

AP Limit Pilot for 2026-2027

Grade	AP Limit
Grade 9	0
Grade 10	1
Grade 11	3
Grade 12	4

Rationale

As part of our work with Challenge Success over the last 10 years, we have focused on how we might help students make healthy choices that support learning. Some examples of this work include homework limits and no-homework weekends, flex blocks, and our revised schedule. Last school year, through surveys and focus groups, we received feedback from students that our current course selection model inadvertently creates unnecessary competition and discourages students from selecting courses they are interested in, due to the increased pressure to take as many AP courses as possible during their time at CC. Survey data indicate that students who take a full course load of APs report higher stress levels, less sleep, and a stronger emphasis on getting the “right” answer rather than deep understanding.

This summer, we consulted with several colleges and universities that CCHS students frequently apply to and attend. We were interested in exploring how we could help our students make choices that focus on learning and growth rather than just grades. Multiple schools suggested we consider limiting the number of Advanced Placement courses students can enroll in per year. Because student applications are evaluated relative to what is available to them, with an AP limit, there is no negative impact on a student’s college application. We want to cultivate an academic culture that is less transactional, allowing students to enjoy their high school experience, take a balanced course load, and foster curiosity and a love of learning. As we continue to expand our course offerings, we believe it is imperative to help students make choices that will benefit their mental health and well-being and provide the opportunity for students to explore courses they’re passionate about, rather than ones that they believe they will be held accountable for taking in the college admissions process.

FAQ

What courses are included in this limit?

All AP courses within our core academic subjects (English, Math, Science, Social Studies, and World Language), all Virtual High School AP courses, and AP Research and Seminar are included in this limit. Elective AP courses (ex., Arts, Music Theory, and Computer Science) will not count toward the limit.

What if a student wants to exceed the established healthy limit?

Data suggests very few students thrive in an academic load that exceeds what we have allocated. While some students may be able to “handle” more, the impact on their well-being and happiness is significant. Students who believe they have an exceptional circumstance should begin by completing this [form](#). Input

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will be sought from the Case Manager (as applicable), Teacher(s), Student, Parent, and a School Administrator.

Will this always be the limit?

With any structural change, it is important to collect quantitative and qualitative data and review whether the intervention is having the intended impact. During the 2026 - 2027 school year, we will collect data through surveys and focus groups with students, families, faculty, and colleges to ensure this change is positively impacting student mental health and well-being while maintaining access to secondary opportunities. We will revise their practice as necessary for the 2027 - 2028 school year and beyond.