Living Wisdom High School

“Living Wisdom students have such a love of learning and life that they naturally excel at whatever they do.” – D. G., Living Wisdom Parent

Where Learning & Joy Come Together
A progressive private high school in Palo Alto

- Discover yourself
- Develop your passions
- Embrace adventure
- Cultivate personal excellence
- Give back to the world
- Join a supportive learning community
- Thrive

“Education for Life... is an exalted call for change based on deep insight into the potentials of every human being. It tells us how to nurture creativity, wisdom, and intuition in each young person, and how to tap his/her unexplored capabilities.”

—Jay Casbon, Ph.D., Dean of the Graduate School for Professional Studies, Lewis & Clark College

LivingWisdomHighSchool.org • (650) 646-1066 • office@livingwisdomhighschool.org
Come Thrive with Us!

“I was given the support and freedom to pursue my interests, travel the world, and truly engage with my learning.”
- Shanti, alumna

“This senior year has been really transformative for me.”
- Diego, student

University Model Learning
- Blended learning
- Online courses & live instruction
- Individualized pacing
- Faculty mentorship
- Cultivation of maturity
- Preparation for college, career & life

Service & Adventure
- Service projects
- Travel (domestic & international)
- Camping, hiking & backpacking in nature
- Student engagement through earning, fundraising & helping plan trips
- Life skills: entrepreneurship, collaboration, initiative, finances, and organization

College Counseling & Post-Secondary Planning
- Student workshops
- One-on-one counseling
- College visits
- Supporting students to find their next step
- Universities, gap years & professional training

Personalized Learning & Excellence
- AP & honors
- College dual credit
- General education
- Electives
- Personal passions projects

Small Classes
One-on-one Mentorship
International Teachers & Experts
Education for Life International
Founded in 1972
Service Adventure Travel
Tuition Assistance Available
Self-Discovery & Education for Life

- Yoga, meditation & martial arts
- Introspection & discussions
- Art & creativity
- Service, adventure & travel
- Intrinsic love of learning
- Health & wellbeing
- Social & emotional intelligence
- Study, job & life skills

Self-Discovery • Excellence • Adventure • Service • Joy

Kshama Kellogg – Director
Living Wisdom High School
Cubberley Community Center
Building K, Classroom K5
4000 Middlefield Road
Palo Alto, CA 94303
(650) 646-1066 (mobile)
kshama@LivingWisdomHighSchool.org
www.LivingWisdomHighSchool.org

“In a world that is increasingly interdependent yet disconnected, Living Wisdom students learn to lead, collaborate, and thrive, gaining skills and self-understanding to be true changemakers in their own lives and communities.”

- Kshama Kellogg, LWHS Director

For Living Wisdom graduates, lifelong learning continues at...

Private & Public Colleges
U.C. & C.S.U’s
Ivy League Universities
International Universities
Gap Year Programs
Community Colleges
Music & Art Conservatories
Intern & Fellowship Programs
Vocational Schools & Certificate Programs

Begin Your Journey!
LWHS Course Offerings

Understanding People
- US Government
- Psychology (& H)
- World History 1 & 2
- US History (& H)

Our Earth/Our Universe
- Chemistry (& H)
- Biology (& H)
- Physics (& H)
- Environmental Science

Communications
- English 1–4 (& H)
- Spanish 1, 2, 3
- French 1, 2, 3
- American Sign Language 1 & 2

Mathematics
- Algebra 1 (& H)
- Algebra 2 (& H)
- Geometry
- Pre-Calculus
- Trigonometry
- Statistics
- Calculus (& AP)

Computer Science
- Introduction to Java
- AP Computer Science Principles
- AP Computer Science

Business
- Principles of Business, Marketing & Finances
- Business Management
- Personal Finance
- Economics

Visual & Performing Arts
- Guitar 1, 2 & Ensemble
- Digital Photography
- Music Appreciation
- Performing Arts/Theater
- Studio Art
- More to Come!

