

# Inside TEC High School

A TEC High School we strive to provide our students with a challenging and diverse academic curriculum within a caring and supportive learning community.

## ACADEMIC CURRICULUM

- Aligned to the MA Curriculum Frameworks
- Include on-line and blended learning opportunities that could include AP
- Options to take community college courses on campus
- Honors and College Prep level courses
- Highly individualized curriculum based on the needs of students
- Individual support from all teachers

## COMMUNITY SERVICE

Students participate in volunteer service days that include the Boston Food Bank, Golden Opportunities in Walpole, nursing homes, The National Marine Life Center, as well as working with young students that have severe disabilities.

## TRANSITION

All students participate in the Pre-ETS Program (Pre-Employment Transition Service Program)



*Reaching for the Stars!*

## Student Achievement:

This is a showcase of schools students have been accepted to in the past 5 years!

- Agnes Scott College
- Anna Maria College
- Belmont University
- Bryant University
- Champlain College
- Curry College
- DePaul University
- Drexel University
- Elizabethtown College
- Elon University
- Emerson College
- Endicott College
- Fordham University
- Goucher College
- Hofstra University
- James Madison U.
- Lesley University
- Marist College
- Mass Bay CC
- Mount Allison University
- Oral Roberts University
- Sacred Heart University
- Seton Hall University
- Simmons College
- Smith College
- Quinnipiac University
- University of Hartford
- University of Maine
- UMass Amherst
- UMass Boston
- U. of New Brunswick
- U. of New England
- U. of New Hampshire
- University of Vermont
- Westfield State

the education  
COOPERATIVE

## TEC High School

Alternative Learning for Success



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# Overview

TEC High School is a student-centered alternative therapeutic school which offers a caring and supportive academic experience to adolescents in grades 8-12.

At TEC, experienced, certified classroom teachers and special educators help students master a rigorous college preparatory curriculum while a full-time licensed clinical staff assists students in reaching their social emotional development goals.

## TEC Student Profile

- Students at TEC High School contend with Anxiety, Depression, and Mood Disorders. Many have significant trauma histories; have been bullied at school or had become school avoidant. Several had been hospitalized as an end result of continuous thoughts of self-harm or suicidality.
- Students may struggle with executive functioning issues, as well as specific learning disabilities.
- Most students have average to above-average intelligence.
- Students are able to enroll at TEC directly from hospitalization or following long term absence.
- Length of enrollment varies; 45-day extended evaluations are available.



Boston Science Museum High School Stem Series

## Our Approach

- **SEL CLASSROOMS:** Provide teachers a lens through which to view our students with compassion and understanding. Our class sizes are small. This allows our teachers and students to develop a healthy relationship where students feel respected, accepted, and supported.
- **STUDENT CENTERED CLASSROOMS:** Allow our teachers to shift instruction from the teacher to the student, with the end goal of developing students who are autonomous and independent, and placing the responsibility of learning in the hands of the students. This also allows our teachers to provide more focused support to students in content areas where they may struggle.

## Therapeutic Support

**DBT:** Our clinicians are certified and trained in Dialectical Behavior Therapy. DBT helps students learn new skills that will help them manage emotions. It focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. All students participate in a DBT Skills Class each week.

**MINDFULNESS:** Each morning begins with a mindfulness practice that may include guided meditation, focus on the senses, movement or simple breathing exercises.

**1:1 CLINICAL TIME:** Each week, students have the opportunity to meet with their clinicians for support that addresses their emotional goals. Additional time for students is added when students feel they need extra support.

**SOCIAL PRAGMATICS:** Students meet with our Speech and Language Pathologist in groups or individually to work on social communication skills.



Parents Night at TEC High School