



UPLIFTING EDUCATION HIGH SCHOOL

Requirements Checklist



YEAR ONE

- ☐ Complete Annual Expectations
- ☐ Do at least one in-depth LTI project during the year
- ☐ Read at least three books during the year and create a reading inventory
- ☐ Advisory 101 – “Developing My Character”
- ☐ 12 Essential Scientific Concepts Course or another Science Course
- ☐ Turning Points in Modern History Course or another Social Studies Course
- ☐ Algebra 1 or another math course
- ☐ Become a Super Star Student Course
- ☐ Art of Public Speaking Course
- ☐ Building a Better Vocabulary Course
- ☐ Physiology and Fitness Course

YEAR TWO

- ☐ Complete Annual Expectation
- ☐ Do at least two in-depth LTI projects during the year.
- ☐ Read at least five books during the year and update the reading inventory.
- ☐ Work on each Learning Goal area in depth.
- ☐ Advisory 201 – “Building Successful Relationships”
- ☐ Create a graduation plan for the next two years to fill in Learning Goal gaps.
- ☐ History of US A&B or other Social Studies Course(s)
- ☐ Analysis and Critique Course
- ☐ Effective Communication Skills Course
- ☐ Money Management Skills Course
- ☐ Customs of the World: Using Cultural Intelligence or Foreign Language Course(s)

YEAR THREE

- ☐ Complete Annual Expectations
- ☐ Demonstrate heightened personal qualities and depth of work.
- ☐ Get a senior thesis project proposal approved
- ☐ Read at least six books, including two autobiographies.
- ☐ Write the first 25 pages of autobiography.
- ☐ Address any remaining gaps in learning requirements based on post-high school goals
- ☐ Advisory 301 - “Developing Leadership Skills”
- ☐ Begin to create a college portfolio (resume, transcripts, essay, awards, and best work).
- ☐ Science of Mindfulness Course
- ☐ Strategic Thinking Skills Course
- ☐ Chemistry or another Science Course
- ☐ Geometry or another Math Course
- ☐ Influence: Mastering Life's Most Powerful Skills Course
- ☐ Drawing and/or other Fine Art Course(s)

YEAR FOUR

- ☐ Complete Annual Expectations
- ☐ Play a leadership role in the community.
- ☐ Complete an in-depth senior thesis project.
- ☐ Contact a resource related to the thesis at least every other week and keep track of these contacts.
- ☐ Advisory 401 - “Preparing for Life in Society”
- ☐ Write a 75-100-page autobiography.
- ☐ Complete a college portfolio.
- ☐ Create a post-high school plan.
- ☐ Apply for scholarships, financial aid, and College/Gap Year/Other Plans
- ☐ Read a book each month (9 total, including one autobiography), update reading inventory
- ☐ Present your work and reflection on the graduation exhibition.

ANNUAL EXPECTATIONS FOR ALL STUDENTS

- Active participation in the Advisory meetings and timely completion of assignments
- Follow your interests in the real world (informational interviews, shadow days, and LTIs)
- Obtain a “Learning through Internship” (LTI) for each semester. This can be some type of professional job or acceptable service learning or certification coursework. (The first semester of the first year provides training for this.)
- Have a positive impact on the community like service learning, etc.
- Create a Learning Plan and Discuss the Learning Plan with the team (Parents, Mentors, Advisor) at least four times a year
- Reflect on gaps in your learning and address them through project work or study.
- Complete Your Weekly Schedules, and Quarter Learning Plans.
- Build an online portfolio
- Exhibit your work at least four times a year online and share publicly through online conferencing.
- Write in your journals each week
- Respond to emails from the advisor
- Show respect for others and yourself
- Take responsibility for the learning process
- Take advantage of opportunities
- Make productive summer plans