Course Selection Workbook

Class of 2027, 2028, and 2029

Presented by Middleborough High School Counseling Department

A Step-by-Step Guide of the Course Selection Process

- Timeline
- 4-Year Planning
- Program of Studies

TABLE OF CONTENTS

INTRODUCTION	2
COURSE SELECTION TIMELINE	3
SCHOOL COUNSELING WEBSITE	4
SCHOOL SCHEDULE	5
4 YEAR PLAN GRADES 9-12	6-9
COURSE LEVELS	10
PROGRAM OF STUDIES	11
PROJECT LEAD THE WAY	12
SELECTING YOUR COURSES ASPEN	13-14
COURSE SELECTION WORKSHEETS	15-17

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SCHOOL COUNSELING DEPARTMENT

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February 10, 2026

Dear Students & Caregivers:

The Middleborough High School Counseling Department is in the process of beginning course selection for the 2026-2027 school year. The current core academic teachers have carefully selected the course level for each student in their classes. If students and caregivers do not agree with the recommended level, the level can be changed by the student and caregiver having a conversation with the recommending teacher, to make the best and most appropriate choice for the student, and completing and submitting a Course Recommendation Override form to their School Counselor, by no later than March 10, 2026.

In addition to selecting your core academic courses, you will also be choosing your elective courses and alternate elective courses. Alternate elective courses are a "back up plan" in case you do not get scheduled for your first choice electives. It is **very important** that you select, but do not exceed, 40.00 credits of primary courses and an additional six to eight alternate elective courses. Please note that your alternate courses should be **different** from your primary course selections.

Every student is required to enter course requests in their Aspen account by 11:59pm on Tuesday, March 10, 2026. Meeting this deadline is critical for giving yourself the best chance of getting the courses you want. If you do not complete your course selection, your School Counselor will select your courses for you, with no opportunity to appeal.

Here is an outline of the steps you must take to choose your courses:

Carefully review the Program of Studies (POS) for all course descriptions. The POS link is located in the course selection portal in Aspen and can be found on the MHS website ***https://mhs.middleboro.k12.ma.us/***. This is where you will find the correct sequence of courses, course descriptions, and MHS graduation requirements.

1. Log into your Aspen student account: If you have never logged into Aspen, you will be prompted to fill out security information. The email address that you enter is the primary email of record for password recovery. When "Forgot my password" is clicked, a new password is generated and sent to the email address entered. You will also receive a message that your password has expired. This gives you the opportunity to create your own password. Please follow the password creation rules detailed on the screen. If you have any issues with your account please contact Mrs. Katie Goodine at: ***kgoodine@middleboro.k12.ma.us***.

2. Confer with your caregivers, teachers and school counselor to decide your course selections and levels.

3. **During the period of time from March 3, 2026 to March 10, 2026, the Aspen scheduling portal will be open. Log onto your Aspen account and enter your course selections during this period of time. You will not have access to the course selection portal prior to March 3rd or after March 10th.**

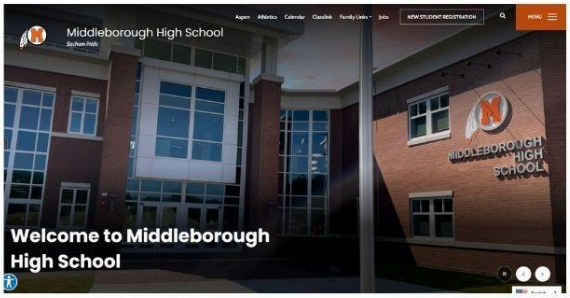
We look forward to working with you over the next four years.

