



RANDOLPH-MACON  
ACADEMY THE POWER OF RISE

# J-TERM Course Catalog

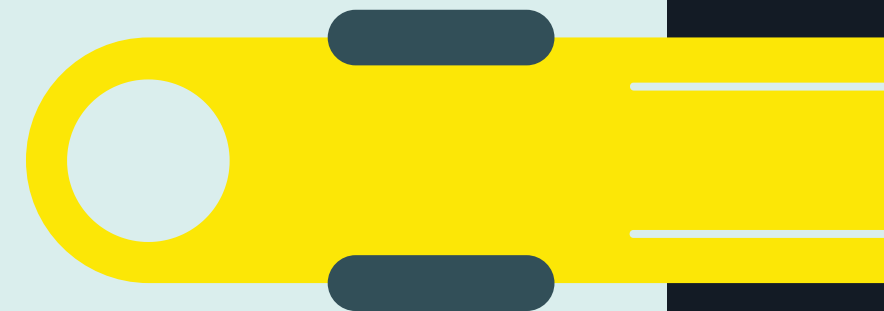
January 6 through January 24

# What is J-Term?

During the 3-weeks of January, students will partake in up to two J-Term courses with the goal of preparing students for college and beyond but also allowing students to dive deep into a topic they are curious about that we don't normally offer at R-MA. the following are the options for January 2025...



# D.I.Y.



## Course Description

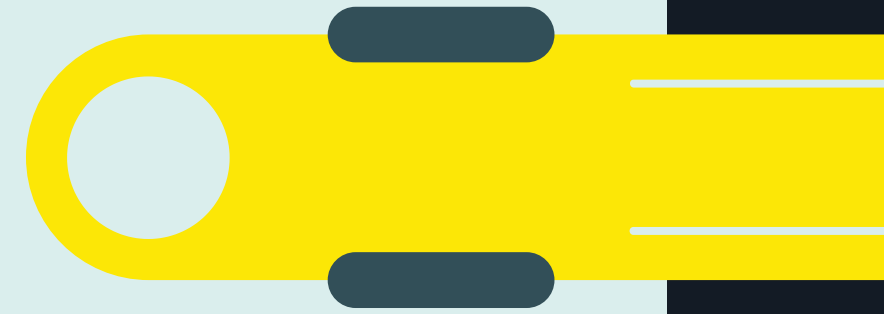
Explore the art of woodworking in the hands-on D.I.Y. course designed for beginners and budding makers. Students will learn fundamental techniques in measuring, cutting, shaping, and assembling wood to create their own custom pieces.



## Additional Details

Mr. Leasure and Dr. Byrd  
\$90 per student

# Spanish & Latin American Cuisine



## Course Description

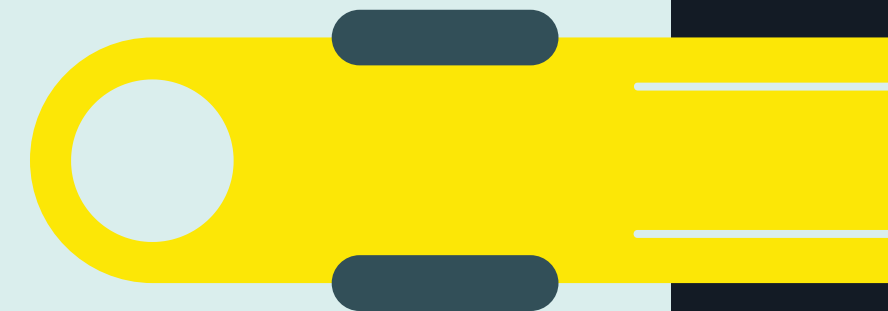
Dive into the rich flavor of Spanish and Latin American cuisine in this hands-on culinary course! Students will explore authentic recipes, learning essential cooking techniques and ingredient preparation. Students will document their culinary journey by creating video highlights of their dishes and experiences. This is a flavorful journey of discovery, creativity, and collaboration the kitchen!



