



Institute Elevate Learning Experience

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Published by
The Church of Jesus Christ of Latter-day Saints
Salt Lake City, Utah

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Seminaries and Institutes of Religion Information Services
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USA

Email: si-research@ldschurch.org

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Printed in the United States of America

Version 2, 3/17

English approval: 2/17

PD60002572

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Introduction to the Institute Elevate Learning Experience

The purpose of the Elevate Learning Experience (ELE) is to provide students with the opportunity to have meaningful experiences with the word of God. Students are most likely to achieve this as they more fully understand, apply, and share the teachings of Jesus Christ. Completion of one of the following three ELE options is required to earn credit for each course:

1. Elevate Learning questions: Students ponder and answer study questions throughout the course. There are specific questions for each of the four Cornerstone classes as well as a general elective version for all other courses. Links to the study questions are found below.



The Eternal Family (Religion 200)



Foundations of the Restoration (Religion 225)



Jesus Christ and the Everlasting Gospel (Religion 250)



Teachings and Doctrine of the Book of Mormon (Religion 275)



General Elective Courses



2. Course study journal: Students regularly record what they are learning, how they are applying it, and how their experiences are strengthening their faith in Jesus Christ.



3. Personal learning project: Students plan and complete a personal learning project approved by their teacher. The project demonstrates learning and application of doctrines and principles addressed in the course and summarizes how the student's faith in Jesus Christ has been strengthened.



For training on how to use the Elevate Learning Experience, watch the video "How to Use the Elevate Learning Experience" (LDS.org).

Students will get the most out of this experience if they start early, work on it regularly, seek feedback, and share their experiences with their family and friends, either in person or on social media. Class time may be scheduled to give students opportunities to explain, share, and testify of what they have learned about Jesus Christ and His gospel. After each class, students may add to or revise their personal learning projects to reflect their personal understanding and application of the gospel principle covered.

Near the end of the course, students are invited to hand in their completed experiences or report their completion. While teacher feedback is important, remember that the primary purpose of the experiences is to strengthen students' faith in Jesus Christ. This happens when students evaluate their own understanding of the key doctrines and principles and apply them in their lives.

Accommodations for students with special needs, disabilities, or health-related conditions may be necessary to help them complete the ELE.

Additional information can be found in the Frequently Asked Questions (FAQ) about Elevate Learning Experiences for Institute.

Please send feedback to si-research@ldschurch.org.

Cornerstone Course Questions

Teacher Instructions

This Elevate Learning Experience is for institute students taking a Cornerstone course. This learning experience consists of a set of questions that are an important companion to the assigned readings and class participation.

Student responses do not have to be long, but they should represent the students' best efforts. With your help, students are invited to write, review, revise, and submit responses to these questions throughout the course. Although students are encouraged to write their responses outside class, you may decide to devote some class time to these efforts.

While many of the details in administering and following up need to be tailored to individual programs, the following steps will help you and your students have a successful experience.

1. *Prepare:* Before the course begins, set a review date and a deadline for students to submit their responses to each question. Some instructors may wish to review or submit all responses on a single day near the end of the semester; others may decide to review and submit responses one at a time periodically throughout the course. Make sure you cover the necessary course material before you assign the students to respond to the questions related to that material.
2. *Set clear expectations:* At the beginning of the course, give students a copy of the Elevate Learning Experience. Take a few minutes to explain clearly the purpose and expectations for this experience, including dates to review course material and submit responses.
3. *Follow up:* Throughout the course, consistently encourage and assist all students as they work to complete the Elevate Learning Experience by the due dates.
4. *Review:* For days you have scheduled a review, invite and remind students to bring their responses to class. The purpose of the review is to help students assess their responses and share what they have learned. Students may benefit by reviewing one another's work in pairs or small groups. You can make the review more meaningful as you invite students to explain, share, and testify of what they have learned (see *Gospel Teaching and Learning: A Handbook for Teachers and Leaders in Seminaries and Institutes of Religion* [2012], 10). You should spend 10 to 15 minutes on each question during the reviews. Students are encouraged to revise their responses as needed before submitting their final answers.



