



Winston Churchill High School

Healthy Limits for AP Classes



Dear Winston Churchill High School Students & Families:

Our vision is to support every student at Winston Churchill High School to strive for academic excellence as they prepare themselves to be outstanding citizens in a rapidly changing future. We work to ensure a wide variety of positive learning experiences both in and outside of the classroom. One of our goals is to support our students' mental health and wellbeing, while also providing them with opportunities to challenge and enrich their learning. It is a great learning experience for students to challenge themselves by taking a college level course designed to further spark their interest in a particular content. Students wishing to take these sorts of challenging courses should be aware that they require more intense focus and increased dedication and work time outside of the normal amounts of homework and study. That is why we recommend that students take a balanced course load with Healthy Limits on the number of Advanced Placement courses. This is an essential component in support of our students' mental health and wellbeing.

We recognize that colleges look at a student's course load and achievement relative to what is available to them during their high school career. We also know that colleges want to see that students showcase their commitment, growth, and achievement in focused areas. Following our Healthy Limits on the number of AP courses taken will not negatively impact the college admissions process, as the student is taking the recommended course load as published in our School Profile. Our experience, and data, show that taking too many AP courses can lead to increased stress and pressure for our students, and ultimately lead to unhealthy habits and bad academic outcomes. We have also seen it lead to a diminished ability to participate in the types of activities that demonstrate being a well-rounded student to colleges; such as extracurriculars, athletics and the arts, and community service. For this reason, Winston Churchill High School is recommending the following Healthy Limits AP Course Load for all students interested in taking these courses.

WCHS Recommended Healthy Limits AP Course Load				
Grade Level	Grade 9	Grade 10	Grade 11	Grade 12
Recommended # of AP courses	0-1	1-2	1-3	1-4

****REMINDER:** Course changes INTO an AP course after the first two to three weeks of the semester will NOT be permitted due to both the pace of the content in these courses, and the number of assessments and/or projects that have already been completed.

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