## Additional Details

Teacher - Senora Campos-Nava

# Reimagined Pages



## Course Description

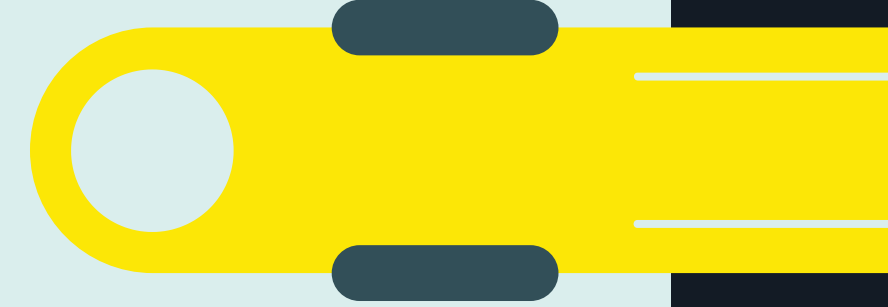
The Reimagined Pages course is the perfect place to cultivate and develop your creative spark! Whether you are a beginner or an experienced crafter, this class will walk you through the basics of repurposing, such as choosing the right materials, tools, and techniques to create unique wall art, picture frames, baskets, and more. Along the way, we will also explore creative ways to add texture, dimension, and personality to your projects. By the end of this course, you'll have the confidence to turn any magazine into a stunning work of art.



## Additional Details

Teacher - Ms. Miles

# Yoga and Meditation



## Course Description

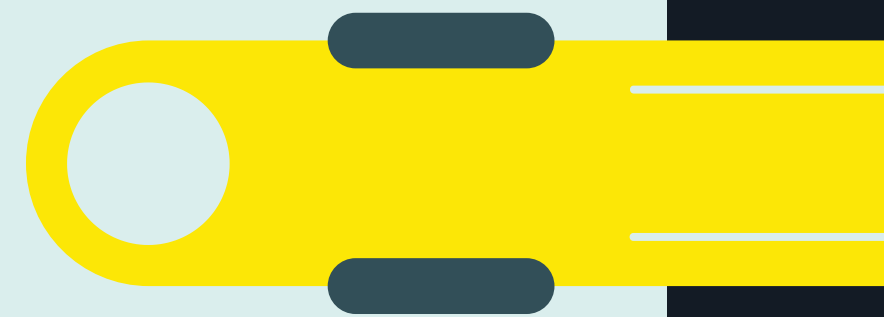
The purpose of Yoga and Meditation is to explore spirituality, find a greater sense of purpose, and approach life with an attitude of mindfulness. We will draw our inspiration from the realms of psychology, spirituality, and yoga, but with an emphasis on the teachings of yoga. This course will revolve around mindfulness excercises, inspirational podcasts, hatha yoga exercise routines, short meditations, and maintaining a spiritual journey.



## Additional Details

Teacher - Dr. Skora and Mr. Latham

# Catch These Paws II: My Little Pony



## Course Description

Students will work at Sandstone Farm, which adopts and rescues ex-racehorses. Responsibilities will include feeding horses, cleaning tack, tidying the barn, mucking stalls, cleaning sheds, moving equipment, and grooming horses.

This is an off-campus course and will begin at 9:00 AM. Only 10 spots will be available.

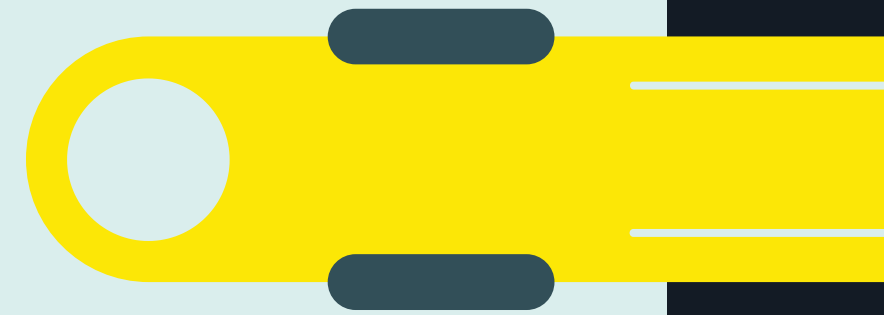


## Additional Details

Teacher - Ms. Hicks  
Cost: \$75 per student

Note: winter athletes should be mindful of choosing this as returning to campus early for games will not be offered.