Wholeness
- Personal Passions Project
- Be the Change & Empowered Heart
- Service Learning & Travel
- Investigating Careers
- College & Career Readiness
- Social & Emotional Learning

Examples of Dual Credit College Courses
- Marine Biology
- Introduction to Law
- International Relations
- Intro to Contemporary Dance
- Improvisation
- Spanish/French 4, 5, 6
# Sample Personalized Learning Plan
## Learner Driven Curriculum (Based on Student Choice)

<table>
<thead>
<tr>
<th>Subject</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communications</td>
<td>English 1 (H)</td>
<td>English 2 (H)</td>
<td>English 3 (H)</td>
<td>English 4 (H) or Dual-Enrollment Equivalent</td>
</tr>
<tr>
<td>4 years 40 credits</td>
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<tr>
<td>Math</td>
<td>Algebra 1 (H)</td>
<td>Geometry (H)</td>
<td>Algebra 2 (H)</td>
<td>Pre-Calculus or Higher Option</td>
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<tr>
<td>3 years 30 credits (4 recommended)</td>
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<tr>
<td>Our Earth Our Universe</td>
<td>Biology (H)</td>
<td>Chemistry (H)</td>
<td>Physics (H)</td>
<td>Environmental Science/Dual-Enrollment (optional)</td>
</tr>
<tr>
<td>2 years 20 credits (3 recommended)</td>
<td></td>
<td></td>
<td></td>
<td>Economics/Personal Finance or US Government (Optional)</td>
</tr>
<tr>
<td>Understanding People</td>
<td>Ancient World History</td>
<td>Modern World History</td>
<td>US History</td>
<td></td>
</tr>
<tr>
<td>3 years 30 credits</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>World Languages</td>
<td>Spanish 1 or French 1</td>
<td>Spanish 2 or French 2</td>
<td>Spanish 3 or French 3 (optional)</td>
<td>Spanish 4 (Dual Credit College Course)</td>
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<tr>
<td>2 years 20 credits (3 recommended)</td>
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<tr>
<td>Wholeness</td>
<td>Organization, Citizenship &amp; Passions Project</td>
<td>Nutrition, Health &amp; Wellbeing</td>
<td>Community Activism &amp; Entrepreneurship</td>
<td>International Service Learning &amp; Study Abroad</td>
</tr>
<tr>
<td>(includes PE &amp; Life Skills)</td>
<td>4 years 20 credits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electives</td>
<td>Guitar I</td>
<td>Guitar Ensemble and/or Psychology (H)</td>
<td>AP Computer Science Principles</td>
<td>Digital Photography or Theater</td>
</tr>
<tr>
<td>40+ credits</td>
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The Living Wisdom High School Team

Kshama is an Education for Life specialist, and has spent the last decade exploring the field of education and consciousness. She has taught students K-12, mentored students and teachers, and developed local and international youth and family programs that incorporate principles of meditation, yoga, and wellbeing in daily life. Living abroad as a child, and then attending our sister school in Nevada City, Kshama’s early life sparked in her a passion for travel and cross-cultural connection. It also inspired a commitment to holding service as a guiding principle in her life. Kshama’s educational background is in Spanish, Latin American Literature, Sociology, and Education. Kshama is passionate about offering young people an educational experience that activates their enthusiasm for life, nurtures their unique interests and abilities, and deepens their sense of self-understanding and connection with the world.

Hazemach has studied variously in Education for Life, college-preparatory, humanities-focused, and international European schools, and seeks to synthesize their positive aspects in curriculum design and teaching. He decided to focus his energy into becoming a teacher, and to engage in dialogue in the basics of academic disciplines. With a lifelong passion for math, he chose at an early age to become a mathematician and enrolled in a PhD program by the time he was 19. However, as an avid reader with limitless curiosity, he discovered that his favorite subject was English because it encompassed and drew on all aspects of life. He has found communication to be a vital key in understanding and transformation, and hopes to create a space where students can develop their skills in writing and discussion of diverse topics. In 2017, Hazemach received his M.S. in mathematics from Jacobs University, Germany.

