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| Student Name | Liane van der Hoven-Ferreira |
| Address | Earth Cottage, Mountain Rose Farm, Hemel-en-Aarde Valley, Hermanus, Western Cape, 7200, South Africa |
| Program(s) | Sophia Institute Waldorf Certificate Program |
| Track | Elementary/High School Education |
| Credits/Program | 42 |
| Credits Completed | 07 |
| Enrollment | July 09, 2019 through today |

Waldorf Certificate Program / Semester 01 / Credits: 7 (completed credits: 6)

Course: What is Anthroposophy? An Introduction. / Credits: 1

Lesson 1: Definition and expression of Anthroposophy in our modern world.

Lesson 2: Rudolf Steiner's life and work (Part 1).

Lesson 3: Rudolf Steiner's life and work (Part 2).

Lesson 4: Rudolf Steiner's life and work (Part 3).

Lesson 5: Thinking, feeling and willing. The threefold human being.

Lesson 6: Physical body, etheric body, astral body, and ego.

Lesson 7: The seven life processes and the seven soul types.

Lesson 8: The twelve senses.

Lesson 9: Anthroposophy at work in our modern times. The impulses of Anthroposophy in education, the arts, medicine, agriculture, and social issues.

Lesson 10: The structure of the Anthroposophical Society and the School of Spiritual Science.

Date of Completion: December 07, 2019

Course Description: The *What is Anthroposophy? An Introduction Course* introduces students to specific themes and aspects of the Anthroposophical world-view, including an introduction to the teachings of its founder, Rudolf Steiner. The course offers an overview of Rudolf Steiner's life and work, his teachings, the philosophical and psychological foundations of Anthroposophy, and the way Anthroposophy can be seen at work in our modern world: in education (Waldorf or Rudolf Steiner Education), curative education and therapy (Camphill Communities and curative homes), the arts (Eurythmy, architecture, painting, etc.), medicine (Anthroposophical Medicine), agriculture (Bio-dynamic Agriculture), and social issues (Social Threefolding). This course is of interest to anyone who wants to understand the basic ideas and concepts of Anthroposophy and Waldorf Education, curative education, bio-dynamic agriculture, etc., or to students who long to understand Rudolf Steiner's significance for our time. The courses consist of 10 lessons which include presentations and study materials from many sources.

Course: Foundation Studies 1 / Credits: 4

1.1. Anthroposophy and Biography/Introduction to Life Phases

1.2. Rudolf Steiner's Biography/Introduction to Rudolf Steiner's Life and Work

1.3. Devotion and Meditation/Knowledge of the Higher Worlds/Chapter 1

1.4. Meditation in Practice/Knowledge of the Higher Worlds/Chapter 2

1.5. Sequence and Patterns in Life's Trials/Knowledge of the Higher Worlds/Chapter 3

1.6. Education of the Soul and Spirit/Knowledge of the Higher Worlds/Chapter 4

1.7. Requirements and Conditions of the Inner Path/Knowledge of the Higher Worlds/Chapter 5

1.8. Anthroposophy and Buddhism/Knowledge of the Higher Worlds/Chapter 6

1.9. Dream Experiences of Body, Soul and Spirit/Knowledge of the Higher Worlds/Chapter 7

1.10. The Three States of Consciousness/Knowledge of the Higher Worlds/Chapter 8

1.11. The Splitting of the Soul Forces/Drug Use/Problems of Our Time/Knowledge of the Higher Worlds/Chapter 9

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- 1.12. The Guardian of the Threshold/Karma/Guardians in Society/Knowledge of the Higher Worlds/Chapter 10
- 1.13. The Greater Guardian of the Threshold/Global Consciousness/Knowledge of the Higher Worlds/Chapter 11
- 1.14. Authentic Cognitive Striving versus Passive Visionary Dreams/Knowledge of the Higher Worlds/Epilogue
- 1.15. Summary and Reflection/Knowledge of the Higher Worlds

