



American Heritage School Honors Program

*“The glory of God is intelligence, or, in other words, light and truth.”
– Doctrine and Covenants 93:36*

American Heritage School is pleased to announce in 2010-2011 the addition of an optional Honors Program for students in grades 9-12, and an Extra-Miler Award for students in grades K-8.

Program Aims

American Heritage School’s Extra-Miler Award (K-8) and Honors Program (9-12) aim to assist students in becoming useful in the hands of the Lord by providing structure to help them to “study and learn, and become acquainted with ... good books ... and people” (Doctrine & Covenants 90:15). These programs encourage students to “give attendance to reading, to exhortation, and to doctrine” (1 Timothy 4:13) and helps equip students with the “academic knowledge and skills necessary to be able to make self-education a life-long pursuit” (see American Heritage School mission Statement).

Program Awards

Students who complete the Extra-Miler requirements at any grade level receive special recognition and award certificates. Students completing the Honors Program receive a distinguished transcript and diploma, embossed with “American Heritage School Honors,” and the American Heritage School Registrar prepares a letter of exceptional recommendation describing the scholar’s distinctive achievement, and this letter is transmitted to post-secondary institutions with the transcript. At some highly selective institutions of higher education, this letter may carry significant weight in admissions and scholarship decisions. (Note that our current understanding is that BYU does *not* weight an application more heavily as a result of A.P. classes, honors classes, or special honors programs such as this.)

Program Requirements

The Extra-Miler Award Program (for grades K-8) and the Honors Program (for grades 9-12) consist of similar elements, with the Honors Program building upon the Extra-Miler Award program. Four prongs make up the **Extra-Miler Award** program: (1) contract, (2) supplemental readings and activities (“Great Works”), (3) student-choice writings portfolio, and (4) good grades. In high school, the **Honors Program** includes the Extra-Miler requirements and three additional prongs: (5) honors thesis or capstone project proposal, (6) completion of an advisor-guided thesis or cap-stone project, and (7) an oral examination of the thesis or project by a committee of teachers, administration, or board members. Each of these prongs is tracked in BrainHoneyⁱ by the student’s homeroom teacher (K-8) or the Honors Program Coordinator (9-12). The following paragraphs briefly describe each of these prongs:

*Extra-Miler Program Requirements (Grades K-8):*1. Contract.

- a. Extra-Miler Award (K-8). Students and their parents sign an “Extra-Miler Contract,” indicating understanding of the program and intention to complete all necessary requirements. The “homeroom” or “core” teacher also signs this contract to indicate awareness of the student’s intentions. This contract must be submitted to the AHS Office by February 1 of any given school year.
- b. Honors Contract (9-12). High School students desiring to enter the Honors Program must meet with the Honors Program Coordinator to complete an Honors Contract. In this meeting, the student and honors program coordinator identify topics or projects of interest and possible advisors for the thesis or capstone project. Students are responsible for sharing thesis/project proposals with the prospective advisor(s). Once a teacher (who may or may not be the student’s core teacher) has agreed to advise the student in their thesis or project, the student must acquire the teacher’s signature, indicating their commitment to advise the student. The signed contract must be returned to the AHS Honors Program Coordinator.

2. Supplemental Readings and Activities (“Great Works”). Extra-Miler Award participants (and, in high school, Honors Program participants) read, attend, or participate in “Great Works” from five categories: literature, math/science, art, music, and drama/dance. For each grade-level, the student must read, attend, or participate in that number of great works. For example, a fifth grade student would read five pieces of literature from the “Great Works of Literature” list, view five of the listed “Great Works of Art,” attend or listen to recordings of five listed “Great Works of Music,” and attend or watch five of the listed “Great Works of Drama or Dance,” and participate in five encounters with “Great Works of Math or Science.” Dramatical great works may be repeated every fourth year. Each of the Great Works a student researches is documented in a *Great Works Log*, with the date viewed and a brief lesson learned. This log is submitted through BrainHoney. Additionally, because learning is enhanced by opportunities do discuss and write about one’s experiences, we strongly recommend that parents (1) hold discussions with their student(s) before and after each activity and (2) encourage students to record their impressions and learning in a *Great Works Journal*. This journal will not be examined by the Extra-Miler or Honors Program staff.

