

We
do
well





...DAMN WELL.

MIND

40% HONORS AND AP COURSES,

independent study
and inspiring academic coaching.

BODY

1,500 ACRES OF CRISP MAINE AIR,

camping, hiking and canoeing,
mindfulness seminars and wellness workshops —
all designed to boost your health and well-being.

HEART

LIVE, PLAY, AND LEARN

with people from all backgrounds and cultures —
experience a range of service-learning opportunities
that will offer you the chance to connect with
and lead diverse teams in the real world.

VOICE

DISCOVER THE UNIQUE POWER OF YOUR OWN VOICE

with teachers who encourage you
to speak your mind and be well-spoken
through an innovative public speaking program.



MAINE. ADVANTAGE.

A life between the ocean
and the mountains.
Imagine it. Experience it.
Live it.

Can you really
become the person
you hope to be
by learning in an
environment of
conformity?

Sounds pretty crazy, right? Yet that's the student experience most boarding schools deliver. Day in and day out: learn alike, study alike, test alike, compete alike, and yes, even look alike — in a place that isn't all that different. If that doesn't sound like what's going to work for you, we have a lot in common.

We do admit, at first glance we might look like a “traditional” New England boarding school, but our location in Maine provides advantages other boarding schools can't.

As 21st century educators, we know — definitively — that every student learns differently. We embrace that in everything we do: in every aspect of our program, in every experience we create on our spectacular campus, in how we support every single student.

How to help you do well **now — and preparing you to **do well** and **be well in life** are what matter most here. We are committed to helping you **find your purpose**. We are committed to **you**.**

This is Hebron.

MAINE.

A photograph of two women in black graduation gowns embracing warmly. The woman on the right is smiling and looking towards the camera, while the woman on the left has her back to the camera. They are both wearing rings. The background is a soft-focus indoor setting.

WELL. BALANCED.

Physical, social and emotional health drive everything you accomplish.

At Hebron, you'll develop your mind, body, heart and voice in every program, every class, every experience, and you'll see the return for the rest of your life.

ADAPTABLE LEARNERS

IN A WORLD CHARACTERIZED BY DYNAMIC INNOVATION AND UNRELENTING CHANGE, THOSE WHO LEAD FULFILLING LIVES MUST BE CURIOUS, ADAPTABLE, CONFIDENT AND RESILIENT.

We present a comprehensive liberal arts and science program to intentionally expose students to many different styles of teaching, learning, assessing, expressing and creating.

EFFECTIVE COMMUNICATORS

WE AFFIRM EACH UNIQUE VOICE BY SHAPING ITS ARTICULATION IN WRITING, SPEAKING, LISTENING AND ARTISTIC EXPRESSION.

Forming and refining effective communication skills will equip you to discover the power inherent in trusting both your views and voice.

RESPONSIBLE CITIZENS

BEING CONNECTED, ENGAGED AND OPEN TO NEW PERSPECTIVES ARE THE QUALITIES TODAY'S GLOBAL CITIZEN POSSESSES AND THE ONES WE CULTIVATE AT HEBRON.

The Hebron experience is alive with avenues for students to share their varied backgrounds and experiences in order to expand their perspectives and enrich interactions with each other, the environment and the world.

POISED LEADERS

IN OUR ACADEMIC PROGRAM AND BEYOND, YOU WILL ACQUIRE, CULTIVATE AND HONE LEADERSHIP SKILLS AND LEARN THAT LEADERSHIP COMES IN MANY FORMS.

We guide students in discovering how to identify their individual core values so they can leverage them to engage actively in the classroom, the community and the world.



IF YOU LIKE THE SPOTLIGHT,
YOU COULD BE FEATURED
AT A MUSIC MONDAY
PERFORMANCE, BE PART OF
AN EXHIBIT IN HUPPER GALLERY,
OR BE PUBLISHED IN
HEBRON REVIEW, HEBRON'S
LITERARY MAGAZINE.



**Hebron's liberal arts approach includes
a wide variety of options for creative pursuits.**

From AP studio art courses to private music lessons and just about everything in between, you'll find ways to grow the talents you already possess, but more importantly, have the opportunity to test ones you never thought you had.

The arts play a critical role in the overall well-being of our students. Exploring your artistic side can improve performance in advanced subjects like math or STEM. Self-expression can help you become a better communicator. And, when you're stressed out, the arts provide an outlet to help you be healthier and happier — even if you're just an observer.

You could say we're
liberal with the arts.



WELL KNOWN. WELL SUPPORTED.

Whatever you need,
whatever your ambition,
we'll set you on your way.

Hebron's Academic Guidance Center (AGC) supports students with learning differences, students who need study strategies and those who require distraction-free testing or even extended time. The AGC's team of highly qualified faculty and trained professionals works closely with each student, their teachers, advisor and the Student Support Team to develop personalized strategies to achieve academic success.

Academic coaching is scheduled regularly each week based on the individual student. Support is also available during evening study hall and for untimed tests in a distraction-free environment. Students progress to be independent, personally accountable learners who know how to access available resources and can confidently self-advocate.

UP TO
5X
PER WEEK
ONE-ON-ONE
MEETINGS

**INTEGRATED
SUPPORT**
MEANS STUDENTS DO NOT MISS
OTHER CLASSES OR ACTIVITIES

LEARNING SUPPORT
AND SUPERVISION FOR
STUDY HALL

5
PROFESSIONALS
COMPRISE THE ACADEMIC
GUIDANCE CENTER TEAM

**CROSS-CAMPUS
COMMUNICATION**
WITH FACULTY AND STAFF
TO SUPPORT LEARNING STYLE

STRENGTHS-BASED
EXECUTIVE FUNCTION
SKILL BUILDING
FOR ALL



No other school will go as far to ensure your education is yours.

Here, you'll learn to collaborate with people of all backgrounds, navigate social networks, prioritize your health and adapt to new challenges. Those skills will prove their worth on any campus and in any career.



WORDS PROGRAM

PRESENTATIONS, KEYNOTE SPEAKERS, SPEECH WRITING

Hebron emphasizes public speaking and being well-spoken. Our Words Program develops this important lifelong skill and is tailored to each grade level.



EDIE PROGRAM

ENGINEERING, DESIGN, INNOVATION AND ENTREPRENEURSHIP

Hebron's EDIE program is an interdisciplinary curriculum providing opportunities to solve problems related to technology, community-building, ecology, food systems and health and wellness.



ROUND SQUARE PROGRAM

INTERNATIONALISM, DEMOCRACY, ENVIRONMENTALISM, ADVENTURE, LEADERSHIP, AND SERVICE

Participation in Hebron's Round Square Program includes optional attendance at regional and international conferences, and engagement in service-learning trips. It inspires students to become a positive force for change in the world.



School should give
you so much more
than just college prep.



MIDDLE SCHOOL. HIGH SCHOOL. POSTGRADUATE.

Your goals are your own and no one else's. To reach them, you need an exceptional academic program and people who will support you in every way. At Hebron, we'll not only ensure you are ready for your next academic step, we'll prepare you to be your happiest and healthiest best self.



COLLEGE READINESS

INDEPENDENT LIVING
with coaching for personal
accountability

HEALTH AND WELLNESS
curriculum for personal goals

TIME MANAGEMENT
and organizational skills

**AN INCLUSIVE
GLOBAL COMMUNITY**
for integrated learning and culture

COLLEGE COUNSELING
individual and group meetings



You'll never be bored when you board.

There's no better way
to gain life skills than
by living here.

Living with peers from around the world helps everyone at Hebron grow. Our residence halls are filled with laughter, comfort and friends. Together, we celebrate birthdays and commemorate holidays. We celebrate our successes and support each other's struggles. We have intense game nights and unforgettable special events. We have fun. A lot of it.

But we also know how to focus when it's time to get things done. We're serious about your academic pursuits and creating an environment that leads to success. We structure our boarding experience to provide supportive study halls, sensible curfews and access to adults to help with coursework or to simply listen to whatever is on your mind.

A photograph of two young women practicing yoga in a park. They are standing on a black yoga mat on dry grass, with a wooden lattice fence and trees in the background. The woman on the left is wearing a grey sweatshirt and black leggings with white stripes, while the woman on the right is wearing a dark blue sweatshirt and patterned leggings. Both are in a tree pose with their hands in a prayer position.

MIND. AS WELL AS SPIRIT.

STUDENT SUPPORT QUICK FACTS

ADVISORY PROGRAMS

Students meet in groups with their advisor twice per week for social and wellness activities.

WELLNESS CURRICULUM FOR ALL

Focuses on physical, emotional, social and intellectual wellness

YOGA, MEDITATION AND MINDFULNESS

LIFE PROGRAM

Living with others in a community setting cultivates relationships founded on trust, compassion and personal responsibility.

WEEKLY STUDENT SUPPORT TEAM

Led by the Director of Student Success, this team develops and oversees comprehensive, student-specific support plans aimed at optimizing student experience.

ON-SITE COUNSELING AND WELLNESS DEPARTMENT

Individual counseling, group meetings and medication management (if needed)

ON-SITE NURSING TEAM

Available 24/7 to provide access to care services and healthcare coordination

AVAILABLE CONSULTING

Sports Psychologist, Adolescent Psychiatrist and others as needed

BREATHE, SPLASH, RUN AND PLAY ON OUR VAST
OUTDOOR CAMPUS. HERE, YOU WILL DISCOVER
THE JOY OF THE OUTDOORS LIKE NEVER BEFORE!

