So, you're a Flexie?

You're probably wondering what exactly you have gotten yourself into...



The Flexible Scheduling Program is a cross-curricular program that integrates SOCIAL STUDIES and ELA to create a unique experience. Flex was founded in 1964 and stands true to its origins. Flex teachers are stewards to the program and they serve to guide the learning process. Flex is a true community. Students spend all four years of high school immersed in the curriculum.

- [ ] What are the 5 C's of Flex?

  Flex relies on five core standards that are the focus of the program:

  1. **Curiosity** - Flex students are always wondering about what comes next. They aren't afraid to ask questions and dig deeply into sources and content.
  2. **Courage** - Flex students aren't afraid to speak up. Even when things get challenging, they persevere and learn from their mistakes.
  3. **Civic Engagement** - Flex students realize that Flex transcends Seaholm High School. Flex students engage with their community and find ways to bring Flex into the real world.
  4. **Compassion -** Flex students care for one another and the world around them. They are invested not only in the program but in each other.
  5. **Community** - Flex is a community of learners. We are a large and diverse group and we welcome all who wish to be here.

- [ ] What will I study?

  Uniquely, each year in Flex has a different theme. They include:

  - [ ] **Anthro Year (2026-2027)** - Cultural Studies, more commonly referred to as Anthro (Anthropology) year, focuses on what it means to be human. We will delve into the psychological process.
  - [ ] **Western Year (2027-2028)** - In Western year, we look at the development of western civilization and culture. An emphasis on the value of knowledge and its role in the development of society is key.
  - [ ] **Global Year (2028-2029)** - Being a global citizen is a powerful theme in this year. We will explore different places around the world and peer through different lenses to learn about culture, community, and values.
  - [ ] **American Year (2029-2030)** - This year we will assess American history and accompanying literature. We will question and debunk the myths and assumptions about the founding fathers.

☐ Where will I spend my time?

As the title of the program implies, Flex is at its heart, a "flexible" endeavor. You will never be bored as the schedule will change daily. Below you will find places you will go each week:

What is it called?	What does it mean?	When will I have it?
Counseling Group "CG"	You have been placed with one of the four Flex teachers. This teacher's classroom will serve as your home base. Assessments will happen here and your CG teacher will serve as your point of contact.	The schedule in Ms. Olsen's room will tell you when to report here. There is no set time each week.
Auditorium "Aud"	Flex is lucky to have the auditorium as our community resource. We will spend quite a bit of time here watching films and documentaries as well as building community.	The schedule in Ms. Olsen's room will tell you when to report here. Generally, we will be in the aud once or twice a week.
Electives	You get to choose! Electives are loosely based on the topics we study but serve to delve deeper into topics not covered. In years passed, electives have ranged from "Harry Potter and the role of Muggles," to "Pirates of the Caribbean," to "Foods of the World."	Electives generally are held once a week
Writing Group	Each grade level gets their own writing group. The goal is to provide the grade appropriate ELA requirement. Writing group will be separate from the core content of Flex.	9th Grade - Twice a week 10th Grade - Twice a week 11th Grade - Once a week 12th Grade - Once a week
Economics	The economics curriculum will be taught in full in our Flexible Scheduling Program.	11th Grade **Only** - Once a week
Government	The government curriculum will be taught in full in our Flexible Scheduling Program.	12h Grade **Only** - Once a week

☐ **What will I be doing?**

As well as being flexible in locations, Flex is also diverse in the experiences you will have. Note the following aspects/elements of Flex:

- ☐ **Sources -** The term "source" is broad but it refers to any and all material that we consume. Sources are meant to show us different perspectives and concepts. Sources include but are not limited to:
  - -Documentaries
  - -Films
  - -Articles
  - -Podcasts
  - -Gallery Walks
  - -Field Trips/Experiences
- ☐ **Seminar** - Seminar is a fundamental part of the program. It's where the magic happens. Seminar is a safe space where we engage with the sources and share our ideas and questions. We model our seminars after the Harkness Method. See a sample below.
- ☐ **Assessments -** Flex, like other courses, includes assessments that are designed to check for understanding. Assessments will be both formal and informal and they will range from seminar grades, to writing assignments, to Flexams. The Flexam happens at the end of each quarter and is a culmination of what we have learned.

☐ **I see the academics but... is there any fun in Flex?**

Heck yes! Remember, Flex is about building community. Over the course of the four years you spend here, you will build amazing relationships with both peers and teachers. Fun looks like this:










