

# Advanced Placement Contract

You must submit this signed contract in order to request an **AP Course** for the school year.

The Lynbrook High School Guidance Department believes in helping all students make appropriate choices to ensure student success. We want students to be challenged, without becoming overwhelmed by overloading their schedule with too many Honors and/or AP courses or with courses for which they are not prepared. Please read and carefully consider the following guidelines and information:

1. AP courses are equivalent to college-level curriculum. **Students should expect the workload, rigor, pace, and assessment to reflect what is required of college students.**
2. Honors/AP courses **require significantly more time and energy outside of class.** See the estimated time commitments expected for LHS Departments on the opposite side.
3. **Honors/AP classes earn the same weighted credit** from schools awarding additional grade-point credit.
4. Although AP/Honors level courses are encouraged and looked upon favorably in the college admissions process, overall GPA carries more weight. **It is better to take fewer AP/Honors courses and maintain a higher GPA than to enroll in AP/Honors courses and earn lower grades.**
5. College Board's **AP Exams are not generally part of the admissions process.** College Board AP Exams are used by colleges to determine credits for college courses taken and passed during high school.
6. The majority of full-time students at four-year colleges take approximately four courses per term. Because college courses are so challenging that even college students only enroll in four at a time, keep this in mind as you **consider your overall academic schedule.**
7. Extra-curricular activities, standardized test preparation, college research, college applications, sleep, exercise, and general life activities all take time! **Complete the time management exercise on the opposite page to get a snapshot of what your days/weeks will look like.**
8. *If you choose to enroll in an AP course, and subsequently change your mind, you will not be placed into any other course.*

**Choose your courses wisely. Choose courses that you enjoy and in which you can be challenged without overwhelming yourself. Consider how the grades you earn will affect your cumulative GPA.**

*I have thoroughly read the above and am committing to an Advanced Placement course.*

\_\_\_\_\_  
Student ID #

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

**Time Estimates for Out-of-Class Work, as provided by Lynbrook Departments/Staff**

Department	Estimate
General Guidelines	College prep courses: 20 – 30 minutes per day; Honors level: 30 – 60 minutes per day; AP level: 1 – 2 hours per night
Art	No more than 2 hours per week in the upper levels
Music	10 – 20 hours per semester for performances
Business	30 - 45 minutes per week
World Language	Homework nightly; varies from 10 – 25 minutes at lower levels to 30 – 60 minutes at higher levels
Social Studies	1 – 2 hours per week for World History, US History, Government and Economics AP Government: 4 hours per week AP US History: 3 – 6 hours per week

My Weekly Schedule – an exercise for you to complete! *You can find the interactive version at [www.studygs.net/schedule/weekly.htm](http://www.studygs.net/schedule/weekly.htm).* Put in the average number of hours you expect each activity to require on a daily basis. You may need to tailor the chart to fit your needs – for example, you may need to add volunteer work to the work/internship category.

***Be realistic. You cannot expect to live on 4 hours of sleep a night for 9 months – even Benjamin Franklin slept for 6 hours nightly! What will you sacrifice?***

**My weekly schedule:: time management exercise**

**Determine how you spend a typical week.**

As you enter the hours or parts of hours for each activity, that amount is subtracted from each day's total:

Hours remaining:	24	24	24	24	24	24	24
Daily Activities:	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Classes:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Studying:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sleeping:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Exercise/sports:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Work/internship:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Family commitments:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Personal care/grooming:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Meal preparation/eating /clean-up:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Transportation (school, work, etc):	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Relaxing: TV/gaming, etc.:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Socializing & friends:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Total each column \_\_\_\_\_