Amy B. Beirne School Counselor	**Colleen E. Breton** School Counselor	**David J. Perrone** School Counselor	**Andrew R. Swiderski** School Counselor

COURSE SELECTION TIMELINE

FEBURAURY 2ND-10TH	Teacher Recommendations entered into Aspen
MARCH	Grades 9-11 students receive course selection instructions in Directed Study
MARCH 3RD-10TH	Aspen course selection portal opens for students
MARCH 10TH	Aspen course selection portal closes for students
MARCH 20TH-27TH	Department Chairs review course selections and determine which courses will run and which course will not run.
APRIL	Master Schedule is built
MAY & JUNE	Schedules drafted/reviewed by counselors; reviewed with students and conflicts resolved.
JUNE	Schedules for the 2026-2027 year are distributed.

SCHOOL COUNSELING WEBSITE



To access the school counseling page please click on the following link:
https://mhs.middleboro.k12.ma.us/

Click on menu
Click on about our school
Then click on counseling department

GRADUATION REQUIREMENTS

English	20.00	credits	Students must pass four (4) full year courses: English I, II, III, IV.
Mathematics	20.00	credits	Students must take and pass four (4) full year courses in Mathematics each year.
Science	15.00	credits	Students must pass three (3) full year lab science courses.
HIstory/Social Science	15.00	credits	Students must pass three (3) full year courses: US History I & II and World History.
World Language	10.00	credits	Students must pass two (2) full year courses of the same world language in the sequence.
Health/Wellness/ Physical Education	10.00	credits	Students must pass four (4) 2.5 credit courses. One (1) physical education course per year.
Computer Science/Technology	5.00	credits	Students must pass one (1) 5.0 credit course or (2) 2.5 credit courses in computer technology.
Fine/Performing Arts	5.00	credits	Students must pass one (1) 5.0 credit course or (2) 2.5 credit courses in Theatre, music, or visual arts.
Senior Credit Requirement	30.00	credits	All seniors must earn at least 30 credits during their senior year in order to receive a diploma.
Service Learning	24.00	hours	All students must complete a minimum of 24 hours of community service over the course of four years.

SCHOOL SCHEDULE

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Sept-Nov	Nov-Jan	Jan-Apr	Apr-Jun

There are 180 days to the school-year.
The school year is divided up into two 90-day Semesters.
Each Semester is divided up into two 45-day Quarters.

MHS 2025-2026 Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Block 1	A	F	A	A	F	A	A	F
Directed Study/ Success								
Block 2	B	G	B	B	G	B	B	H
Block 3	C	H	C	F	C	C	F	C
Block 4	D	D	G	D	D	G	D	G
Block 5	E	E	H	E	H	E	H	E

Daily Bell Schedule		
Block 1	7:20 - 8:20	60
Directed Study/Success	8:24 - 8:59	35
Block 2	9:03 - 10:03	60
Block 3	10:07 - 11:07	60
Block 4	11:11 -12:47	98
Lunch 1	*11:11 - 11:41*	
Lunch 2	*11:44 - 12:14*	
Lunch 3	*12:17 - 12:47*	
Block 5	12:50 - 1:50	60

Early Release Schedule		
Block 1	7:20 - 7:57	37
Block 2	8:00 - 8:35	35
Block 3	8:38 - 9:13	35
Block 4	9:16 - 10:54	98 (60 min class, 30 min lunch)
Lunch 1	*9:16 - 9:46*	
Lunch 2	*9:49 - 10:19*	
Lunch 3	*10:22 - 10:52*	
Block 5	10:55 - 11:30	35

4 YEAR PLAN
GRADE 9

The sample schedule below will help you map out your 4 years at MHS
**Yellow blocks are required courses to take
*Green blocks are recommended courses to take

Block	Semester 1	Semester 2
1	**English I (CP or Honors)	
2	**Algebra I (CP or Honors) OR Geometry (Honors)	
3	**Biology (CP or Honors)	
4	**United States History (CP or Honors)	
5	**World Language (Spanish or French CP)	
6	**Fit for Life	*Technology
7	*Art	Elective
8	Elective	Elective

4 YEAR PLAN
GRADE 10

The sample schedule below will help you map out your 4 years at MHS
**Yellow blocks are required courses to take
*Green blocks are recommended courses to take