# Charity Knitting



## Course Description

Using simple but useful knitting skills using a loom or needles, students will learn to knit various items to be given to people or animals in need within our local community. Projects will include:

- Twiddle Muffs for dementia patients at Lynn Care
- Cat mats, kitten nests, and toys for the Humane Society
- Reusable bags for C-CAP or the hospital
- Toddler hats for C-CAP or for young children in the hospital

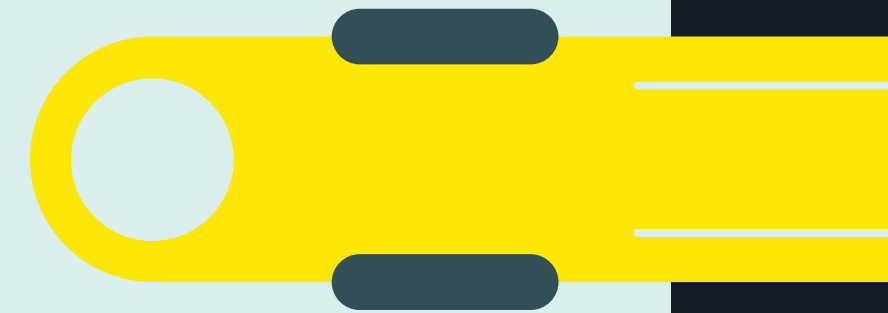


## Additional Details

Teacher - Ms. Rogers and Ms. Bumgardner

Note: No experience is needed!

# Personal Finance



## Course Description

This Personal Finance course equips students with essential knowledge and practical skills to manage their financial lives confidently and responsibly. Covering a wide range of topics, from budgeting, saving, and banking to investing, credit, and taxes, the course emphasizes real-world application and decision-making. Students will learn how to set financial goals, create and manage budget, understand credit scores, avoid debt pitfalls, and explore investment opportunities.



## Additional Details

Teacher - Ms. Michael

# Overcoming Imposter Syndrome



## Course Description

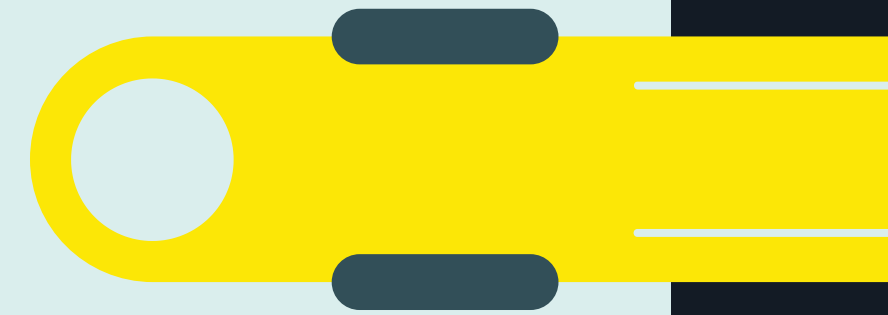
Ideally, this course is for young ladies. The objective is for young ladies to find and claim unique aspects of their voice and leadership style and abilities through a process of self-discovery (Gallup strengths finders, DISC inventory, etc.) active journaling and reflection, and daily application by assuming a variety of leadership roles on the “team”. Participants will be guided through a series of modules that will combine theoretical understanding with practical applications such as leading a military exercise, running a chef line in a high-paced kitchen (The Bear), moving a team through made-up obstacles and problem-solving, pitching a marketing proposal to the sales operation manager, etc.



## Additional Details

Teacher - Chaplain Reynolds

# Creating with Watercolors



## Course Description

This beginner-level watercolor course is designed for students who are new to the world of painting and want to explore the beauty and versatility of watercolor as an artistic medium. Throughout the course, students will learn foundational techniques, including how to control water and pigment, create gradients, mix colors, and layer washes. Students will also explore the importance of light and shadow, composition, and how to develop texture in watercolor works.

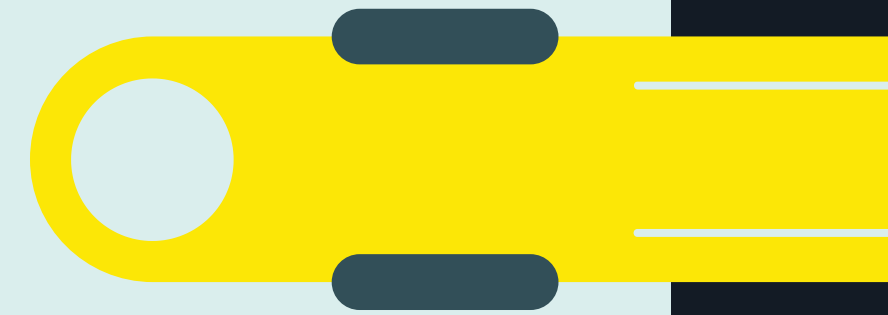


## Additional Details

Teacher - Ms. Lane

No experience needed!

