LYNX at Frederick High

LYNX stands for **Linking Youth to New Experiences**. LYNX at Frederick High School centers on creating highly individualized plans for student success that provide maximum student choice and flexibility in setting and meeting academic and career goals.

LYNX students at Frederick High School meet their college and career goals by designing their “Student Success Plan” with parents/guardians, teachers, business and community partners, and advocates. LYNX at Frederick High recognizes that there is no "typical student." Every student has different dreams, goals, challenges, and talents. LYNX at Frederick High builds on that reality by incorporating flexible, new approaches to teaching and learning within a structured framework.

LYNX students experience four distinct features at Frederick High School:

- **Advocacy**
- **Partnerships**
- **Flexible Schedules**
- **Innovative Learning through Personalized Pathways**

Every LYNX student has a “Student Success Plan” to serve as a roadmap for college and career readiness with the support of their parents and families. LYNX students identify interest-based learning ambitions and career aspirations, then design a schedule of coursework, programs, networks and partnerships to achieve their goals with support from a cohesive network of adult advocates.

At LYNX, the ultimate goal is for students to advocate for themselves. On the road to self-advocacy, students are supported by educators including four LYNX Advocates, school counselors, and advocacy teachers, as well as partners in business, in our community and in higher education.

[www.fcps.org/LYNX](http://www.fcps.org/LYNX)

Twitter: @LYNXFHS
Business and community partners in Frederick County provide a wide range of learning opportunities to LYNX students beginning in the 9th grade. A partnership with LYNX students allows Frederick businesses and organizations to cultivate and influence their future workforce. Since 2017, over 135 partners from business, the community, and higher education provided experiences for LYNX students (guest speaker presentations, targeted field trips, job shadow experiences).

LYNX students also experience competency-based learning and are able to select courses, extensions, and learning opportunities that are relevant and meaningful to their Student Success Plans:

- Structured classroom courses
- Advanced Placement courses
- Career and Technology Education (CTE) courses
- FCPS Virtual School courses; online learning modules
- Credit by Demonstrated Mastery (CDM) based on a portfolio of evidence
- Blended and project-based learning
- Dual enrollment at an institution of higher education
- Internships/Work Study/Apprenticeships
Flexible schedule options are key to providing equitable access to learning opportunities that meet students' individual needs. These options were initiated during the 2017-18 school year (with the first 9th grade class) and will continue to expand as LYNX phases in its full complement of programs for the entire Frederick High School student population (approximately 1425) by 2020-21.

### Flexible Schedule Options

**OPTION 1:** Traditional schedule (4 classes per semester)

<table>
<thead>
<tr>
<th>Block 1</th>
<th>Block 2</th>
<th>LYNX Year 1 “Advocacy” Block 3 (with lunch)</th>
<th>Block 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:50 am</td>
<td>8:55-10:15</td>
<td>10:20-10:55</td>
<td>11:00-12:50</td>
</tr>
</tbody>
</table>

**OPTION 2:** Staggered schedule (4 classes per semester)

<table>
<thead>
<tr>
<th>Block 1</th>
<th>Block 2</th>
<th>LYNX Year 1 “Advocacy” Block 3 (with lunch)</th>
<th>Block 4</th>
<th>Block 5</th>
<th>Supper (free to all)</th>
</tr>
</thead>
</table>

Student does NOT attend

**OPTION 3:** Extended schedule (5 classes per semester)

<table>
<thead>
<tr>
<th>Block 1</th>
<th>Block 2</th>
<th>LYNX Year 1 “Advocacy” Block 3 (with lunch)</th>
<th>Block 4</th>
<th>Block 5</th>
<th>Supper (free to all)</th>
</tr>
</thead>
</table>

All Frederick High students (grades 9-12) may receive tutoring/support in the Learning Lab from 2:20-3:40 p.m. (Session 1) daily and/or from 4:20-5:40 p.m. (Session 2) on Tuesday, Wednesday, and Thursday. FCPS bus transportation is provided at 4:15 p.m. daily and 5:45 p.m. (T/W/Th). Future plans and programs for Learning Lab Session 2 include partner presentations, parent/guardian interactive sessions, seminars, classes, and learning experiences initiated by LYNX Student Ambassadors.

**LYNX: What’s Happening Now?**

- LYNX Advisory Council: Three-year Strategic Plan
- Advocacy program development for Year 3 LYNX students focusing on post-secondary planning (grades 11-12)
- Expansion of block 5 face-to-face classes, online offerings, and credit by mastery opportunities
- Professional learning for all FHS staff: blended and virtual learning, competency-based education
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