



# OUTWARD BOUND COSTA RICA

## ACADEMIC CREDIT PACKET



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# WHY YOU MAY QUALIFY FOR ACADEMIC CREDIT

## *Educational Philosophies*

Outward Bound Costa Rica courses are based on the educational pedagogy of the founder of Outward Bound and Harvard Graduate School Education, which bridges the gap between exploration and education. The Expeditionary Learning Schools' curriculum development allows students to explore and preserve the foundation of traditional academics on a non-traditional journey.

Outward Bound Costa Rica semester courses create an environment for students to learn through personal experience. The pedagogical foundation is one that demands personal reflection, group communication, cultural sensitivity, mental expansion, and physical commitment.

## **Cognitive Skills**

- Reading of required texts on anthropology, natural history and sustainable development
- Discussion of tropical ecology, zoology, botany, agriculture and environmental issues from both scientific and metaphysical perspectives
- Understanding of native Costa Rican cultures through homestays and interviews
- Communication in Spanish

## **Psychomotor Skills**

- Rainforest navigation & travel
- Whitewater raft guiding and rescue
- Minimal impact camping
- Scuba diving
- Rainforest canopy ziplining
- Rappelling and backpacking

## **Affective Skills**

- Completing seemingly insurmountable tasks
- Contributing personal skills to group efforts
- Developing leadership skills
- Communicating effectively

## *Rationale for Academic Credit*

An Outward Bound Costa Rica course gives you a safe, supportive environment in which to study the lands and cultures of Central America. Students participating in the course have unique access to the people and places in Costa Rica, Panama, and Nicaragua.

Your course takes you into the wilderness and local villages and pushes you to develop cognitive skills as well as psychomotor and affective skills. For example, as you experience direct consequences for your choices while rafting, you strengthen your decision-making process. You'll learn the importance of addressing local community needs through service projects, the value of effective communication while assisting fellow students rappelling down a waterfall, and develop an understanding of ecology through hiking in the rainforest. Furthermore, you will see first-hand the ramifications that international economics have on small village communities and the effects of deforestation.

# OPTION 1: WESTERN STATE COLORADO UNIVERSITY

Our partnership with Western State Colorado University (WSCU) is recommended for high school graduates and enrolled college students. It provides an alternative if your academic institution will not accept independent study to obtain transfer credits.

This option provides schools an official transcript from a US accredited university. The transcript is on a 4.0 grade scale, and credit is earned for Recreation and Outdoor Education 397 (ROE) from an Outward Bound School.

The transcript will show 10 or 12 credits depending upon your participation in one of OBCR's semester course. Before registering with WSCU, we strongly recommend that you confirm in writing with your academic advisor that these credits will transfer.

Western State Colorado University charges a fee per credit. It accepts financial aid through the Free Application for Federal Student Aid (FAFSA) as well as a number of other organizations and specialized educational funds.

If you are committed to enrolling in an Outward Bound Costa Rica semester course, you can register for credits through Extended Studies at Western State Colorado University by filling out their [registration packet](#) and submitting it to [outdoorprograms@western.edu](mailto:outdoorprograms@western.edu).

For questions about WSCU's program, please contact Western's Extended Studies Outdoor Program Department by calling 970.943.2885 or emailing [outdoorprograms@western.edu](mailto:outdoorprograms@western.edu).

# OPTION 2: INDEPENDENT STUDY

If you choose this option, start early! Not all institutions accept this option.

We highly suggest you consult with your academic advisor to ensure that independent study credits will transfer before arriving on course.

You will work with your advisor to create a project or decide the parameters of a paper to be completed after your semester course in exchange for credit. This is an opportunity that requires you to show initiative and one that you will have to rigorously pursue while you are on course. We recommend getting all requirements and details in writing.

Work with your academic advisor to design a project that is intriguing to you and that is relevant to your Outward Bound Costa Rica course. We encourage students to be creative and original in choosing a topic, research methods and final presentation.

The receipt and transfer of all academic credit is at the discretion of the school, college or university you attend or plan to attend. Making arrangements for academic credit is your responsibility and should be arranged prior to course. We highly recommend that you document all visits to your academic advisor, registrar, or head of school and secure any agreements that are made regarding credit transfer in writing.

## *Academic Transcript from Outward Bound Costa Rica*

Students pursuing independent study will receive an official pass/fail transcript issued by Outward Bound Costa Rica for either 10 or 12 credits depending on the course you choose in Cultural Anthropology, Natural History, and Recreational Leadership, as well as a written review of their performance on course.



If you have any questions, please do not hesitate to contact us by calling 1-800-676-2018 or by emailing our Enrollment Manager at [Enrollment@OutwardBoundCR.org](mailto:Enrollment@OutwardBoundCR.org).

**¡HASTA PRONTO!**



**OUTWARD BOUND  
COSTA RICA**