



NOLS HIGH SCHOOL CREDIT INFORMATION

NOLS students can earn high school credit for expedition courses through [Blueprint Education](#). This credit aligns with U.S. national standards for leadership and physical education courses. Blueprint Education is accredited by [AdvancED](#), the unified organization of the North Central Association Commission on Accreditation & School Improvement (NCA CASI), and the Southern Association of Colleges and Schools' Council on Accreditation and School Improvement (SACS CASI).

Please verify with your high school counselor that these credits can be used toward your high school diploma. NOLS and Blueprint have no control over the transfer of credits.

HAVE YOUR SCHOOL CONTACT BLUEPRINT EDUCATION

Blueprint Education representative Bridget Svorinic (bridgets@blueprinteducation.org), will be able to educate your guidance counselor about the unique nature of the partnership between Blueprint Education and NOLS. Communicating directly with Bridget will help your school determine if the credits available through the NOLS curriculum will be accepted. With very few exceptions, after speaking to Blueprint Education, most schools accept the credits.

GRADING OF LEADERSHIP AND PHYSICAL EDUCATION (PE) COURSES

Your high school credit leadership grade is based entirely on your NOLS expedition leadership and expedition behavior grades, with no extra paperwork. The PE credit is based on setting goals for PE performance and successfully completing a self-evaluation that reflects on what you learned. Your NOLS instructors will document that you completed the necessary physical activity (60 hours of activity for each 0.5 Carnegie Units (CUs)), collect, and evaluate your forms. Your PE grade is based on how smartly you set and work towards goals, not on how strong you are. PLEASE NOTE: If forms are not turned in at the end of your course you will not receive credit, nor will you receive a refund. Please only sign up for high school credit if you are confident you will complete the assignments.

DUAL CREDIT

Some high school students may qualify for dual credit, earning both high school and college credit. See the NOLS website to see if you also qualify to enroll for college credit.

REGISTRATION AND PAYMENT ARE REQUIRED 10 DAYS BEFORE YOUR NOLS COURSE BEGINS

In order to receive high school credit for your NOLS course, registration and payment for credit are due before your course begins. Credit cannot be awarded retroactively because high school credit involves special forms the student uses to set and assess goals. This can't possibly be done afterward.

TRANSCRIPTS

Blueprint Education will mail one official transcript to the address you print on the high school credit enrollment form. If you need more official transcripts, please contact Bridget Svorinic at Blueprint (bridgets@blueprinteducation.org). Transcripts are not available until after the close of the term into which your course falls. Requests for early report of

grades will be accommodated if they are made in advance of your course start date. Please contact the NOLS registrar (registrar@nols.edu) with any requests or questions.

ELIGIBILITY

Any NOLS student can enroll in the high school credit program. It is your responsibility to talk to a guidance counselor at your home high school to see if these credits can be used toward your high school diploma.

REFUNDS

If you withdraw from high school credit registration prior to the start of your NOLS course, the registration fee will be refunded minus a \$25 processing fee. Students who separate from their NOLS course while in progress may be awarded high school credit based on the duration and quality of their participation. Credit for separated students is awarded at the discretion of the NOLS staff and instructors. The expense for any high school credit not awarded to a separated student will be refunded, minus a \$25 processing fee. If you complete your course but fail to turn in assignments by the last day of the course, there will be NO REFUND.

FIRST AND LAST DAY OF COURSE

Your high school credit forms must be completed by the last day of the course and turned in to your instructors. **It your responsibility to arrive at NOLS with the Blueprint Education forms (the last two pages of this document), and to return the materials to your instructors by the last day of the course.** Extensions may be granted based upon extenuating circumstances only. Extensions must be requested in writing, describing how individual circumstances hindered, or delayed completion of the goals and self-evaluation. There are no guaranteed extensions. If an extension is granted, a timeline will be arranged as to the specific due date of required course work. There is no refund if a request for an extension is denied.

BLUEPRINT EDUCATION INFORMATION

Blueprint Education and NOLS are entirely separate entities and no agency or employee relationship exists between them. Blueprint's responsibility is to a prior review of course content and instructor qualification to ensure appropriate academic relevance and competence. Blueprint exercises no responsibility or authority over the conduct of the instructors or other employees or agent of NOLS.