3. Student Writing Portfolio. Honors program participants write and gather four excellent pieces of personal writing per year. These written pieces may be completed at any time during a given school year. Each of these writings corresponds in length to the grade level (for example a tenth-grade student would write four 10-page papers; a first-grade student would write four, 1-page papers). One of these papers should be **descriptive** or poetic; one should be **narrative** or biographical; one should be **expository** or based in research; and one should be **persuasive**. Each page may be handwritten (if neat penmanship is used) or typewritten. All writing should be double-spaced and should be submitted for teacher review via BrainHoney, the technology platform of the Extra-Miler and Honors Programs. Suggestions and guidelines for these types of writings are also available within BrainHoney account.

4. **Grades:** All Extra-Miler Award (K-8) and Honors Program (9-12) participants must maintain a 3.5 grade-point-average (or equivalent).

Additional Honors Program Requirements (Grades 9-12):

5. **Honors Thesis or Capstone Project Proposal:** Honors program students must complete an “Honors Thesis or Capstone Project Proposal” form. This is available from the AHS Office. It may be completed as early as Ninth Grade and must be submitted to the Honors Program Coordinator for review and approval. Proposals are reviewed and approved on a rolling basis. Prior to submitting a proposal for approval, students should consult with the Honors Program Coordinator, parents, and prospective thesis or capstone project advisors to discuss and refine the student’s written proposal. The proposal identifies (1) the topic, central question, and goal of the project; (2) the student’s qualifications to conduct the thesis or project; (2) the advisor’s name, signature, and qualifications; (3) a research plan; (4) a line-item expense budget (some funds may be available); (5) a timeline for completion; and (6) the names and signatures of review committeeⁱⁱ members—a committee of the advisor plus two reviewers who may be AHS teachers, administrators, board members, or outside experts from the community. The selection of review committee members occurs when the student consults with the Honors Program Coordinator and secures agreement an agreement from the prospective reviewers as indicated by their signature on the “Honors Thesis or Capstone Proposal Cover Sheet.”
6. **Honors Thesis or Capstone Project:** Students conduct their thesis research or capstone project according to their approved proposal and under the advisory guidance of their honors thesis advisor. The thesis or written report consists of original research or creative work and a written component of 25 – 75 pages, well-documented and properly cited. The thesis or written report is submitted to BrainHoney for review by the review committee members.
7. **Oral Examination:** Upon completing an honors thesis or capstone project, a student must present the findings or project in a 20-30 minute oral-presentation followed by a 20-30 minute college-style defense before the review committee. The date of the oral examination/defense must precede May 15 and must be scheduled by the student with each of the examination committee members.

Extra-Miler Award and Honors Program students complete these programs outside of school time with the exception of the honors thesis or capstone project, which may be worked on during internship or honors project hours taken for elective credit. To sign up for thesis or capstone project elective credit-hours, students may see the assistant principal over the High School.



Honors Program Contract

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Instructions: Interested students in grades 9-12 should print this contract, complete it, and submit it to your homeroom teacher or the AHS Office.

I, _____ (student), affirm that I intend to complete the requirements for the American Heritage School Extra-Miler Award for my grade level, which include the following:

1. Study and discuss “Great Works”
2. Submit a Great Works Log
3. Complete a writing portfolio of four (4) student-choice papers per year (page requirement corresponds to the grade level – e.g. a fifth-grade student writes four five-page papers, a sixth-grade students writes four six-page papers, etc.

Student Name (please print):	Student Signature:	Date:
Student Grade Level:	Student Home Phone:	
Parent Name (please print):	Parent’s Signature:	Date:
For office use only:	Received by:	Date:
Honor’s Program Coordinator Name:	Honor’s Program Coordinator’s Signature:	Date:

Extra Mile Contract



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Instructions: Interested K-8 students should print this contract, complete it, and submit it to your homeroom teacher or the AHS Office.

I, _____ (student), affirm that I intend to complete the requirements for the American Heritage School Extra-Miler Award for my grade level, which include the following:

4. Study and discuss “Great Works”
5. Submit a Great Works Log
6. Complete a writing portfolio of four (4) student-choice papers per year (page requirement corresponds to the grade level – e.g. a fifth-grade student writes four five-page papers, a sixth-grade students writes four six-page papers, etc.

Student Name (please print):	Student Signature:	Date:
Student Grade Level:	Student Home Phone:	
Parent Name (please print):	Parent’s Signature:	Date:
For office use only:	Received by:	Date:
K-8 Teacher’s Name (Extra-Miler Award only):	K-8 Teacher’s Signature (Extra-Miler Award only):	Date:

ⁱ Participating students are issued a BrainHoney account and given BrainHoney access instructions at the time of submitting a contract.