Mandana grew up with her father’s nightly bedtime stories full of people and moments from history, and loved them! She would explore her father’s library, becoming familiar with characters such as Napoleon, Gandhi, Nader Shah, and many crucial historical events. Mandana studied photography for her B.A. and videography and video editing in community college. Later on, she went back to school and got a M.A. in mass communication journalism. As she was studying, Mandana started working as a research assistant in social studies as well as tutoring K-12th grade students. After graduation she worked in an after school/college prep program, teaching social science, English, writing and other courses. Mandana’s goal in life is to help people know and understand themselves and find what their path is to reach happiness.

Shanti is currently working on a masters degree in East West Psychology at the California Institute of Integral Studies in San Francisco. She completed an interdisciplinary bachelors degree focused on psychology, education, Spanish, and youth empowerment. For most of her schooling, she went through and graduated from the Living Wisdom School system in Nevada City, CA where she developed a love and enthusiasm for learning and a deep desire to serve others. She loves to travel and has so far been to 17 countries, all of which have expanded her perspective and opened her heart to the goodness in the world and in each person. Shanti is also a trained yoga teacher, Sharing Nature facilitator, and enjoys backpacking in nature, playing music, deep conversations, meditation and yoga, reading, karate, dance, and adventures of all kinds.

Nirmal holds a Ph.D. in genetics and molecular biology from University College London, Institute of Neurology. He is currently a postdoctoral fellow at Stanford University School of Medicine, and an associate lecturer in human biosciences at University of Northampton. In 2012, Nirmal received problem-based learning (PBL) tutor training from St. George’s University of London, where he served as a tutor for medical students for 7 years. Nirmal’s training there involved engaging students in solving clinical-based problems and using self-directed research to make a diagnosis. He was also a laboratory demonstrator, marked BSc dissertations and summative MCQs/SAQs, and contributed to standard-setting for medical degree assessments using the Angoff method.
Bruno Panunzio began his guitar studies at the age of ten with his father. As a versatile musician, his experience ranges from rock/pop, to jazz, to classical guitar. He also traveled extensively to the Spanish cities of Malaga and Sevilla, where he studied flamenco guitar. He graduated from San Francisco State University in 2014 with a B.M. in music performance studying under Lawrence Ferrara, and from the San Francisco Conservatory of Music in 2016 where he received his M.M. in music performance studying with world-renowned composer and performer, Sergio Assad. A dedicated educator, Bruno enjoys working with students of all levels and backgrounds.

Alexis was inspired to learn languages from a young age, but it wasn’t until she was a Rotary Youth Exchange student in Ilo, Peru at age 15 that she had her first immersion experience. In Peru, she attended a local high school and lived with several host families. Over the course of the year, she went from very basic Spanish to fluency, as well having her horizons and perspective of the world completely challenged and stretched. Her love of travel, speaking, and learning about other cultures and literatures inspired her to study Spanish and French at Duke. She is currently a Ph.D. student at Stanford where she studies Latin American literature. At Stanford, she has taught Spanish and Portuguese as the primary instructor and co-taught a class on literature from the U.S. - Mexico Border and Diaspora. Alexis feels very grateful to have traveled and learned so much, and she believes that learning other languages is the most meaningful way to connect to others and have the opportunity to learn about them and their cultures.

Lakshmi (Katelyn) LaPine has taught in public education for 10 years, both at the middle school and high school level. She currently holds a position as an English teacher and Conflict Mediator at Menlo-Atherton High School. Throughout her professional career in education, Lakshmi has fostered a love for social justice, mindfulness practices in academia, and community building. Working as a consultant for Living Wisdom High School, Lakshmi will marry her background in public education with her understanding and implementation of Education for Life practices. Lakshmi (Katelyn) LaPine received her undergraduate degree (English Literature) and teaching credential (single-subject, English) from University of Redlands. She holds a masters degree in Educational Leadership and Social Justice, as well as an administrative credential, from CSUEB.