# Military Operations Course



## Course Description

Introduction to military missions.



## Additional Details

Teacher - Mr. Freiwald and Mr. Dunnigan

Invite only.

# Athletic Training & Performance



## Course Description

This course is for athletes who are dedicated to performing at their best. We use a small-group, trainer-led format to develop speed, power, agility, and stamina. Key elements include: running for developing speed and running efficiency; plyometrics for improving movement skills, foot speed, agility, and stability; strength work for explosive speed, injury prevention, and power; and sport-specific skills designed to help athletes move better and more efficiently during competition. All athletes are tested at the beginning of the training program to assess symmetry and areas for improvement, and at the end to measure results.

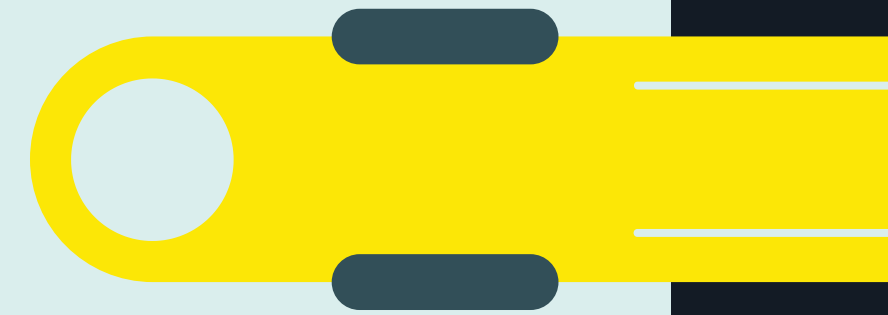


## Additional Details

Teacher - Coach Vazquez and Mrs. Mathis

Potential field trip to a world-class training facility.  
Priority will be given to current R-MA athletes.

# Jackets School of Rock



## Course Description

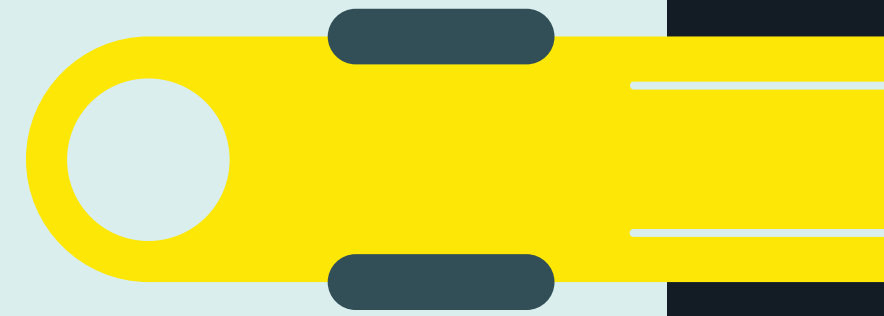
This course is designed to teach students all there is to know about being in a band and putting on a live performance. Students will learn or enhance their knowledge of particular instruments essential to forming a rock and roll band. Students will also learn how to run live sound, set up a stage, take care of publicity (PR), and record a show. A brief study of the history of popular music in the 1900s/2000s will be included to lay a strong musical foundation.



## Additional Details

Teachers - Mr. DeMato, Mr. Harriman, Mr. Taafel, and Mr. Elliott

# Small-Scale Wonders: A Miniature Building Class



## Course Description

Ever wondered how tiny, lifelike worlds are created? Step into the world of miniatures and discover how to design your own small-scale masterpieces! In this hands-on class, you'll learn how to create detailed models, from fantasy castles and historical buildings to sci-fi landscapes and tiny characters. Whether you're a creative artist, a future engineer, or just love making things with your hands, this workshop offers a chance to learn new skills, relax, and bring incredible details to life.



