



JUMPSTART

Early Option
January 6-24, 2019

Enrolling as a new student at LANDMARK COLLEGE this January?

You may be eligible to fast track your semester with our January JumpStart option.

JumpStart is a 3-week mini-session that runs from January 6 to 24, 2019

just before the start of the Spring Semester.

BENEFITS

JumpStart provides you with the opportunity to earn credits, enhance academic skills, and engage in physical activities.

- Earn as many as 4 credits
- Enjoy an intensive and focused learning experience
- Shorten the length of time needed to complete degree requirements
- Begin working with your advisor
- Get accustomed to Landmark College life

JUMPSTART COSTS:

- Tuition - \$3,900
- Room & Board - \$1,180
- TOTAL - \$5,080*
- Financial Aid is available for those who qualify

*Additional cost for skiing or snowboarding

INFORMATION AND TO REGISTER FOR JUMPSTART

- If you have questions about Jump Start, please contact us at (802) 387-5718 or at admissions@landmark.edu. All new incoming students will have access to the Landmark College Student Portal. On the Portal you can select Jump Start and sign up for your classes.

COURSES INCLUDE

COM1011 Introduction to Communications

This survey course introduces students to the field of communication and enables them to increase their effectiveness and precision as public speakers and members of seminars and groups. Students explore how their perceptions influence the manner in which they communicate and how to use a wide variety of listening skills. They become aware of how verbal and nonverbal language can alter, detract from or enhance messages. Students also employ a variety of language strategies that promote inclusion, honesty, conflict resolution and support from within a group. Credits: 3

PHE1132 Gentle Flow Yoga

Gentle Flow Yoga will introduce students to basic yoga poses, body alignment, attention to breathing, and mindfulness. Students will be encouraged to challenge their flexibility in mostly seated positions and will be guided through exercises to facilitate a connection between the body and breath. Gentle Flow Yoga deemphasizes the push-ups (chaturanga) commonly found in Vinyasa Yoga and instead focuses on range of motion in the hips, balance and flow. Students will be assessed on content knowledge and demonstration of skill proficiency throughout the semester. Credits: 1

PHE1137 Beginner T'ai Chi Chuan

Students will learn the 24 Form style of T'ai Chi. The goal of the class is to help students focus on their own inner activity, develop a greater sense of being centered in the world, and to discover a system that promotes overall health. Students must be willing to participate in a slow moving, silent, meditative practice. Course may not be repeated. Credits: 1

PHE1166 Ski and Snowboard

This one-credit course is designed exclusively for students enrolled in the January Term who are interested in improving their skiing or snowboarding/pipe skills. There is an additional cost for one day of skiing or snowboarding, including lessons for those wishing to sharpen their skills on the slopes. Course may not be repeated.