5. *Submit:* By the end of the course, students submit their responses to you. Students have completed the Elevate Learning Experience when they have made a reasonable effort, as evaluated by the teacher, to write, revise, and submit their responses to all the questions for the course. Record those who submit their responses in the WISE Gradebook.

Note: Make sure that those students who have specific needs, disabilities, or health-related conditions have the accommodations they need to participate in this assessment on an equal basis with their peers. Some accommodations may include providing large-print or audio versions of materials, allowing students to complete the responses with the help of others, permitting them to submit verbal instead of written responses, or allowing them to dictate their answers to a scribe or recorder. Go to lds.org/topics/disability to find general information on helping individuals with disabilities.

Student Instructions

This Elevate Learning Experience consists of a set of questions that are an important companion to your class participation and study of the assigned readings. Working on the responses to these questions throughout the course will help you to deepen your understanding and application of the gospel as you reflect on and share what you have learned. Complete the following steps for each question:

1. *Write* an organized response for each question using your own words. Support your answers with the scriptures and the words of the prophets. Be sure your responses are appropriate to share.
2. *Review* your responses by bringing them to class on the date(s) given by your instructor.
3. *Revise* your responses based on the reviews, as needed.
4. *Submit* your final responses for all questions by the date(s) given by your instructor.

Your responses should be completed outside class unless directed otherwise. If you have a specific need, disability, or health-related condition, speak with your instructor so that he or she can make accommodations to help you complete this experience. Your instructor wants you to succeed with this experience and is willing to help you be successful.

The Eternal Family (Religion 200)

Questions

1. Why is the family central to our Heavenly Father's plan of happiness?

Your response should include:

- A description of the main purposes of the plan of salvation.
- An explanation of how righteous families help fulfill those purposes throughout eternity.
- An explanation of why the doctrine of the family is important to you and your eternal progression.
- An explanation of how your understanding of the family's central role in the plan of salvation has affected the choices you make in this life.



2. What are the Lord's standards for marriage?

Your response should include an explanation of:

- The divine roles and responsibilities of spouses and parents.
- The Savior's role in marriage and family.
- The laws governing chastity and fidelity in marriage and the eternal nature of those laws.
- The ways you can apply these principles to prepare for or improve your marriage and family.

3. How has "The Family: A Proclamation to the World" (*Ensign* or *Liahona*, Nov. 2010, 129) positively impacted your life during this course?

You may build on or connect ideas from your previous responses or write about a new topic. Your response should include:

- An explanation of a specific principle or doctrine from the family proclamation, with an accompanying explanation using scriptures or words of latter-day prophets.
- An example of how following the counsel of prophets has helped you better understand the principle or doctrine you chose.
- Examples of blessings you or others have received by heeding the counsel in the family proclamation.
- A description of what you will do to more fully live according to the principle or doctrine you chose.

Key Points of Doctrine

The following information has been compiled using the key points within the lessons for this course. The numbers in parentheses that follow the quotations indicate the lesson number in *The Eternal Family Teacher Manual* (2015) where the statement can be found. Compare your response with the information below. If there is a key point of doctrine from this review that you did not include in your answer, consider revising your response before submitting it. You do not need to copy this information verbatim into your response; just make sure that you understand these doctrines and communicate that understanding. Because question 3 requires a more personal response, there are no key points for that question.

1. Why is the family central to our Heavenly Father's plan of happiness?

The main purposes of the plan of salvation:

- "Heavenly Father's plan provides a way for us to become like our Heavenly Parents" (3).
- "The earth was created to help bring about the immortality and eternal life of man" (4).

How righteous families help fulfill those purposes throughout eternity:

- "The family is a central part of God's plan for premortal, mortal, and eternal life" (6).
- "Because of the Fall, Adam and Eve could bear children and their posterity could progress toward eternal life" (4).
- "With a physical body, we experience conditions of mortality that can prepare us for eternity" (5).
- "When we enter into the new and everlasting covenant of marriage, we can be exalted in the highest degree of the celestial kingdom" (15).