Block	Semester 1	Semester 2
1	**English I I (CP or Honors)	
2	**Geometry (CP or Honors) or Algebra II (CP or Honors)	
3	**Chemistry (CP or Honors)	
4	**US History II (CP or Honors) or AP US History	
5	**World Language II (Spanish or French CP)	
6	**Sports/Games/ Team Activities or Intro Strength & Conditioning or Unified Physical Education	*Technology
7	*Art	Elective
8	Elective	Elective

4 YEAR PLAN

GRADE 11

The sample schedule below will help you map out your 4 years at MHS
**Yellow blocks are required courses to take
*Green blocks are recommended courses to take

Block	Semester 1	Semester 2
1	**English I I I(CP or Honors) or AP English Language and Composition or AP English Literature	
2	**Algebra II (CP or Honors) or Pre-Calc (CP or AP)	
3	**Environmental Science (CP or AP) or Human Body Systems or Physics (H or AP) or AP Biology or AP Chemistry AP Physics	
4	**World History (CP or Honors)	
5	World Language III (Spanish or French CP) *recommended if College bound	
6	**Lifetime Physical Activities or Adv Strength & Conditioning or Unified Physical Education	Elective
7	Elective	Elective
8	Elective	Elective

4 YEAR PLAN
GRADE 12

The sample schedule below will help you map out your 4 years at MHS
**Yellow blocks are required courses to take
*Green blocks are recommended courses to take

Block	Semester 1	Semester 2
1	**English IV (CP or Honors) or AP English Language and Composition or AP English Literature	
2	**Financial Literacy (CP) Statistics (CP or AP) or Pre-Calculus (CP or AP) Calculus (CP, H or AP)	
3	**Lifetime Physical Activities or Adv Strength & Conditioning or Unified Physical Education	Elective
4	Elective	Elective
5	Elective	Elective
6	Elective	Elective
7	Elective	Elective
8	Elective	Elective

COURSE LEVELS

COLLEGE PREPATORY (CP)

College Preparatory courses are designed to prepare students to continue their education at 2 or 4-year colleges, trade schools, or other certificate programs. They require well-developed reading, writing, verbal, conceptual, mathematical, and study abilities, as well as substantial outside preparation.

HONORS (H)

Honors courses contain highly challenging material presented at an accelerated and more intensive pace than the college preparatory courses taken by a majority of four-year college-bound students. They are designed to engage the students who have a genuine interest in the subject matter, keeping in mind that there is very little repetition of previous work. Honors level courses require advanced reading, writing, verbal, conceptual, mathematical, and study abilities, as well as extensive outside preparation. Therefore, only self-directed students should enroll in these courses and must accept the responsibilities to meet the demands.

ADVANCED PLACEMENT (AP)

Advanced Placement courses are college level courses. You will be required to take an AP exam at the end of the year.

WHEN SELECTING COURSE LEVELS THE KEY IS TO BALANCE!

When selecting course levels, the key is finding the right balance. It's important to challenge yourself academically, but not to the point where you feel overwhelmed. Consider your strengths, interests, learning style, and commitments outside the classroom. The goal is to choose courses that push you to grow while still allowing you to be successful and maintain a healthy balance. Thoughtful course selection sets you up for both achievement and success.

PROGRAM OF STUDIES

The Program of Studies for the 2026–2027 school year provides a comprehensive listing of all courses offered at Middleborough High School, including detailed course descriptions. Students and families are strongly encouraged to review these descriptions carefully before selecting courses to ensure informed and appropriate choices. The Program of Studies will be available in the beginning of March and can be accessed by clicking the link below.

https://mhs.middleboro.k12.ma.us/

In addition to course offerings, this document includes important information on:

- Graduation requirements.
- Promotion policies.
- The marking system, GPA. and class rank.
- AP testing policies.
- NCAA eligibility standards
- The course selection process.
- Early college and internship opportunities.
- Project Lead the Way program, and Innovation Pathway programs.

