• Plan Freshman year courses with attention to a four-year progression of classes that meet both MPH’s graduation requirements and develops required credentials for college admission. Selective colleges expect four years of English, history, math, science, and foreign language; the “core academics.”

• Freshman final year grades (not quarter grades) are part of a student’s transcript and college application. During the year, review with your child how he/she is doing in each of his/her subject areas. Encourage him/her to keep up the good work, and help him/her set goals for improvement in weaker subjects.

• Help your child develop good study skills.

• If you suspect learning differences, see the Director of Academic Support.

• Help your child become involved in co-curricular and/or athletic activity. Explore now, specialize later. Encourage him/her to stick with commitments.


• In April next year, seek advice from Math, Science, and History teachers about the advisability of taking SAT Subject Tests in strong subjects in June. Note well: significant additional preparation is often involved.

• In April next year, start looking for summer activities for your child – summer learning programs, volunteer opportunities, or employment. Summer is a good time to learn about an area in which he/she is interested (e.g. being a camp counselor can give a student a taste of teaching). Do not overbook – relaxation and family time is important, too.

• In April next year, review the four-year curricular plan, make adjustments, and sign up for appropriately challenging sophomore year courses.

• Encourage your child to read, read, read, and read some more. Reading develops interests, expands knowledge, and improves vocabulary and reading comprehension skills needed for college and for standardized tests.

• Keep an academic portfolio and co-curricular record for the next four years so the information will be readily available when writing applications to colleges and/or drafting a resume.