2. What are the Lord's standards for marriage?

The divine roles and responsibilities of spouses and parents:

- "Husband and wife have a solemn responsibility to love and care for each other" ("The Family: A Proclamation to the World," 129).
- "When a husband and wife bring a child into the world, they are fulfilling part of Heavenly Father's plan of happiness" (17).
- "Parents are commanded to teach their children to love and serve each other, to keep the commandments of God, and to be law-abiding citizens" (22).

The Savior's role in marriage and family:

- "The Atonement of Jesus Christ makes it possible for each of us to ultimately receive all of our Father in Heaven's promised blessings" (24).
- "As families build their foundation on Jesus Christ, Satan will not have power to destroy them" (19).

Laws governing chastity and fidelity in marriage and the eternal nature of those laws:

- “Marriage between a man and a woman is ordained of God” (“The Family: A Proclamation to the World,” 129).
- “God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife” (“The Family: A Proclamation to the World,” 129) (16).
- “Changes in the civil law do not, indeed cannot, change the moral law that God has established. God expects us to uphold and keep His commandments regardless of divergent opinions or trends in society” (quoted in Gospel Topics, “Same-Sex Marriage,” [lds.org/topics](https://www.lds.org/topics)) (7).

Foundations of the Restoration (Religion 225)

Questions

1. How can I discern between truth and error?

Your response should include:

- The role of the scriptures, words of modern prophets, and the Holy Ghost in establishing truth.
- How study, faith, and prayer can help you learn truth.
- How to find, evaluate, and use reliable sources on the history of the Church and its revealed doctrine.
- How you can apply the principles you have learned to discern truth from error as you or someone you know deals with a current decision, challenge, or problem.



2. Why is it important for me to understand that “Joseph Smith ... has done more, save Jesus only, for the salvation of men in this world, than any other man that ever lived in it”? (D&C 135:3).

Your response should include:

- The role of the First Vision in the Restoration of the gospel and in the opening of the dispensation of the fulness of times.
- How a truth restored through Joseph Smith has blessed your life.
- How priesthood keys or saving ordinances restored through Joseph Smith have blessed your life.
- How Joseph Smith’s role in the Restoration has brought you closer to Heavenly Father and Jesus Christ.

3. How has one of the following key events or doctrines of the Restoration blessed your life?

a) The coming forth of the Book of Mormon, b) key sections and doctrine in the Doctrine and Covenants, c) the revealed organization of the Church, d) the restoration of the priesthood, e) temples and temple work. Your response should include:

- What you have learned about this event or doctrine from your participation in this course.
- How this event or doctrine demonstrates that the heavens are open.
- How this event or doctrine has blessed your life or why it is personally important to you.

- Your testimony of what you have learned about the restored gospel.

Key Points of Doctrine

The following information has been compiled using the key points within the lessons for this course. The numbers in parentheses that follow the quotations indicate the lesson number in the *Foundations of the Restoration Teacher Manual* (2015) where the statement can be found. Compare your response with the information below. If there is a key point of doctrine from this review that you did not include in your answer, consider revising your response before submitting it. You do not need to copy this information verbatim into your response; just make sure that you understand these doctrines and communicate that understanding. Because question 3 requires a more personal response, there are no key points for that question.

1. How can I discern between truth and error?

The role of the scriptures, words of modern prophets, and the Holy Ghost in establishing truth:

- As companions to the Bible, “the Book of Mormon and the Doctrine and Covenants were brought forth for the salvation of the world” (22).
- “The Holy Ghost can help us know if the things we read are true” (10).
- “If we heed the words of the prophet, we will be protected against the adversary” (9).
- “When the Lord’s servants speak by the power of the Holy Ghost, their words convey the will of the Lord” (12).

How study, faith, and prayer can help you learn truth:

- “When we include faith in the learning process, we qualify for the Lord’s help” (10).
- “We can find answers to our greatest questions when we obey the commandments, study appropriate sources of information—particularly the words of living prophets—seek guidance through prayer, and exercise patience and faith” (10).
- “When we face questions or doubts about the gospel, we should hold fast to what we already know to be true and trust that we can either find an answer through further study or that God will reveal the answer at a future time” (4).

