and biochemistry, cells, energy acquisition, and genetics).

ANATOMY & PHYSIOLOGY

Credits offered: 0.5 Science per quarter

This course has major focuses on histology, anatomy, and physiology of the major organ systems found in the human body. Nutrition and evolution are also discussed. Students gain an understanding of the structure and function of the human body on a variety of complex levels.

BOTANY

Credits offered: 0.5 Science per quarter

Botany is the scientific study of plants and their relationship to the environment. In this course, students investigate the growth, reproduction, anatomy, morphology, physiology, biochemistry, taxonomy, genetics, and ecology of plants.

SOCIAL STUDIES COURSES

SOCIAL STUDIES FOUNDATIONS

Credits offered: 0.5 Social Studies per quarter

American History provides students with the opportunity to acquire an understanding of the chronological development of the American people and government by examining the political, economic, social, religious, military, scientific, and cultural events that have affected the rise and growth of the nation.

CIVICS 1 & 2

Credits offered: 0.5 Social Studies per quarter

Civics provides the cornerstone skills that are key to opening doors for a more diverse, competitive workforce and responsible citizenry. In this class, we will explore the beginnings of government in Europe and eventually the United States, beginning with the ancient Greek Philosopher, through the philosophers of the Enlightenment, and then into the American Revolution, the drafting of the Constitution, and the finish with what it means to be a citizen, and what are the responsibilities of a citizen in modern society.

HISTORICAL MATERIALS

Credits offered: 0.5 Social Studies per quarter

This course is a historical/research skills class based on watching movies depicting historical events, and then reading the actual history to create a project doing a comparison and contrast, learning research, annotation, summarizing, and Historical information writing skills.

CAREER PATHWAY COURSES

CMU WELDING & MACHINING

Credits offered: 0.5 Science
AND 0.5 Career Planning OR 1.0
Elective

This welding course introduces the student to the fundamentals of Welding. It provides the student with opportunities for hands-on training in shielded metal arc welding (SMAW), gas tungsten arc welding (TIG), gas metal arc welding (MIG) and oxyfuel gas welding. The student will also be instructed in the safe use of a plasma cutter, oxy acetylene cutting torch and various saws and grinders. The student will receive training in welding and machine shop safety practices.

This Machining course is designed to provide students with a basic understanding of the precision machining processes used in industry, manufacturing, maintenance, and repair. The program provides instruction and laboratory experience in industrial safety, terminology, tools and machine tools, measurement, and layout. Students will become familiar with print reading and with the setup and operation of power saws, drill presses, lathes, milling machines, grinders. Students will also be exposed to an introduction to CNC (computer controlled) machines.

MUSIC PRODUCTION

Credits offered: 0.5 Science
AND 1.0 Elective

Vista partners with La Familia Music Group here in Montrose. La Familia music programming provides the tools, knowledge, and resources needed to create a song from scratch and make money from it. La Familia provides the youth with a safe space to express themselves in a creative way. In this course the focus is on creating music, but also learning about the history of music and how it affects the human brain and body.

TEACHER CADET

Credits offered: 0.5 Math OR
English AND 0.5 Career
planning or Electives

Teacher Cadet is a 9-week course designed specifically for Vista students. This course is designed to provide students with an in-depth look at the profession of teaching. Students study the growth and development of the learner, as well as the historical, social, political, philosophical, cultural, legal and economic forces that shape the United States public school system. In addition, students complete a fifty-hour field experience in a school classroom. The Teacher Cadet curriculum has been aligned with the Colorado Teacher Quality Standards.

CAREER PATHWAY COURSES

VISTA BIKE INSTITUTE

Credits offered: 1.0 Elective
AND 0.5 Math

This course is a career pathway class that provides students the opportunity for a nationally recognized certificate as a Level 1 Bicycle Technician. This class spans two class periods for two successive cycles, and gives students an introduction to basic bicycle building and maintenance. Workshop awareness, proper tool use, and bicycle component adjustment and operation are explored daily giving graduates the skills necessary for internship and entry level employment at bicycle repair shops. Students not interested in the bicycle industry will find this class also provides excellent mechanical aptitude skills that can be a basis for exploring most trades involving tools and shop experience.

BUSINESS, TECHNOLOGY, & HOSPITALITY

Credits offered: 0.5 Social
Studies AND 0.5 Math

In this course students explore some of the basics and introductory material related to owning your own business, and how technology can be used to our advantage within the business. This class combines the two fields of entrepreneurship and hospitality. Although they often go hand-in-hand, our business focus will be on entrepreneurship in general. For the hospitality/ culinary, projects, we will learn some kitchen basics and also learn to work as a group to plan, prepare and serve a dish or baked goods of your choice.