PROJECT LEAD THE WAY PROGRAM

PROGRAM OVERVIEW

Project Lead the Way (PLTW) is a set of college and career pathways in three fields Biomedical Science, Computer Science, and Engineering, that incorporate both AP and PLTW courses.

Students who complete the requirements of their chosen pathway earn the AP + PLTW student recognition, a qualification that demonstrates to colleges and employers that the student is ready for advanced course work and is interested in careers in this discipline.

To earn the recognition, the student must satisfactorily complete three courses in the pathway – one AP course; one PLTW course; and a third course, either AP or PLTW and earn a qualifying score of 3 or higher on the AP Exam(s) and a score of Accomplished or higher on the PLTW End of course assessments

BIOMEDICAL SCIENCE PATHWAY

Grade 9 - Principles of Biomedical Science
Grade 10 - Human Body Systems
Grade 11 - Medical Interventions
Grade 12 - Biomedical Innovations

COMPUTER SCIENCE PATHWAY

Grade 9 - Computer Science Essentials
Grade 10 - Cybersecurity or AP Computer Science Essentials
Grade 11 - AP Computer Science Essentials or Cybersecurity
Grade 12 - AP Computer Science A

ENGINEERING PATHWAY

Grade 9 - Introduction to Engineering Design
Grade 10 - Civil Engineering & Architecture
Grade 11 - Principles of Engineering
Grade 12 - Engineering Design & Development

INNOVATION PATHWAY IN MANUFACTURING

PROGRAM OVERVIEW

The Manufacturing Pathway is a state designation and the first of its kind in Middleborough as part of the Innovation Pathway Program. This pathway is an opportunity for students who enjoy hands-on learning to utilize the new innovative education center (MiLAB) that was built as part of new Middleborough High School. The goal is to teach skills that incorporate science, math, technology and engineering in a modern day shop environment that provides students with the latest technology and tools. Utilizing Project Lead the Way courses as well as two new technical courses students learn to design, problem solve and build projects that will be engaging and hopefully better prepare students for the jobs of today. This pathway has a specific scope and sequence course design that will help students prepare for jobs in the manufacturing field. Students must take two technical courses as well as two courses that offer college credit such as PLTW or AP in order to fulfill the requirements. Further, a 100 hr. internship will take place in the field of manufacturing where students will gain real life experience.

How You'll Learn by Doing:

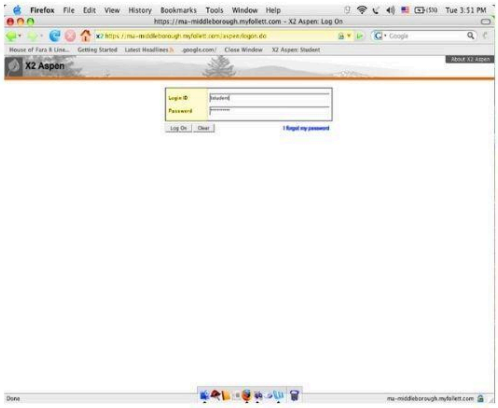
- **Mastering the Digital-to-Physical Workflow:** You will start by creating complex models using **Computer-Aided Design (CAD)** and then translate those designs into machine instructions using **Computer-Aided Machining (CAM)**.
- **Operating Advanced Machinery:** You will get direct experience with industry-standard technology, including **CNC Machining**, **3D Printing**, and **Laser Cutting** to bring your designs to life.
- **Applying the Engineering Design Process:** You won't just follow instructions; you will solve real-world problems by **constructing explanations**, **designing solutions**, and refining your work through iterative testing.