As a qualified and experienced College Consultant, Priya offers an individualized boutique experience for each student as they go through the college admission process. She has worked with students in the US, Singapore, and India with excellent results. Her journey towards becoming a college consultant started with her high-functioning son who graduated from college in the summer of 2020. Also, with a background in holistic health care and yoga, Priya has been working with both adults and teens for over two decades, and brings a calm, grounded and empathetic presence. There is total transparency with the steps, essays and applications. Priya goes out of her way to get to know the student so she can research colleges that are best fit for the student’s goals and needs. Additionally, knowing that the essays provide the foundation of a strong application, Priya spends time brainstorming ideas for the personal statement and supplemental essays. Her editing skills encourage students to keep enhancing each draft, and these subtle nuances help in making a good essay great.

Jessica Chermak is an Independent College Counselor with over a decade of experience in academia and helping students navigate the college admissions process. She also spent four years conducting research at University of Colorado Boulder’s Institute of Behavioral Science. Jessica graduated from Chapman University with a BA in Psychology, and from University of Denver with an MA in Forensic Psychology. She is a Licensed Professional Counselor (LPC), and a Professional Member of the Independent Educational Consultants Association (IECA). In her spare time, Jessica enjoys reading mystery novels, cycling, trail running, hiking, and watching her sweet puppy stare out the window all day. She is passionate about helping students discover post-secondary options that are a great fit socially, academically, and financially, and is motivated by the incredible growth she has seen in her students as they navigate the college admissions process.

A wonderful team of volunteers, individual mentors, and our school board.
Empower Yourself

With an Education for Life

What Kind of Students Do Colleges Want?

“Knowing yourself is the beginning of all wisdom.”

— Aristotle

In the 21st century, high SAT scores and 4.0+ GPAs are no longer a reliable predictor of success in life. For top colleges now, academic excellence is only one factor, and not always the most important.

Admissions directors are looking for students who have more than school-skills. What they want now are life-skills: *creativity* *initiative* *intuition* *love of learning* *adaptability* *cooperation* *understanding people* *working as a team to accomplish yet to be imagined goals.*

At Living Wisdom High School, success is found in the ability to embrace challenge with willingness, creativity, and solution-consciousness, enabling students to thrive in all circumstances. Students learn to meet life at the highest level of engagement leading to fulfillment and lasting happiness. Success then becomes more than what you know, but who you are!

Living Wisdom High School is a holistic environment. It is part of the international Education for Life movement, extending three decades of Bay Area success in the K–8 years into the all-important teen years.

Living Wisdom Students Go On to Thrive!

“I am a senior now at U.C. Davis, graduating with honors in Genetics and minoring in French. I attribute my love of learning and confidence in myself to my foundation in Living Wisdom.”

— Hadley, alumna

Graduates of Living Wisdom Schools have excelled at top universities all over the world, been accepted into high-level internships and fellowships, attended gap year programs and trade schools, and have become entrepreneurs in their fields of interest.

A Supportive Learning Community

“This is a wonderful school.”

— Dr. Keith Devlin, Stanford University’s H-STAR Institute

The culture of Living Wisdom School is based on mutual respect, friendship, cooperation, and kindness. Integral to the daily schedule is the practice of yoga, meditation, and introspection. This is the practical foundation of self-understanding — for both students and teachers — upon which all other values rest.

Classes are small, teaching is individualized. Student to student friendships, and teacher to student relationships develop a level of depth impossible in a large, mainstream high school.

Living Wisdom School is ideal for unique individuals. For passionate, creative, thoughtful students, it can be a dream come true, turning the teen years from a trial to be endured, to a joyful exploration.

In this supportive learning community, you can achieve academic excellence through online and in-person classes with coursework in general education, college prep, honors, AP, and through dual credit college classes. Highly qualified teachers become friends, mentors, and coaches. Students develop their personal passions and participate in service projects, including national and international adventure travel.