GET OUT AND GO

Outdoors, that is.

At Hebron we respect and adore the natural world we call “home.” We actively explore Maine’s breathtaking surroundings. Our Outdoor Education Program teaches stewardship, teamwork, communication and decision making, wilderness first aid and mountaineering skills for safe backcountry travel or backyard exploring — in any weather condition.

Being outdoors is core to who we are and the experience we create for you. Whether you’re from a small town or an international city, you’ll come to better understand your own identity through a personal relationship with nature.



HEALTH. AS WELL AS FITNESS.



STUDENTS HAVE A VARIETY OF VARSITY AND JUNIOR VARSITY TEAM AND INDEPENDENT SPORTS OPTIONS ALL THREE SEASONS: FALL, WINTER AND SPRING.



Robinson Arena has the hardest and fastest ice in Maine, not to mention recently renovated locker rooms and heated spectator seating.



The Williams Athletic Center boasts an elevated track and tennis, basketball, badminton and squash courts. It also houses fitness and multi-purpose rooms, and a massive climbing wall.

Hebron understands the physical benefits, the camaraderie and the important life skills gained from athletics. Physical activity improves overall emotional well-being and health, while competition — at any level — develops ways to cope with the inevitable highs and lows of life.

You'll be part of long-standing rivalries, competing at the highest level against other prominent New England schools. If you're interested in learning a new sport or are still honing your skills, junior varsity teams offer students of all abilities the opportunity to join a team and develop fundamental skills, conditioning and group goals.



Natural grass and new turf support football, field hockey and lacrosse on Dwyer Playing Fields, and our extensive trail system invites cross country, snowshoeing, mountain biking and skiing.



COMPETITIVE PROGRAMS

Skiing:
Nordic, Alpine
Snowboarding

OUTDOOR PURSUITS

Snowshoeing
Ice climbing
Winter camping
Recreational skiing:
Nordic, Alpine, Backcountry
Pond hockey
Sledding
Dog sledding
Ice fishing
Snow tubing

LOCAL SKI RESORTS

Lost Valley
Sunday River
Shawnee Peak

WINTER LIVES HERE.

Winter is part of life in Maine. At Hebron, we don't just live it, we embrace it — and you will too!

Our competitive ski program has a long history of racing (and jumping), including recent championship wins.

But no one needs to be an expert to enjoy the winter here. Every day is the perfect time to try something new and just have fun in the snow!





WELL ROUNDED.

Share your joy... or join
in someone else's!

Possibilities are limitless when it comes to clubs and activities. Explore and enjoy the best of the area, as well as the creativity of our community. So whether it's the annual dog sled trip, horseback riding or a night at the bowling alley, join in with what you love to do or sign up for something new.

Excitement and curiosity abound in the days leading up to the Annual Club Fair: Frankie's Magic Club, Rica's Clean Up Crew, the Foreign Film Exchange, Disc Golf or Study Hall Revolution. Bring your experiences and an open mind and see where it takes you.



STOP WONDERING WHAT'S OUT THERE.

What's here is everything you need.

to be well-equipped for college and life
to be well-versed in the cultures
and people of the world
to be well-acquainted with close friends
and the great outdoors
to find everything that's on the inside

FIND YOUR PURPOSE.



1804
Founded

250
Day and boarding
students

45
Faculty



75% reside on campus

25
Kilometers
of trails

30
Miles to the
oceanfront

3

Ski resorts in a
30-mile radius

80 Courses in 8
disciplines

12 Average
class size

6 English for Speakers
of Other Languages
(ESOL) classes

27 Interscholastic athletic
teams in 14 sports

5:1 Student-faculty
ratio

12 Visual and performing
arts classes

15 Advanced
Placement
(AP) courses

∞ Clubs and
organizations



15
U.S. states
represented



20+
Countries
represented

MISSION

Inspiring and guiding students to reach their highest potential in mind, body and spirit. Serving students in grades 6–12 and postgraduate.

DIVERSITY AND INCLUSION STATEMENT

At Hebron Academy, we have always believed that the ideal learning community is one in which diverse voices are represented, valued and nurtured. Today, more than ever, we embrace the globally connected nature of our world. Curious students and adults from around the world come together to learn and share cross-cultural skills. These skills are actively taught in our classrooms, through extracurricular offerings and during community-wide events and celebrations.

ACCREDITATION

Hebron is accredited by the New England Association of Schools and Colleges (NEASC).

WWW.HEBRONACADEMY.ORG

Well.
It's about you.