How to find, evaluate, and use reliable sources:

- “We might remind the sincere inquirer that Internet information does not have a ‘truth’ filter. Some information, no matter how convincing, is simply not true” (10; Neil L. Andersen, “Joseph Smith,” *Ensign* or *Liahona*, Nov. 2014, 29).
- “To avoid being deceived by false or misleading information, those who seek the truth should search out credible sources of information about the Church and its history” (2).

- “When we begin by measuring modern practices and proposals against what we know of God’s plan and the premises given in the word of God and the teachings of His living prophets, ... we know that this puts us on safe ground eternally” (10; Dallin H. Oaks, “As He Thinketh in His Heart” [An Evening with a General Authority, Feb. 8, 2013], lds.org/broadcasts).
2. Why is it important for me to understand that “Joseph Smith ... has done more, save Jesus only, for the salvation of men in this world, than any other man that ever lived in it”? (D&C 135:3).

The role of the First Vision in the Restoration of the gospel and the opening of the dispensation of the fulness of times:

- “Eternal truths were restored to the earth when Heavenly Father and Jesus Christ appeared to Joseph Smith” (2).
- “When we gain a testimony that Joseph Smith saw God the Father and His Son, Jesus Christ, we can also come to know the truthfulness of the Restoration of the gospel” (2).
- “Joseph Smith was called by God to restore the gospel for our dispensation” (1).

How a truth restored through Joseph Smith has blessed your life:

- “Jesus Christ is a living, glorified being. Jesus Christ is the Only Begotten of the Father. Jesus Christ is the Creator of this and other worlds” (13).
- “The Church of Jesus Christ of Latter-day Saints is the only true and living church upon the earth” (6).
- “As children of our Heavenly Father, we have the potential to become like Him” (17).
- “Through the Prophet Joseph Smith, the Lord revealed additional scripture that confirms, clarifies, and expands our knowledge of truth” (12).

Priesthood keys or saving ordinances restored through Joseph Smith and how they have blessed your life:

- Joseph Smith received “the keys of missionary work, eternal families, and temple work” (14).
- “Before individuals can be baptized, they must be humble, repentant, willing to take upon themselves the name of Jesus Christ, and determined to serve Him to the end” (6).
- “In order to obtain the highest degree of the celestial kingdom, we must enter into the new and everlasting covenant of marriage” (19).

Jesus Christ and the Everlasting Gospel (Religion 250)

Questions

1. What can I learn from the Savior about obeying the will of Heavenly Father?

Your response should include:

- Teachings or examples from the Savior's eternal ministry that illustrate His obedience to Heavenly Father.
- How Jesus's obedience to Heavenly Father relates to your own discipleship.
- Why the Savior's example of obedience is important to you and how He can help you take the steps you need to strengthen your discipleship.
- How the Savior's example of obedience helps you obey the will of Heavenly Father.



2. Why do I need the Savior?

Your response should include:

- The main obstacles we must overcome because of our fallen state.
- How the Savior's various roles throughout His eternal ministry help Heavenly Father's children overcome these obstacles.
- What we need to do to accept and invite the Savior's help.
- At least one way that you have felt the divine help of the Savior in your life in overcoming challenges and obstacles.

3. What have I learned in this course about Jesus Christ and the everlasting gospel that has blessed my life?

You may build on or connect ideas from your previous responses or write about a new topic.

- In one or two sentences, state the doctrine you have learned.
- Explain this doctrine using examples from the scriptures or words of the prophets.
- Share how the teachings, example, or Atonement of the Savior have blessed your life.
- Write your testimony of what you have learned about Jesus Christ and the everlasting gospel.

Key Points of Doctrine

The following information has been compiled using the key points within the lessons for this course. The numbers in parentheses that follow the quotations indicate the lesson number in the *Jesus Christ and the Everlasting Gospel Teacher Manual* (2015) where the statement can be found. Compare your response with the information below. If there is a key point of doctrine from this review that you did not include in your answer, consider revising your response before submitting it. You do not need to copy this information verbatim into your response; just make sure that you understand these doctrines and communicate that understanding. Because question 3 requires a more personal response, there are no key points for that question.