Required Courses	Courses to fulfill Pathway Requirement (must complete 2)
9th Grade: Introduction to Innovation Manufacturing Design I	**9th Grade:** Introduction to Engineering Design, Computer Science Essentials
10th Grade: Introduction to Innovation Manufacturing Design II	**10th Grade:** Civil Engineering & Architecture, AP Computer Science Principles
11th Grade: Advanced Manufacturing Design	**11th Grade:** Civil Engineering & Architecture, Principles of Engineering, AP Computer Science Principles
12th Grade: Advanced Manufacturing Design Manufacturing Internship Capstone	**12th Grade:** Civil Engineering & Architecture, Principles of Engineering, AP Computer Science Principles

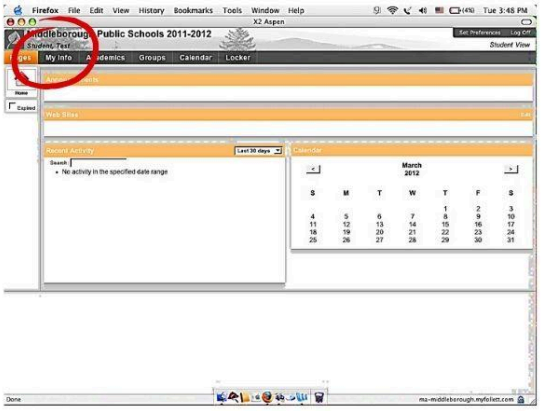
SELECTING YOUR COURSES IN ASPEN

The link to the ASPEN log in page is: ***https://ma-middleborough.myfollett.com/aspen/logon.do*** and can be found on our District home page: ***www.middleboro.k12.ma.us*** under Aspen.

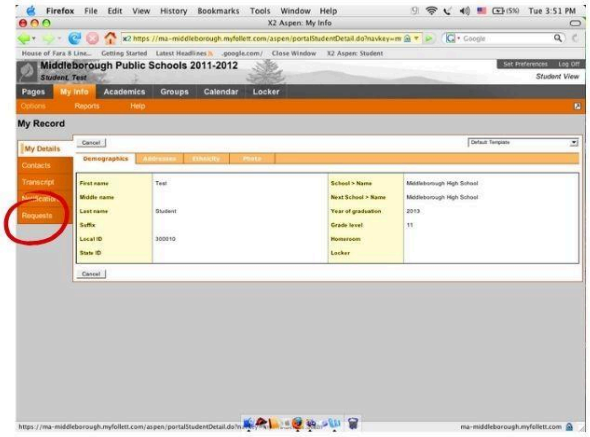
Here you will enter your Login ID and your Password (it is case-sensitive), and then click on the **Log On** button. If you get logged out or see an error message, logout and log back in. If your account has been disabled, please email Mrs. Goodine at ***kgoodine@middleboro.k12.ma.us*** to have it reactivated