CAREER PATHWAY COURSES

CONSTRUCTION TRADES

Credits offered: 1.0 Elective
AND 0.5 Math

Students will obtain the skills, technical knowledge and work habits necessary to succeed in the construction industry. Students put classroom knowledge to work through hands-on activities in the lab and at the project house. Learning activities allow students to become knowledgeable in fundamental principles and methods of construction and to develop technical skills related to carpentry, electrical, plumbing, masonry and finish work. Instruction includes safety principles and practices; recognition of standard lumber sizes; foundation layout methods; building concepts and procedures; local, state and national codes; cost estimating; and blueprint reading. The curriculum focuses on familiarization with safety practices and the proper use of both hand and power tools. Instruction is provided in theories and techniques used in the construction field.

INDUSTRIAL TECHNOLOGY

Credits offered: 0.5 Math OR 0.5
Career Planning

This foundation class explores opportunities existing in a variety of today's industrial technology fields. This course introduces you to basic required skills for many careers in industry and engineering fields by giving you actual hands-on experiences. Students examine a variety of opportunities available by learning what skills and education are necessary for success in their chosen field. Not sure of what you may enjoy? This class will use many lab areas including the electricity, woods, metals, and drafting labs for a very useful cross-section of personal interests and opportunities.

COMMUNITY SUPPORTED COURSES

SEWING AND FASHION

Credits offered: 0.5 Elective OR
Career Planning

This course is an introductory to beginner fashion sewing. Students will be introduced to the world of creative sewing. Each project created during this course will have specific construction challenges. These projects will advance in level as the students achieve the new skills required. Each student will progress at his or her own pace meeting set benchmarks as they go. Upon completion of Fashion Sewing One, students will have acquired the basic skills need to advance to the next three levels of Fashion Sewing.

DANCE

Credits offered: 0.5 Career
Planning OR Elective

This course is an introductory to beginner dance course offered through Elevation Academy of Dance here in Montrose. Elevation Academy of Dance offers a safe and accepting place for artistic development and expression for students of all skill levels and varying degrees of participation. We teach current industry standards and remain active in the dance community, creating technically strong, versatile dancers. At Elevation Academy we aim to provide the more serious dancer with the opportunities and necessary training to succeed in today's professional dance world, while also providing a fun and educational experience for the recreational dancer.

COMMUNITY SUPPORTED COURSES

BRAZILIAN JIU JITSU

Credits offered: 0.5 Elective OR
0.5 Career Planning

In this class, we teach the basic movements, concepts, goals and techniques of Brazilian Jiu Jitsu. Focused on self-defense, building confidence and developing technical knowledge, these classes include a brief warm up, technical instruction and other drills designed to help students internalize the body mechanics behind the martial art. There is no sparring in this class, as we help students build their confidence in a comfortable atmosphere as they begin their journey into Brazilian Jiu Jitsu

MUAY THAI

Credits offered: 0.5 Elective OR
0.5 Career Planning

Muay Thai is a practical, combative martial art form of kickboxing that allows hand, elbow, knee, and kick strikes to the head, body and legs. Thai Boxing is known for its high-level cardiovascular and strength conditioning by training in various modalities. Students will also learn Thai traditions and disciplines associated with the martial art.

PERSONAL FITNESS

Credits offered: 0.5 Elective OR
0.5 Career Planning

This course is offered through the Montrose FlexRec in conjunction with the Montrose Recreation Center. It is designed to help students understand the importance of fitness, health and functional training. Montrose's newest fitness facility, the FlexRec is dedicated to advanced functional fitness. Located within the Colorado Outdoors campus and directly adjacent to both the Connect Trail and the Uncompahgre River, it is a space designed with athletes and outdoor enthusiasts of all levels in mind. Programming includes high-intensity, strength, and agility-based classes to push mental and physical limits. Bring your goals, grit, and a good attitude!

COMMUNITY SUPPORTED COURSES

WILD HORSE COURSE

Credits offered: 0.5 Elective OR
0.5 Career Planning OR 0.5 SEL

This course is for individuals looking to heal something within themselves through the help of horses. The wild horse course is a 9 week program that teaches confidence, teamwork, patience and partnership. Have you ever thought about what it's like to meet a wild horse? Do you ever feel wild, but maybe you need to hold back for whatever reason? Join me in a journey of self discovery and help give some wild horses an opportunity to teach you things you couldn't even imagine were possible.

Did you know it is scientifically proven that horses can read our emotions, and that they adapt their behavior according to what they sense we are feeling? Are you struggling with confidence, boundary setting, or following your own intuition? Imagine being able to clearly communicate with these majestic beings with just the use of energy and having a clear, conscious response that they indeed understand you! Allow me to guide you with hands-on experiential healing through my formerly wild horses to gain personal empowerment.

VISTA

Charter School

