TechLAB 7-9

What is TechLAB?

The name TechLAB stands for the three subjects that are covered by this hybrid program: Tech stands for the ADST portion (Applied Design, Skills, and Technology). The LA in LAB stands for Language Arts. The B stands for Bible. Put those together, and you get TechLAB.

Technology is a major focus of TechLAB, with students learning about coding, robotics, electronics, and the engineering Design Process. While many students think that is awesome, what's even better is that students will also complete English Language Arts and Christian Studies at the same time, while creating hands-on projects, following technical instructions, making video presentations, reading a tech-themed novel, discussing digital ethics, and wrestling with local and global issues related to technology.

Who Teaches TechLAB?

Mr. Mark Lamden has been teaching with HCOS since 2015. He wrote the first version of TechLAB in 2016 and has been making annual updates since then. Before joining HCOS, Mark was a pastor at Evangel Church in Powell River. Mark and Melanie have three teenagers who began their educational journey with HCOS. Mark loves the outdoors, sports, and music. He teaches some other courses in addition to TechLAB, including the Adventure Discipleship Program for Grades 10-12 students.

What Makes TechLAB Unique?

Here are some of the many unique aspects of the TechLAB 7-9 program:

- Students engage in learning about robots using hands-on equipment (Lego in Grades 7-8, Arduino in Grade 9).
- Students complete Tynker coding lessons and make their own program or game.
- Students make several ADST projects each year, sharing them with their classmates through live or recorded video presentations.
- Much of the course content and discussions are focused on technology, innovation, and creativity.

Synchronous vs. Asynchronous: What's the Difference?

Since TechLAB covers three full subjects in one course and there are several of ongoing lessons and projects, students are typically more successful if they attend the weekly synchronous meetings where they can ask questions, receive additional instructions and clarification, make friends and form study groups, and be reminded of the importance of staying on pace.

Synchronous students often report back that the synchronous meetings were the highlight of their years in TechLAB. Mr. Lamden also really enjoys getting to know students better through the weekly meetings.

While some students may lean towards doing online courses asynchronously, Mr. Lamden strongly encourages students to sign up for the synchronous TechLAB option and give it a try first. If it turns out not to be a good fit, students can switch to asynchronous.

Synchronous Meeting Format

> As of the 2026-2027 school year, TechLAB 7-9 synchronous classes will meet in an updated format.

Mr. Lamden will host two synchronous meetings per week for each grade of TechLAB. Students will be assigned to a cohort with one required 30 minute meeting time,. Students can request to be in either Cohort A or Cohort B to fit around other commitments like CC+.

> Visit this SOPHIE page to learn more about Grade 5-9 synchronous classes and to find the link for cohort schedules.

How to Enroll in TechLAB

Parents or teachers can sign students up for TechLAB in Encom. If you cannot see TechLAB offered in Encom, it may be that the course is already full. Please email Mr. Lamden to join the waitlist.

> When enrolling in TechLAB, students must sign up for all three courses: TechLAB ADST, TechLAB Christian Studies, and TechLAB English Language Arts. We are unable to accommodate students who wish to take ADST, Christian Studies, or English Language Arts

> in other formats outside of TechLAB.

FAQs

What is the cost?

The cost for middle school online courses is $75. Since TechLAB covers three courses, the cost is $225.

Do I need to buy anything for TechLAB?

Here is a detailed list of required resources:

- Students may need to buy the novel if they cannot find one at a local library or reserve a copy from our HCOS Learning Commons.
- Students do not need to buy or reserve a Lego Robotics Kit. The Learning Commons will loan kits to TechLAB 7-8 students.
- Students in Grade 9 will have the option of purchasing the Arduino Starter Kit (approximately $170) or using the free online TynkerCAD Arduino option.
- Students will be set up with a Tynker account at no extra cost.
- Students in middle school online courses require a computer, webcam, microphone and high-speed internet connection. A tablet is not a sufficient device to successfully complete online courses.

Is there a waitlist for next year?

Space is limited in TechLAB, so please sign up early. If you want to go on a waitlist for the following year in order to save a space, you are welcome to email Mr. Lamden.

Revision #6
Created 17 June 2025 20:37:14 by Sherie Seddon
Updated 28 September 2026 18:00:58 by Sherie Seddon