## Additional Details

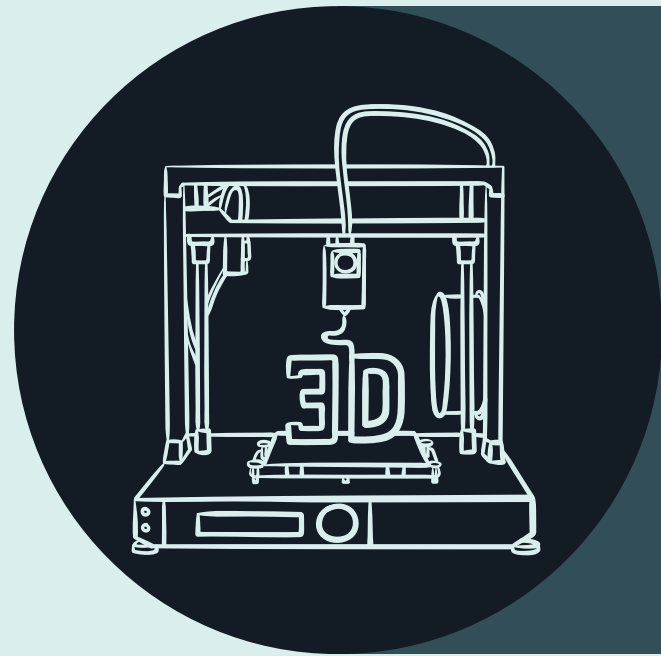
Teachers - Mrs. Kuehl

# Makerpreneur: Business Basics in a Makerspace



## Course Description

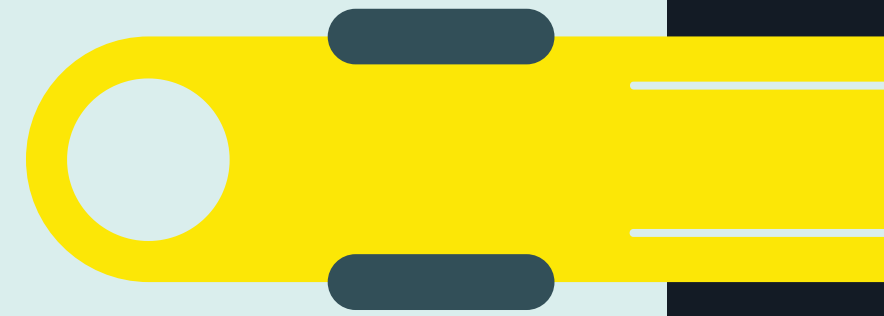
Using cutting-edge tools like 3D printers, laser cutters, and Cricut machines, students will learn the fundamentals of starting and running a small business within a makerspace environment. From developing a business concept to mastering budgeting, advertising, and sales strategies, this course empowers students to turn their passions into profitable ventures.



## Additional Details

Teachers - Ms. Linniman

# “Looted Legacies: The Journey of Art Stolen by the Nazis”



## Course Description

This study abroad program provides an in-depth exploration of European art and history, focusing on the art stolen by the Nazis during World War II. Students will examine the cultural significance of the stolen art, the historical context of its confiscation, and the complex issues surrounding restitution today. Through guided visits and discussions, students will gain firsthand insight into the impact of wartime looting on European cultural heritage and current restitution efforts.

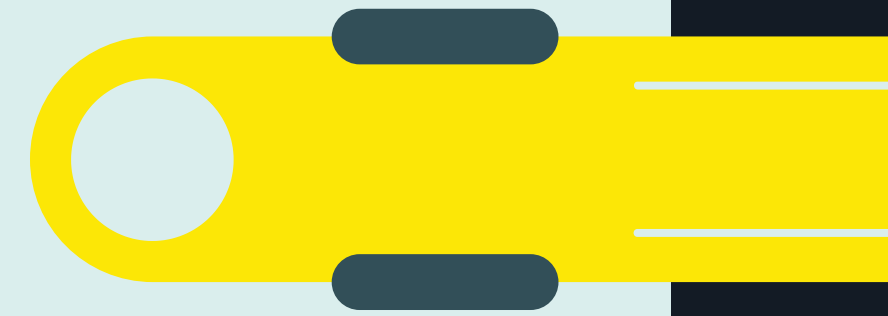


## Additional Details

Teachers - Mr. Myers, Ms. Evans, and Mr. Plemmons

Sign up for this is CLOSED.