1. What can I learn from the Savior about obeying the will of the Father?

Teachings or examples from the Savior’s ministry that illustrate His obedience to Heavenly Father:

- “Jehovah was chosen from the very beginning. One reason Jehovah was chosen is that He sought to do the Father’s will and to give all glory to the Father” (2).
- “Though sinless, [Jesus Christ] was baptized to fulfill all righteousness” (8; “The Living Christ: The Testimony of the Apostles, The Church of Jesus Christ of Latter-day Saints,” *Ensign* or *Liahona*, Apr. 2000, 2).
- “The plan of salvation required Jesus to be perfectly obedient in order to perform the Atonement” (9).
- “I do nothing of myself; but as my Father hath taught me ... ; for I do always those things that please him” (John 8:28–29).

How Jesus’s obedience to the Father relates to your own discipleship:

- “Like the Savior, we fulfill righteousness when we submit to the ordinances and covenants of the everlasting gospel” (8).
- “Being a disciple of Jesus Christ requires obedience and sacrifice. ... Discipleship requires our sustained willingness to forsake all and follow Jesus Christ” (10).
- “We can gain strength to overcome temptation and to be obedient as we follow Jesus Christ’s example of seeking to do the Father’s will instead of our own” (9).

2. Why do I need the Savior?

The main obstacles we must overcome because of our fallen state:

- “We all experience spiritual death, being separated from the presence of God, and we are all subject to temporal death, which is the death of the physical body (see Alma 42:6–9; D&C 29:41–42)” (*True to the Faith: A Gospel Reference* [2004], 15).
- “In our fallen state, we are subject to opposition and temptation. When we give in to temptation, we distance ourselves from God (see Romans 3:23)” (*True to the Faith: A Gospel Reference*, 15).

How the Savior's various roles throughout His eternal ministry help Heavenly Father's children overcome these obstacles:

- "Jehovah created the earth to provide a place where God's children could live and progress toward eternal life" (4).
- "As the Only Begotten Son of God in the flesh, Jesus Christ was able to perform the Atoning sacrifice, which required Him to endure more than a mortal person could, and thereby fulfill His role in the Father's plan" (7).
- "Because of the Atonement of Jesus Christ, we can receive comfort and strength through the Holy Ghost to endure 'pains and afflictions and temptations of every kind' (Alma 7:11)" (16).
- "Because of the Atonement and Resurrection of Jesus Christ, all who are born into mortality will be resurrected" and brought back into the presence of God to be judged (19).
- "While in the world of spirits, Jesus organized the work of salvation for the dead" (18).
- "Jesus Christ is our Advocate with the Father" (24).
- "The Savior will judge us according to our words, thoughts, and deeds, and the desires of our hearts" (26).

What we need to do to accept and invite the Savior's help:

- "We can overcome Satan by relying on Jesus Christ, who worked out the Atonement, and by bearing and being true to our testimony" (3).
- "By choosing to place the Savior at the center of our lives while we are here on earth, we will obtain greater blessings in eternity" (2).
- "If we partake of the sacrament prayerfully and in a repentant spirit, we can receive a remission of sins, just as we did when we were baptized" (15).
- "As we accept Jesus Christ and make and keep covenants to obey God's commandments, we become begotten sons and daughters of Christ" (24).

Teachings and Doctrine of the Book of Mormon (Religion 275)

Questions

1. What is the role of the Book of Mormon in your life?

Your response should include:

- The main purposes of the Book of Mormon and its role in establishing truth.
- Promised blessings for those who study the Book of Mormon.
- Why it is important to understand the divine origin of the Book of Mormon.
- Blessings you have seen, felt, or experienced through your study of the Book of Mormon during this course.
- How your study and application of the Book of Mormon will improve, based on your experience in this course.

2. According to the Book of Mormon, how has Christ made it possible for you to be exalted?

Your response should include:

- An explanation of the doctrine of Christ and promised blessings to those who abide by it.
- How Christ has overcome spiritual and physical obstacles for each of us.
- How your appreciation of and commitment to Jesus Christ has grown during this course.
- What you do to show that you accept Jesus Christ as your Lord and Savior.

