REALISTIC RIGOR

How do I choose courses that are appropriately challenging for ME?!?

Exploring the Idea of "Realistic Rigor"

Realistic Rigor involves selecting courses that are both stimulating and challenging, while still being within your academic abilities. It's critical to assess the time and effort required to excel in these courses.

Striving for balance is necessary for achieving success!

What factors should I consider when choosing courses for next school year?

- Identify your own interests, strengths, and challenges before choosing rigorous courses
- Research and become familiar with the expectations of the course (MHS Program of Studies, current teachers, school counselor)
- Look at the "big picture" and reflect on your other commitments (academic, family, extracurricular)

When selecting your courses, refrain from making decisions solely based on the following:

- Peer pressure from friends
- Rumors that the course is easy
- Misconceptions that you need the course for college acceptance
- The preference for a particular teacher

Important Questions to ASK YOURSELF while scheduling:

- Am I TRULY interested in this subject area? Have I experienced previous success in the area?
- Will I be able to fully commit the time and effort required to be successful?
- Do I manage my time well and/or have I considered healthy school/life balance?
- Do I have an excellent work ethic?
- Can I communicate clearly and appropriately (verbally and in writing)?
- Am I mature and responsible? Driven and Determined?
- If I feel challenged, do I view it as an opportunity for growth and learning?

Types of Rigorous Courses Offered for MHS credit

All MHS courses are designed to enhance knowledge and skills, with a college-preparatory focus.

Honors Courses:

*deeper thinking
*faster pace/more material
*increased expectations
*work outside of class

Advanced Placement (AP):

*COLLEGE level
*increased reading/writing
*work outside of class
**may* earn college credit

College Credit Plus (CCP):

*earn high school AND college credit
*taken at selected college
*must meet admissions requirements