



PLANNING YOUR QUEST FOR EXCELLENCE

At VCHS, we often talk about the *Quest for Excellence*. Excellence is not simply taking the most difficult classes or filling every hour of your schedule. It is pursuing Christ-like growth with wisdom, honor, courage, and sacrifice.

The Quest for Excellence is not about impressing others with advanced classes, being constantly busy, or sacrificing integrity just to keep up. **The Quest for Excellence is** about choosing courses that challenge you and allow you to learn deeply, using your time wisely, acting with honor and integrity, showing courage to grow, and making thoughtful sacrifices so that what matters most—your character, well-being, and faith—remains a priority.

COURAGE CHALLENGING YOURSELF

Courage sometimes means stepping into challenges that help you grow.

Think about:

- A class that stretches your thinking
- A subject you want to explore more deeply
- A skill you want to improve

Prayerfully Reflect: Where might you show courage in your academic and extracurricular choices next year?

WISDOM CHOOSING WELL

Wisdom means making thoughtful decisions about your time and responsibilities.

Consider:

- What kinds of classes help you grow the most?
- When have you learned best in the past?
- What balance of challenge and sustainability works well for you?
- What brings you joy?

Prayerfully Reflect: Try making a simple pro/con list for the courses you are considering based on your goals, interests, and commitments.

HONOR LEARNING WITH INTEGRITY

Honor means approaching your work with honesty, responsibility, and respect. As you consider courses for next year, consider whether your schedule will support an honorable approach to schoolwork.

Will this schedule enable me to...

- ☐ Complete my own work honestly?
- ☐ Manage my time responsibly?
- ☐ Ask for help before falling behind?
- ☐ Use technology responsibly?
- ☐ Respect teachers and classmates?
- ☐ Show up for my friends and family well?
- ☐ Have time for Sabbath rest?

Prayerfully Reflect: Which parts of your schedule might test your integrity the most and how will you handle that?

SACRIFICE PRIORITIZING WHAT MATTERS

Time is limited. Excellence often requires choosing some priorities over others.

Look at the areas below and consider how they might fit into your life next year.

Academics	Family
Activities/Programs	Faith/Service
Friends	Rest/Health



Use the QR code and enter your proposed courses into the VCHS Time Commitment Worksheet.

Prayerfully Reflect: What might you need to say no to in order to protect what matters most?

WHAT DOES EXCELLENCE NEXT YEAR LOOK LIKE FOR YOU?

Take a moment to think about what you want your life to look like next year. **If next year were successful, joy-filled, balanced, and meaningful, what would it include? What would you choose not to include?**



CONSIDERATIONS WHEN BUILDING YOUR COURSE REQUEST LIST

As you think about what excellence looks like for you next year, your course choices should both reflect your goals and keep you moving toward graduation. The guidelines below will help you plan wisely.

GRADUATION REQUIREMENTS

A total of 240 credits are required to graduate from VCHS.

Credits	Years	Subject Area
40	4	Bible*
40	4	English
30	3	Mathematics
10	1	Physical Education / Health
20	2	Science
30	3	Social Studies / History**
10	1	Visual & Performing Arts
40	4	Additional Credits (Electives or Additional Academic Courses)
20	2	World Language***

* **Bible** is required for each semester a student attends VCHS. If a student does not attend VCHS for a semester, the Bible credits for that term are waived and added to the elective credit requirement.

** The **history requirement** is fulfilled by completing a **World History, a U.S. History, and an Economics/Government course**.

*** The **world language requirement** requires completing **two full years of the same language and reaching at least Level 2**. Most colleges and universities prefer to see multiple years of study in the same language.

UNDERSTANDING THE COMMITMENT OF ADVANCED COURSES

Honors and Advanced Placement (AP) courses are designed to provide **greater academic challenge and deeper exploration of a subject**. These classes can be incredibly rewarding and can help you grow in knowledge, discipline, and confidence.

Because these courses move at a faster pace and often explore material at a college level, not all content will be covered during class time. Students are expected to learn some material independently through reading and other assignments, requiring consistent effort both in and out of class. Students in honors and AP courses can expect:

- **Regular reading, writing, and studying outside of class**
- **Longer-term projects and assignments that require independent planning and organization**
- **Class discussions and assessments that require deep thinking**
- **A steady commitment throughout the entire year**

Honors and AP courses require **several hours of work outside of class each week**, so if you are considering taking multiple advanced classes you should think carefully about how your overall schedule fits together.

When considering advanced courses, it is wise to think about:

- **Your current study habits and time management**
- **Your extracurricular activities, athletics, and leadership roles**
- **Your family responsibilities and commitments outside of school**
- **Your need for rest, relationships, and personal well-being**

For many VCHS students, one to three advanced courses per year provide the right level of challenge. For others, a different balance may be better. The goal is not to create the most demanding schedule possible, but to choose a schedule that allows you to learn deeply, work with integrity, and grow as a whole person.

If you are unsure about the level of challenge that is right for you, talk with a teacher, counselor, or parent. They can help you think through what will allow you to succeed while continuing your *Quest for Excellence*.

SIGNS YOU MAY BE READY FOR AN ADVANCED COURSE

Students who thrive in honors or AP classes often find that several of these statements describe them:

- ☒ I **keep up with assignments and reading** in my current classes.
- ☒ When I don't understand something, I **ask questions or seek help early**.
- ☒ I am comfortable **planning ahead for long-term assignments and projects**.
- ☒ I am willing to **spend consistent time studying outside of class**.
- ☒ I enjoy being **challenged academically and thinking deeply about ideas**.

No student will check every box all the time. These indicators simply help you reflect on whether an advanced course may be a **good fit for your current habits and schedule**.