3. What truths from the Book of Mormon have influenced you?

You may build on or connect ideas from your previous responses or write about a new topic.

- List three to five principles or doctrines from the Book of Mormon that you have learned or that have become more meaningful to you because of your participation in this course.
- From your list, choose one principle or doctrine and explain it in depth, using examples from the scriptures and the words of the prophets.
- Share why this principle or doctrine is important to you and how you will act on it.



- Write your testimony of what you have learned through your study of the Book of Mormon during this course.

Key Points of Doctrine

The following information has been compiled using the key points within the lessons for this course. The numbers in parentheses that follow the quotations indicate the lesson number in the *Teachings and Doctrine of the Book of Mormon Teacher Manual* (2015) where the statement can be found. Compare your response with the information below. If there is a key point of doctrine from this review that you did not include in your answer, consider revising your response before submitting it. You do not need to copy this information verbatim into your response; just make sure that you understand these doctrines and communicate that understanding. Because question 3 requires a more personal response, there are no key points for that question.

1. What is the role of the Book of Mormon in your life?

The main purposes of the Book of Mormon and its role in establishing truth:

- “God brought forth the Book of Mormon in the last days to convince all people that Jesus is the Christ” (1).
- “The Book of Mormon contains the fulness of the gospel of Jesus Christ” (6).
- “The Bible and the Book of Mormon together bear witness of Jesus Christ” (7).

Promised blessings for those who study the Book of Mormon:

- “The teachings in the Book of Mormon are of great worth to us today because the writers were aware of the problems we would face” (6).
- “As we study the Book of Mormon and apply its teachings, we are fortified against the devil and the false teachings and concepts of our day” (11).

2. According to the Book of Mormon, how has Christ made it possible for you to be exalted?

An explanation of the doctrine of Christ and promised blessings to those who abide by it:

- “As we come unto Christ and keep the commandments, we will become more like Him and our Father in Heaven, and we will be saved” (3).
- “As we live according to the doctrine of Christ, we can access the blessings of the Atonement and receive eternal life” (8).
- “In order to receive the merciful blessings of forgiveness, we must exercise faith in Jesus Christ unto repentance” (16).

How Christ has overcome spiritual and physical obstacles for each of us:

- “Through His Atonement, Jesus Christ overcame the effects of physical and spiritual death” (5).

- “The Savior took upon Himself our pains, sicknesses, and infirmities so He could succor us as we face the challenges of mortality” (5).
- “Because Jesus Christ has broken the bands of death, we will each be resurrected and receive an immortal body” (18).

General Elective Course Questions

Teacher Instructions

This Elevate Learning Experience can be used with any institute course that is not a Cornerstone course. It consists of questions that are an important companion to the assigned readings and class participation. Inviting and helping students to study, apply, record, and share principles and doctrine can help them strengthen their testimonies and deepen their conversion.



According to your direction, students respond to three of the seven questions found on the student instruction sheet. Student responses should be drawn primarily from what they have studied and applied during the course. While some of the details in administering the Elevate Learning Experience may require adaptation depending on the class or individual students, the following steps will help you and your students have a successful experience:

1. *Prepare:* Before the course begins, review the questions and make a plan for administering the Elevate Learning Experience. Your preparation may include ways to introduce the questions to the class and to explain expectations concerning the Elevate Learning Experience, such as dates for reviewing and submitting the student responses, the expected length of the responses, and the format for the responses. It is recommended that you review each of the three student responses on three different dates of your choice throughout the course.
2. *Set clear expectations:* At the beginning of the course, provide each student with a copy of the questions found on the student instruction sheet. This will allow sufficient time for the students to study, apply, and record their responses to the questions throughout the semester. Help them understand the purpose of the Elevate Learning Experience. Clearly communicate your expectations for their responses, including dates for reviewing them and submitting them.
3. *Follow up:* Throughout the course, consistently encourage and assist all students as they work to complete the Elevate Learning Experience questions. Find ways to connect the questions with the curriculum, or integrate them into class activities. You may have the students work on their responses in class, out of class, or both.
4. *Review and revise:* For the days you have scheduled a review, invite and remind students to bring their responses to the assigned question(s) to class. Invite them, in their responses, to explain, share, and testify of what they have learned and applied from the course. Students may benefit by reviewing one another's work in pairs or small groups. You may invite students to revise their responses as needed before they submit them.