Date of Completion: December 30, 2019

Course Description: The *Sophia Institute Foundation Studies* are designed to meet the needs of those individuals who want to develop their artistic abilities, and acquaint themselves with, or deepen their understanding of the basic world-view of Anthroposophy brought by Rudolf Steiner (1861-1925). The achievements inspired by Anthroposophy can be seen today throughout the modern world. It is attracting those people who wish to work out of new impulses in the fields of agriculture, the arts, education, curative education, social therapy, natural sciences, and medicine. The Foundation Studies are similar to the Foundation Studies Programs offered by the other Waldorf Teacher Training Centers in the USA and Canada and prepare students to teach in Waldorf Schools, Waldorf Kindergarten and Pre-Schools, and Waldorf High Schools. Foundation Studies, while providing a background for those wishing to become teachers in Waldorf Schools, also offers the same opportunity to others who are interested in learning more about how they may work in the world, guided by a foundation in Anthroposophy. In the Foundation Studies broad themes of the essential nature of the human being and human development are taken up on many different levels. The Foundation Studies include an in-depth study of Phases and Biography Work, Rudolf Steiner's life and work, and several basic books and lectures by Rudolf Steiner including *Knowledge of the Higher Worlds and Its Attainment*, *Theosophy*, and *Reincarnation and Karma*.

Course: Art of Needle Felting / Credits: 1

- Lesson 1: Getting Ready for Felting
- Lesson 2: Simple Projects for Children and Beginners 1
- Lesson 3: Simple Projects for Children and Beginners 2
- Lesson 4: Projects for Experienced Felters 1
- Lesson 5: Projects for Experienced Felters 2

Date of Completion: December 09, 2019

Course Description: The *Sophia Institute Art of Needle Felting Art Course* covers the basics and practice of needle felting as an art. Using a single, barbed needle borrowed from commercial felting machines, wool fibers are tangled and compacted by repeatedly jabbing the needle into the fibers, forming three-dimensional felt sculptures bound only by one's imagination. In contrast to traditional felt making methods that use water and friction, needle felting is also known as dry felting.

Course: Art of Storytelling / Credits: 0

- Lesson 1: Getting Ready for Storytelling
- Lesson 2: Practicing the Art of Storytelling 1
- Lesson 3: Practicing the Art of Storytelling 2
- Lesson 4: Advanced Storytelling 1
- Lesson 5: Advanced Storytelling 2

Date of Completion: December 20, 2019



TRANSCRIPT

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Course Description: The *Sophia Institute Art of Storytelling Course* gives the student an introduction to and practice with the art of storytelling. Einstein said, "Imagination is more important than knowledge." Yet, in the current climate of testing and even our own desires to teach our children "well," we are missing a great opportunity to foster the growth of this vital tool, imagination, in favor of filling our children with information rather than a sense of creativity. For most of human history wisdom was passed down orally, and while the printed word is a most useful and vital invention that has contributed so much to the spread of knowledge, we are hard-wired to hear and imagine; our brains grow and our minds expand as the spoken word falls from the lips of our teachers, parents, relatives and elders, enters our consciousness and joins us to the collective unconscious. If we continue to rely almost exclusively on the book as our primary means to pass on knowledge, especially for young children, we cheat them out of their human birthright, to creatively imagine for themselves the images we describe. Noting the rapid decline of language skills over the past two generations, child psychologists and educators are now actively championing storytelling as an ideal method of influencing a child to associate listening with pleasure, of increasing a child's attention span and retention capacity, of broadening a child's vocabulary and introducing a child to the symbolic use of language. As children hear a story they form pictures in their minds to go along with the words, each one different. As their imaginations receive exercise, minds grow, and become more creative and flexible.

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Sophia Institute Foundation Studies and Waldorf Certificate Program

- The **Foundation Studies** offered by Sophia Institute are part of the Waldorf Certificate Program but also constitute a program in itself. The Foundation Studies is a degree program (Certificate Program), and includes 2 semesters and 14 credits which translates into 168 credit hours (or 12 hours per credit).
- The **Foundation Studies/Core Studies Program** includes 2 segments (part 1 and part 2) and 8 credits which translates into 96 credit hours.
- The **Waldorf Certificate Program** is a degree program, and the completed program counts as a Certificate Program with 42 credits. The program requires 42 credits which translates into 504 credit hours (or 12 hours per credit).

Compared to other degrees the Foundation Studies and Waldorf Certification Program rank below the associate degree which typically includes 60 credits, or the bachelor's degree which typically includes 120 credits, and the master's degree which typically includes 180 credits. Sophia Institute offers certificate degrees, but does not offer associate, bachelor's or master's degrees.

Sophia Institute. The Sophia Institute's mission and purpose is to support and enhance the work of schools, non-profit organizations, small businesses, educators, therapists, parents and others working out of the impulse of Anthroposophy. The Sophia Institute provides Waldorf Teacher Training, adult education courses, Foundation Studies in Anthroposophy and the Arts, online courses, workshops and retreats, renewal courses, consulting services, administrative services, newsletters, counseling and publications.

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