



ARBOR VITAE

SCHOOL OF TRADITIONAL HERBALISM

ArborVitae Professional Program 2016-17

Second Year Student Assignments

All assignments should be submitted in electronic form through the student portal by logging into the Student Login on arborvitaeny.com

Please seek to make the file size of uploads low.

<https://smallpdf.com> offers an easy way to compress resolutions of docs pdf jpg & ppt

Instructions: In the student portal, all homework assignment types are listed on the right-hand side bar. Click on the type of assignment (e.g. "Homework - Class & Reading Reflection") and then click on the month the assignment is for (e.g. "October Reading Reflection" - this is due November 1st and is based on the readings assigned for October). Click "view the lesson quiz" to access the questions (also stated below) and to type in your answers. Please note that for each month of Reading Reflections, the questions are repeated on the same webpage for Reading 1, Reading 2, and Reading 3 (same with Class Reflections). You can click on "Save Assignment" at the bottom of the page to return later and complete it, or click on "Complete Assignment" to have the assignment submitted to the TA, who will review it. You will receive an email once the TA has reviewed your assignment. The TA will provide comments on your homework, so please review the TA's comments once your work has been reviewed. This is an important part of the learning process. You will need to return to the "Homework - Class & Reading Reflection" page and click on the "October Class Reflection" option to access and answer the questions about the classes for that month. Please click on each homework assignment type to complete the required homework.

Questions about assignments (content/due dates) should be directed to our TA, Sam Perry, at coursework@samuelperry.net

Questions/problems with uploading assignments (using the student portal) should be directed to Laura E & Laura S at ask@arborvitaeny.com

Assignments will be assessed as excellent, complete or incomplete
'Outstanding Achievement' designation on certificates will be assessed by assignment excellence as well as handing in assignments on time

Summary of Assignments Due:

1. Monthly Case History: due 1st of every month November – May except Jan 1*
2. Semester Assignment for classes: submit reflections / thoughts on two classes per semester: due December 14, 2016 & May 1, 2017
3. Two herb profile (materia medica) oral presentations – on dates signed up for
4. Two herb medicine and/or food sharing – on dates signed up for
5. Botany Assignment One: due December 14, 2016 – end of fall semester
6. Botany Assignment Two: due April 15, 2017 – before end of spring semester
7. Roundtable Case Presentation OR Anne McIntyre online course chapter quizzes
8. For each class that has required reading, students should do the reading *before the class*. Please see the syllabus for specific required readings.

*NOTE: All monthly assignments (#2) are due ONLINE by Nov 1st (for October assignments), Dec 1st (for November assignments), Feb 1st (combined for December and January assignments), March 1st (for February assignments), April 1st (for March assignments), and May 1st (for April assignments).

To Submit Online Monthly:

1. Monthly Assignment: Case History

Due: 1st of every month Nov – May except Jan 1

- Each month submit at least one complete case history; you may submit two if you would like additional feedback.
- The case history should be comprehensive and include all relevant information and diagnostics as presented in class.
- Each case history should also include your best assessment of the case and proposed

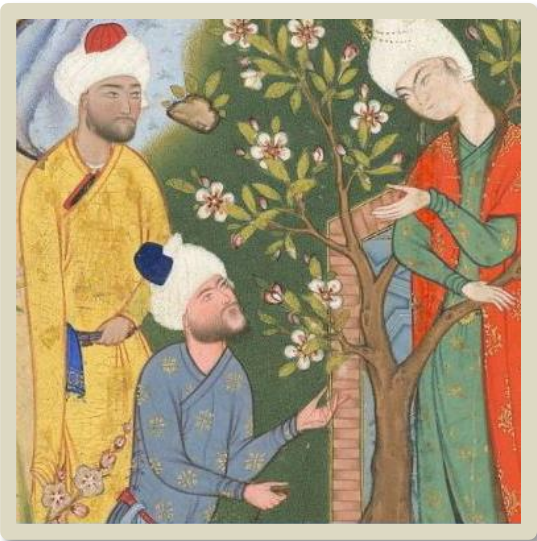
protocol including diet, lifestyle, herbs, supplements, etc.

- You may also include notes or questions you have.
- *Please note that you are not required to actually provide recommendations to the person in question; ultimately you will have to begin doing this but as a student you may decide to look at this an exercise in order to receive feedback.*

To submit on line:

1. Date of intake
2. Summary of case (in 1-2 sentences)

3. Upload file(s): case history consistent with template, plus any additional documents, photos etc. Additional files are optional but photos or drawings of the tongue are highly encouraged in order to receive feedback about your understanding of the tongue assessment.



To Submit According To Due Date:

2.: Class Reflections

Due: by end of each semester (Dec 14, 2016 and May 1, 2017)

- For each semester of class we would like you to reflect on at least 2 classes

ArborVitae School of Traditional Herbalism

Reflect on the following questions in your response for 2 classes from the previous semester. All questions are listed online in the homework response section.

We also encourage you to write down any questions you have or wish to discuss. These can be discussed at one of the monthly Q&A sessions or in another meeting, or with the TA.

1. Title of class
2. Instructor
3. Open-ended Reflection: Please reflect upon a class during this past month. Please include any insight, feedback, comments, or questions you have.