5. *Submit:* Students complete the Elevate Learning Experience by submitting the responses to all three questions in accordance with your expectations. *While your feedback on student responses is welcome, it is not mandatory.* Record the information in the WISE Gradebook for those students who submit their responses.

Note: Make sure that those students who have specific needs, disabilities, or health-related conditions have the accommodations they need to participate in this assessment on an equal basis with their peers. Some accommodations may include providing large-print or audio versions of materials, allowing students to complete the responses with the help of others, permitting them to submit verbal instead of written responses, or allowing them to dictate their answers to a scribe or recorder. Go to lds.org/topics/disability to find general information on helping individuals with disabilities.

Student Instructions

The Elevate Learning Experience consists of questions that are an important companion to your class participation and study of the assigned readings. Working on the responses to these questions throughout the course as you study, apply, record, and share principles and doctrine will help you strengthen your testimony and deepen your conversion to the gospel of Jesus Christ.

Drawing from the doctrine, principles, and information you have studied and applied during this course, respond to THREE of the seven following questions. (Your teacher may assign specific questions.) Consider the suggestions in the “Response” section below when crafting your answer. Be prepared to share what you have studied and applied by bringing your responses to class on the review dates your teacher schedules.

Questions

1. How have you come to better know your Father in Heaven?
2. What has helped you to more fully understand and rely on Jesus Christ and His Atonement?
3. How has your testimony of the Restoration of the gospel increased?
4. What has helped you to more fully qualify for the blessings of the temple?
5. Which truths from this course have blessed your life?
6. How have you strengthened your testimony of _____? (The teacher will provide the principle or doctrine for this question.)
7. How has your life improved because you have deepened your understanding of _____? (Choose ONE of the following doctrinal topics.)
 - The Godhead
 - The Plan of Salvation
 - The Atonement of Jesus Christ
 - The Restoration

- Prophets and Revelation
- Priesthood and Priesthood Keys
- Ordinances and Covenants
- Marriage and Family
- Commandments

Response

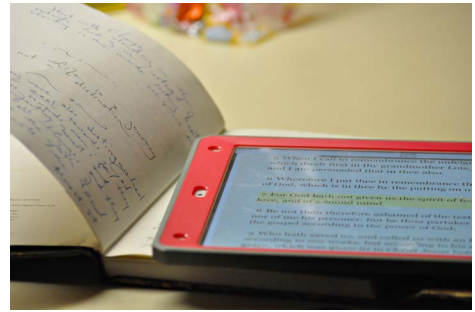
Consider including the following in each response:

- *Identify a doctrine* that has become more meaningful to you as you have participated in this course.
- *Explain the doctrine* using your own words, scripture passages, or words of the living prophets.
- *Share an experience* in which you have recently felt the power of the doctrine in your life.
- *Share* how your experience has deepened your conversion to the gospel of Christ.

Note: If you have a specific need, disability, or health-related condition, speak with your teacher so that he or she can make accommodations to help you complete this experience.

Course Study Journal

Keep a course study journal in which you regularly record what you have learned, how you have applied it, and how it has increased your faith in Jesus Christ. This will allow you to reflect upon and recognize the many blessings you have received from God. The journal can also be a source of inspiration and strength. Near the end of the course you will report to your teacher that you regularly kept a course study journal and how your experience strengthened your faith in Jesus Christ.



Elder Richard G. Scott (1928–2015) of the Quorum of the Twelve Apostles taught:



“Write down in a secure place the important things you learn from the Spirit. You will find that as you write down precious impressions, often more will come. Also, the knowledge you gain will be available throughout your life” (Richard G. Scott, “To Acquire Knowledge and the Strength to Use It Wisely,” *Ensign*, June 2002, 32).