# World Building Crafting Immersive Realities



## Course Description

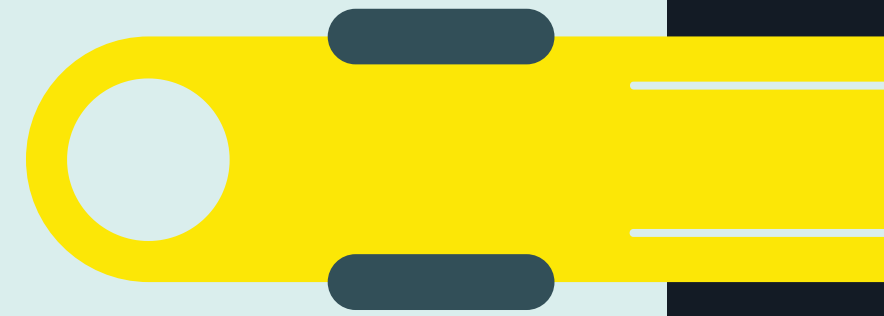
Dive into the art and science of world-building in this intensive J-Term course. Students will explore the essential elements of creating rich, believable universes for storytelling, game design, and other creative endeavors. Through hands-on workshops and collaborative projects, participants will learn techniques for developing intricate cultures, histories, geographies, and characters. By the end of the course, students will have crafted their own unique world, equipped with the tools to bring their imaginative visions to life. Ideal for writers, artists, and creators of all kinds!



## Additional Details

Teachers - Dr. McCann

# Drill



## Course Description

A squad is a group of individuals formed for the purpose of instruction, discipline, control, and order. In this period of instruction, each cadet will learn how to lead and instruct close drill with and without rifles. The cadets will be taught how to be a unit leader and perform the sword manual.

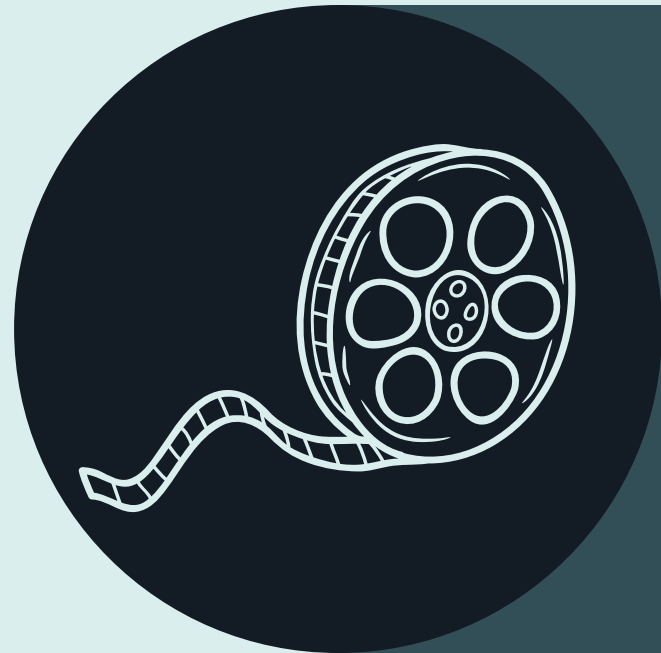
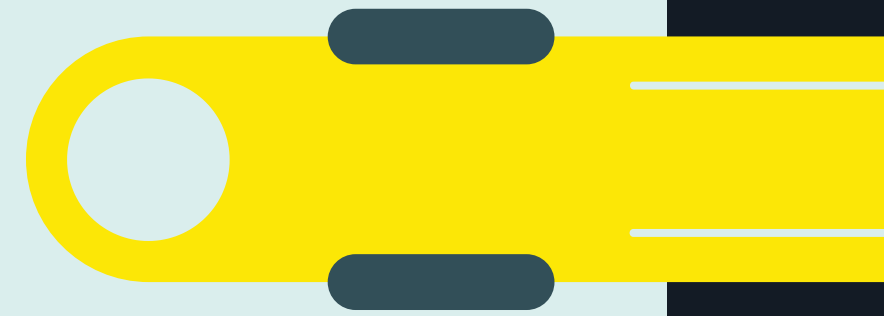


