

# NMH's College Model Academic Program (CMAP)

An enhanced educational experience  
and better preparation for college

Northfield Mount Hermon's CMAP											
MON		TUES		WED 1		WED 2		THUR		FRI	
<b>A</b> 8:00-9:20		<b>A</b> 8:00-9:20		<b>B</b> 8:00-9:15		<b>D</b> 8:00-9:15		<b>A</b> 8:00-9:20		<b>A</b> 8:00-9:20	
Meeting		X Block		<b>A</b> 9:25-10:40		<b>C</b> 9:25-10:40		Advisory		X Block	
<b>B</b> 10:10-11:30		<b>B</b> 10:10-11:30		Student Life Seminar 10:50-11:35		Dorm, Faculty, or Advising 10:50-11:35		<b>B</b> 10:10-11:30		<b>B</b> 10:10-11:30	
<b>C</b> <sub>1</sub> 11:40-1:00	Lunch A	<b>C</b> <sub>1</sub> 11:40-1:00	Lunch A	Faculty Meeting 11:45-12:15				<b>C</b> <sub>1</sub> 11:40-1:00	Lunch A	<b>C</b> <sub>1</sub> 11:40-1:00	Lunch A
<b>C</b> <sub>2</sub> 12:20-1:40		<b>C</b> <sub>2</sub> 12:20-1:40		Lunch Athletics Contests 12:15-5:30		Lunch Athletics Contests 12:15-5:30		<b>C</b> <sub>2</sub> 12:20-1:40		<b>C</b> <sub>2</sub> 12:20-1:40	
Lunch B		Lunch B						Lunch B		Lunch B	
<b>D</b> 1:50-3:10		<b>D</b> 1:50-3:10		Lunch Athletics Contests 12:15-5:30		Lunch Athletics Contests 12:15-5:30		<b>D</b> 1:50-3:10		<b>D</b> 1:50-3:10	
Athletics and Cocurriculars 3:45-5:30		Athletics and Cocurriculars 3:45-5:30						Athletics and Cocurriculars 3:45-5:30		Athletics and Cocurriculars 3:45-5:30	
Dinner		Dinner		Dinner				Dinner		Dinner	
Arts Rehearsals		Clubs		Other Activities				Arts Rehearsals		Student Activities	
Study Hall 8-10PM (SUNDAY-THURSDAY)											

<b>Schedule elements</b>	<b>Advantage of CMAP</b>
Longer class periods	Our 80-minute class period increases students' understanding of material; allows more time for discussion and hands-on applications.
Students complete a one-year major course in a semester.	This readies students for a college-level pace and develops time-management skills.
Students take three major classes each semester.	NMH students take more core academic courses in a year than they would at other schools: three full-year equivalents each semester, which adds up to six for the whole year – one more than is typically permitted at high schools.
Deeper connections	Students manage homework loads more successfully and form relationships with their teachers more easily.
Teachers have more time to work with each student.	NMH faculty members teach approximately 25-30 students each semester, which allows them to better support the learning of each student. The independent school average is 48-60 students.
Students may take two sequential courses in one year.	This accelerates work in particular subject areas (i.e., algebra II in first semester, precalculus in the second semester; French II in the first semester, French III in the second).
Students have room in their schedule for other educational experiences.	At NMH, students are assigned a maximum of four hours of homework a day (for three courses). The independent school average is five hours (for five courses).