*Optional food for thought:

- Did the class and/or instructor give you new insights into approaching herbal medicine or a specific aspect of herbal medicine, or did something presented in the class or some aspect of the instructor's teaching style inspire you in some way?
- How did the class and/or instructor strengthen your foundation and/or complement the other aspects of the program?
- Did anything presented in the class confuse you?
- Is there something(s) presented that you disagree with or question, and why?
- Do you have feedback or constructive criticism for this class and/or instructor?

3. Materia Medica presentations

Due: Two oral presentations to be made during school year – must sign up for dates

- Sign up for two herbs on our materia medica list, and prepare a 10 minute oral presentation on each one for class (on two separate dates).
- The date of your presentation will depend on the materia medica class schedule, to be coordinated with Claudia and Richard.

The presentation can include:

- Botanical information, interesting history and/or ethno-botanical information
- Herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions
- *Experience* of making various preparations of the herb (see medicine making with apothecary notes below)
- *Personal experience* of the plant, observation of its action in another, and any case studies you may have or know of as significant

Let us know:

1. Name of the herb you are presenting on
2. The date you are assigned to present
3. Confirm the date you made your in-class presentation



4. Herb medicine or food preparation to share with class

Due: Two times sharing during school year (with an option for three)

Based on your herb medicine and therapeutic food assignments in year one and similar experience, in year two students continue to explore and develop their own herbal preparations. Each student will sign up for two class dates (with an option for three) throughout the year, on which she/he will come to class with a preparation to share briefly with the class.

- Sign up for 2-3 times to bring an herb medicine or food you made to share with the class. (You do not need to say what you will bring in ahead of time.)
- The date of your sharing will be during classes with Claudia and Richard (not during classes with guest teachers).

The sharing can include:

- An herb medicine of your choice, such as: tincture, vinegar, pastille, oxymel, electuary, oil, salve, cream, liniment, etc. -- simple or formula
- An herbal therapeutic food such as: tea or herb fermented soda, other ferments, pesto, broth, herb ball etc. -- sweet or savory
- Please briefly share your experience making the herb preparation - recipe or method and bring enough for students to taste or sample. The sharing of your preparation will likely be before a break and the class sampling held during the break.

Let us know:

1. The date you are assigned to share
2. Confirm the date you made your in-class sharing
3. What herb preparation you shared

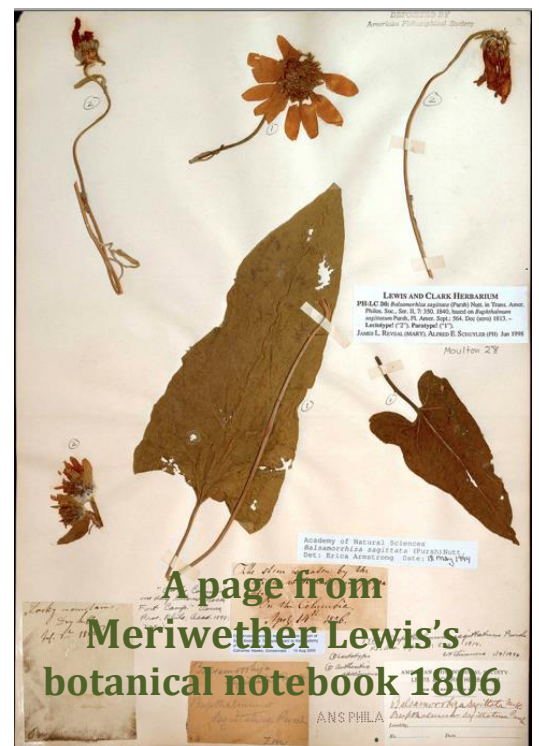
5. Botany Assignment One

Due: December 14, 2016 - end of fall semester.

6. Botany Assignment Two

Due: April 15, 2017 - before end of spring semester to be able to assess for certificate.

Find a patch of land in a park, abandoned lot, or park convenient to you (near home or work for example) and use your books to identify at least three shrubs or trees, and five wildflowers / herbaceous plants growing there. Keep in mind that these books only include plants that are native or naturalized - plantings, landscaping, ornamentals, etc. may not be in there! Write down the species you think you have identified and a brief description (a couple of sentences or the equivalent in key words); **take a picture or make a simple line drawing.** Contact Richard if you are having trouble with this - and choose a patch of land that you will want to get to know well, as you'll be returning there throughout the year as the seasons change. If you are not sure of your identification, list the possibilities you have found.



Note this assignment is to be submitted twice - once for each semester - with a different set of plants. You can use plants identified during our field trips if they are sufficiently documented.

To submit online:

Name the seven plants (three woody plants, four herbaceous plants) you identified with a written description of what botanical features you observed that aided you in identifying the plant. Include a simple line drawing or photo for each plant. Note that you still need to describe the plant in addition - photos alone are not sufficient!

- | | |
|-----------------------------|--------------------------|
| 1. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 2. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 3. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 4. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 5. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 6. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |
| 7. Scientific name of plant | |
| a. Common name(s) | b. Botanical Description |

Upload file(s): drawings, sketches, photos, additional plant identifications (beyond the seven listed above)

7. Roundtable Presentation OR Anne McIntyre course chapters: Students who signed up for Leslie & Leslie’s roundtable must attend the live forum sessions and must present a case at least once throughout the year. Students who signed up for Anne McIntyre’s online course must complete the assigned chapter quizzes by the assigned dates (see syllabus for due dates).

8. Assigned readings: Students are expected to complete assigned readings prior to the class session. Please see syllabus for assigned readings for each class.