## Additional Details

Teachers - Gunnery Sgt Stanley

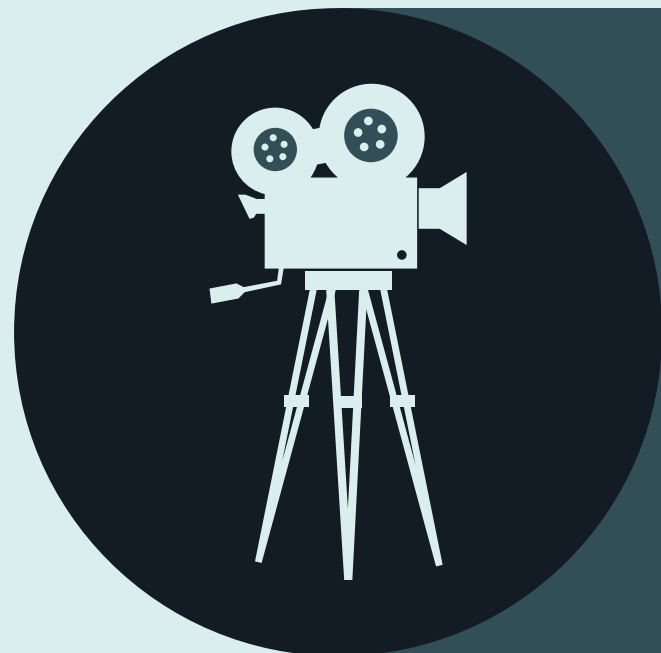
This is a full day J-Term course starting immediately after enrichment.

# Jets and Cadets: The Story of Aviation at R-MA



## Course Description

This year, our 21-Day Film Project will focus on capturing the rich history and spirit of aviation at R-MA. Over the course of three weeks, students will collaborate to produce a compelling 10-minute film that weaves together the evolution, achievements, and future aspirations of our aviation program. Through interviews, archival footage, and cinematic storytelling, students will document the program's milestones, its role in student development, and its impact on the broader community.

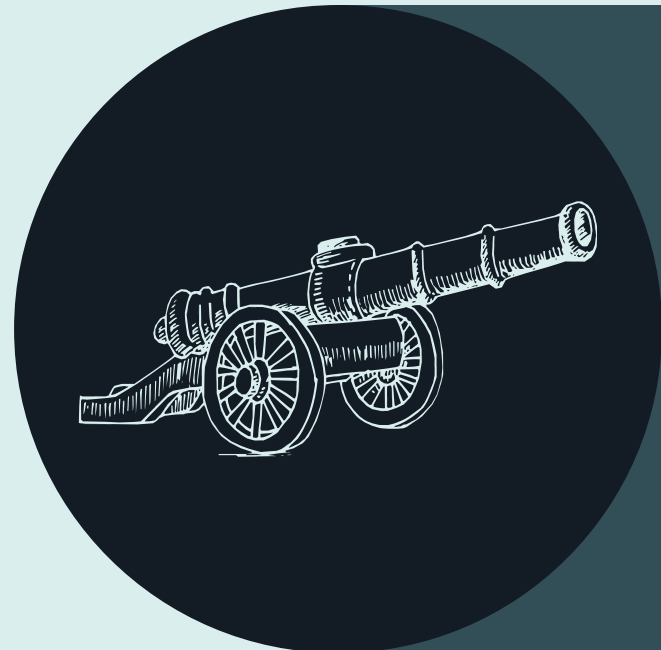
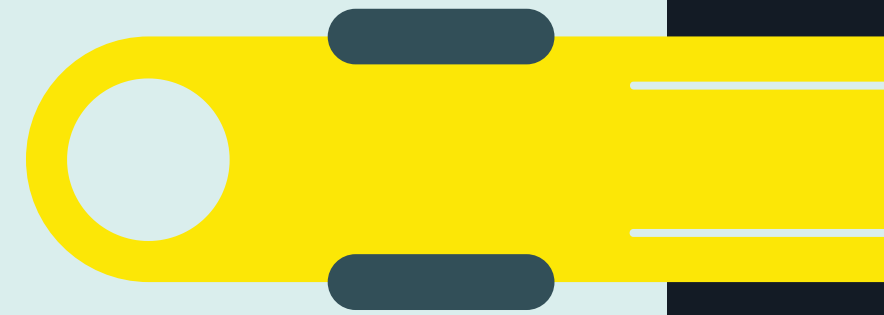


## Additional Details

Teachers - Ms. Moore and Mr. Kelly

This is a full day J-Term course starting immediately after enrichment.

# Civil War



## Course Description

This course will encompass studying three major civil war battles (Front Royal, Antietam, and New Market) through a three-tiered approach. Antietam is a new battlefield for us to go to this year! Students will learn about the course of each battle in the classroom through brief lecture and film and selected classroom exercises (operations planning and wargaming, for example). Then students will visit the preserved battlefiel and conduct self-driven examination of turning points in each battle. Students will also tour museums at each location.



## Additional Details

Teachers - Mr. Plauger



# J-Term Symposium

Friday, January 24  
R-MA Melton Gym  
Time TBA

R-MA families are invited to the J-Term Symposium where our students will share their experience during the 3-week term. More details to come.