HIGH SCHOOL CREDIT AMOUNTS FOR NOLS EXPEDITIONS

Credit availability is based on NOLS course length as shown below. These credits are Carnegie Units (CUs). One CU is the equivalent of a class that meets daily for a full year. Most high school transcripts refer to one class on a transcript as a semester length class that earns 0.5 CUs. For high schools that use direct credit, there is significantly more education in a NOLS semester than is shown here, but these are the topics that align national standards with what is routinely taught on every NOLS course, worldwide. Program audits show that NOLS semesters would normally earn 16 semester hours of university credit.

| Course length | Credit available (CUs) | Cost |
|-------------------------------|-----------------------------|-------|
| Two-weeks (13-19 days long) | 0.5 Physical Education (PE) | \$75 |
| Three-weeks (20-25 days long) | 0.5 PE & 0.5 Leadership | \$150 |
| One month (26 to 59 days) | 0.5 PE & 1.0 Leadership | \$225 |
| Semester (60 days or longer)* | 1.0 PE & 1.0 Leadership | \$300 |

*A year-long course is treated as two semesters and can earn 2.0 PE credits and 2.0 leadership credits for \$600.

BLUEPRINT EDUCATION PHYSICAL EDUCATION COURSE DESCRIPTION

Through a NOLS course, students will complete a PE self-evaluation, in which they describe their learning, strategies, and goals. While each NOLS course is different, the motor skill and movement activities and expected outcomes for each course may be found in a course's online course description. The curriculum aligns to the NASPE National PE Standards. Students will engage in at least 60 hours for each 0.5 CU, and this activity will be documented via instructor signatures.

BLUEPRINT EDUCATION LEADERSHIP COURSE DESCRIPTION

The NOLS Student Evaluation includes a detailed list of criteria designed around activities in Leadership, Expedition Behavior, Risk Assessment and Management, Outdoor Skills, Travel Skills, and Environmental Studies. The expected leadership outcomes for each NOLS course can be found in the online course description. The curriculum aligns to the NASET Youth Development and Leadership Standards. Sixty hours of content time aligned to the standards equates to 0.5 credits.



NOLS High School Credit Evaluation

Name: _____ Course Code & Start Date: _____

CHECKLIST FOR HIGH SCHOOL CREDIT:

Instructors:

- Self-evaluation on back of this form completed and coherent.
- Physical activity certification (back of this form) signed by instructors.
- This evaluation completed, with letter grades for Leadership and Physical Education recorded.

Program supervisor:

- Email this form (both sides) and a copy of the student evaluation to registrar@nols.edu.

Grade Definitions

- A Excellent** performance of expected outcomes
- B Good** performance, is reliable and consistent
- C Satisfactory** performance
- D Inconsistent** performance
- E/F Unsatisfactory** performance

Specific Performance Ratings

- + = Excellent**
- √+ = Good**
- √ = Satisfactory**
- Δ = Needs Improvement**
- N/A = Not Applicable**

LEADERSHIP (for NOLS courses of 3 weeks or longer): _____

Many NOLS evaluations have a separate grade for expedition behavior, which is part of leadership. Please average the expedition behavior and leadership grades and record the average above. A copy of the completed NOLS student evaluation needs to accompany this form. It will be used to document achievement of leadership outcomes.

PHYSICAL EDUCATION SKILLS DEVELOPMENT: _____

- Participated regularly in physical activity (60+ hours per course).
- Completed an activity log that documents activity type and duration (please include with this evaluation).
- Set goals for physical skill development and worked toward improvement (documented on the back of this form).
- Demonstrated competency in motor skills and movement patterns.
- Demonstrated understanding of physical developmental strategies (pushing hard, resting, hydration, nutrition).
- Exhibited responsible personal and social behavior that respected self and others in physical activity settings.
- Valued physical activity for life-long learning as demonstrated by a reflective journal entry (on back).

Instructor comments on how this student achieved the above expected outcomes for PE:

Instructor signatures below certify at least 60 hours of physical activity completed. For semester courses, the signatures certify at least 120 hours completed, and the box below should be checked.

Participated in 120+ hours of physical activity.

Instructors' Printed Names & Signatures:

Self-evaluation for high school credit in Physical Education

Name: _____ Course Code & Start Date: _____

To earn PE credit, you will engage in at least 60 hours of physical activities per 0.5 CU of credit on your NOLS course. This is the amount of physical activity in a typical semester of PE class. You also need to complete this form that reflects on what you learned and how you developed physically on this NOLS expedition. Your instructors will complete the other side of this form and give you letter grades. You don't need to do any special physical activities to earn this credit, but you need to complete this form satisfactorily.

1) Please describe a physical skill development goal you set for yourself and tell us whether you attained that goal.

2) Please describe how you became more effective and efficient at this skill during your NOLS course. In other words, what were you doing differently that made you better at this skill later in the course compared to when you first started?

3) Please describe some strategies you used to become smarter about how you used these skills you developed. Strategies look at the bigger picture and involve appropriate rest, nourishment, hydration, practicing to get better at skills, asking for coaching, backing off at times, and possibly pushing hard at key times.

4) Reflection activity: How do you think routine physical activity contributes to a healthy lifestyle and a clearer mind?

Thank you! We hope you can use your strategies for physical development to have a healthy lifestyle forever.