Select My Info

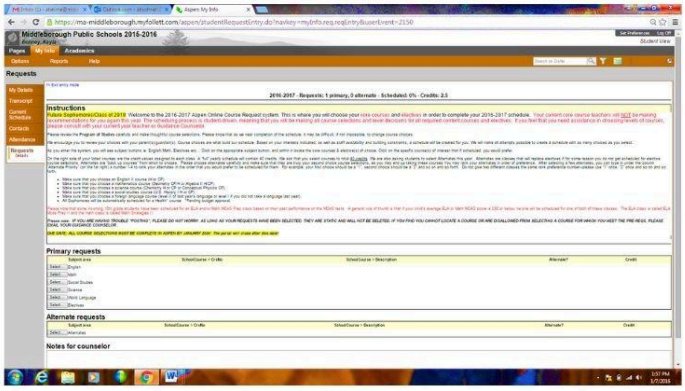


Click on requests tab



SELECTING YOUR COURSES IN ASPEN CONTINUED

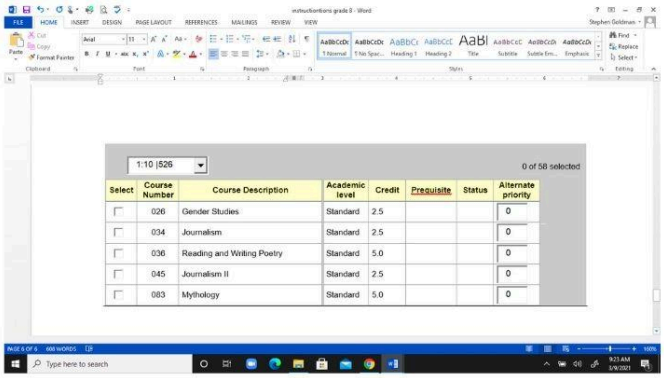
When you login, you will see that your core courses have already been added to your Primary Requests by your current teachers. These recommendations are based on your academic performance in your current classes, star 360 data, and MCAS Scores.



If you do not agree with your teacher's recommendation, you will need to see your School Counselor and request a *Course Recommendation Override Form*.

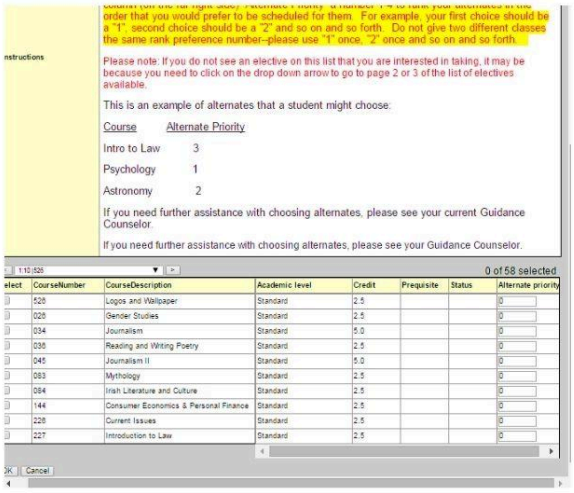
To select the remainder of your Primary courses, click on the select buttons next to the subject area in which you want to choose. *Primary courses need to equal 40 credits

After you click on the Select button, a pop-up box will appear.
In the top area, you will see the subject area you are requesting for and instructions.
Check the box(s) next to the course you are requesting.
Click on the OK button when you are finished with your selection(s).



Under Alternate Requests, please choose a minimum of 6 and maximum of 8 alternate courses as "back up" electives in case you do not get scheduled for your first choice electives. Please rank order the courses form 1-8 in the order that you would like your School Counselor to select the alternates. Do not list Primary Requests as Alternate Requests!

Failure to list enough Alternate Requests will result in you being scheduled for whatever classes are left.



COURSE SELECTION WORKSHEET
CLASS OF 2027

Courses	Course Name	Level CP/H	Credits
English (Required)			5.0
Math (Required)			5.0
Physical Education (Required)			2.5
Elective			
Elective			
Elective			
Elective			
Elective			
Elective			
Elective			
Elective			
Total Credits (must equal 40 credits)			40

Courses	Course Name	Level	Credits
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			

COURSE SELECTION WORKSHEET

CLASS OF 2028

Courses	Course Name	Level CP/H	Credits
English (Required)			5.0
Math (Required)			5.0
Social Science (Required)			5.0
Science (Required)			5.0
Phsycial Education (Required)			2.5
Elective			
Elective			
Elective			
Elective			
Elective			
Elective			
Total Credits (must equal 40 credits)			40

Courses	Course Name	Level CP/H	Credits
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			

COURSE SELECTION WORKSHEET

CLASS OF 2029

Courses	Course Name	Level CP/H	Credits
English (Required)			5.0
Math (Required)			5.0
Social Science (Required)			5.0
Science (Required)			5.0
World Language (Required)			5.0
Physcial Education (Required)			2.5
Technology Elective			
Art Elective			
Elective			
Elective			
Elective			
Total Credits (must equal 40 credits)			40

Courses	Course Name	Level	Credits
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			
Alternate Elective			