President Henry B. Eyring of the First Presidency also spoke of the importance of recording spiritual impressions:



“I came home late from a Church assignment. ...

“... Just as I got to the door, I heard in my mind ... ‘I’m not giving you these experiences for yourself. Write them down.’

“... And as I did, I understood the message I had heard in my mind. I was supposed to record for my children to read, someday in the future, how I had seen the hand of God blessing our family. ...

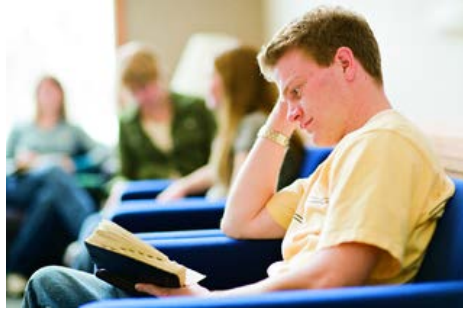
“I wrote down a few lines every day for years. ... Before I would write, I would ponder this question: ‘Have I seen the hand of God reaching out to touch us or our children or our family today?’ As I kept at it, something began to happen. ...

“More than gratitude began to grow in my heart. Testimony grew. I became ever more certain that our Heavenly Father hears and answers prayers. I felt more gratitude for the softening and refining that come because of the Atonement of the Savior Jesus Christ. And I grew more confident that the Holy Ghost can bring all things to our remembrance—even things we did not notice or pay attention to when they happened” (Henry B. Eyring, “O Remember, Remember,” *Ensign* or *Liahona*, Nov. 2007, 66–67).

For more information, see also 1 Nephi 1:1–3; 6:3–6; Alma 37:8–9; 3 Nephi 23:6–13; Moses 6:5, 45–46.

Personal Learning Project Guidelines

Propose and carry out a personal learning project, approved by your teacher, in which you deepen your understanding of the course content, apply the doctrines and principles in the course, and seek to increase your faith in Jesus Christ. Personal learning projects might include:



- Studying a gospel topic from the course that interests you.
- Identifying a real-world situation and applying the course content in a case study.
- Creating a resource (e.g., social media, graphic art, music, and so forth) based on the course content that would be of value to others.

These are just a few examples of what you can do. To fulfill the course requirement, the project must:

- Be approved by your teacher.
- Be relevant to the course content and include personal application.
- Include a report of what you did and its value to you and others.

Prayerfully consider a project that will be meaningful to you. You may want to brainstorm project ideas with your classmates, teacher, family members, or priesthood leaders. If you have questions about the appropriateness of a project idea, talk to your teacher.

Making Accommodations for Students with Disabilities

The purpose of Elevate Learning Experiences (ELE) accommodations is to enable students with specific needs, disabilities, or health-related conditions to participate in the ELEs on an equal basis with other students. Teachers should make appropriate accommodations to meet the specific needs, disabilities, and health-related conditions of their students. The following are guidelines to consider as you make accommodations for your students:



- Identify students who may have specific needs or disabilities. Speak with each student privately to identify his or her specific need(s). Listen attentively, and be positive.
- Work with parents and Church leaders to create a plan that appropriately accommodates the student's specific need(s). While sending the ELE home with the student is an option, be aware of the potential burden on parents. Do your best to determine the most effective option for students and parents.
- Implement the accommodations. Individual accommodations should remain confidential. It is impossible to list all possible accommodations; however, the following are examples of possible accommodations:
 - *Presentation:* Provide the student with an audio version of the ELE, present the instructions and ELE orally, or provide the student with a large-print version of the ELE.
 - *Response:* Allow the student to make verbal responses of his or her ELEs, or allow for answers to be dictated to a scribe or recorder.
- Avoid making accommodations that change or reduce the learning expectations of the student.
- Have Christlike love for each student, and follow the promptings of the Spirit as you make accommodations to meet students' needs.
- Visit [lds.org/topics/disability](https://www.lds.org/topics/disability) for more general information on helping individuals with disabilities.



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