

Dig deep intellectually.

College-Model Academic Program



NMH's College-Model Academic Program (CMAP)

An enhanced educational experience
and better preparation for college

Northfield Mount Hermon's CMAP

MON	TUE	WED 1	WED 2	THU	FRI
Campus Meeting 8:40–9:10	Faculty Meeting 8:20–9:10	Dorm Heads/DC Mtgs 8:10–8:50	Dorm Heads/DC Mtgs 8:10–8:50	Campus/Class Meeting 8:40–9:10	Dorm/Dept Meetings 8:20–9:10
A 9:20–10:30	A 9:20–10:30	B* 9:00–10:00	D* 9:00–10:00	A 9:20–10:30	A 9:20–10:30
B 10:40–11:50	B 10:40–11:50	A 10:10–11:10	C 10:10–11:10	B 10:40–11:50	B 10:40–11:50
C₁ 12:00–1:10	C₁ 12:00–1:10	B⁺ 11:20–12:20	D⁺ 11:20–12:20	C₁ 12:00–1:10	C₁ 12:00–1:10
LUNCH ONE	LUNCH ONE	LUNCH	LUNCH	LUNCH ONE	LUNCH ONE
LUNCH TWO	C₂ 12:35–1:45	ATHLETICS AND COCURRICULARS	ATHLETICS AND COCURRICULARS	LUNCH TWO	C₂ 12:35–1:45
INDIVIDUAL ADVISING 1:50–2:10	INDIVIDUAL ADVISING 1:50–2:10			GROUP ADVISING 1:50–2:10	INDIVIDUAL ADVISING 1:50–2:10
D 2:20–3:30	D 2:20–3:30			D 2:20–3:30	D 2:20–3:30
ATHLETICS 4:00–5:45 (Varsity) 4:00–5:15 (JV)	ATHLETICS 4:00–5:45 (Varsity) 4:00–5:15 (JV)			ATHLETICS 4:00–5:45 (Varsity) 4:00–5:15 (JV)	ATHLETICS 4:00–5:45 (Varsity) 4:00–5:15 (JV)
Dinner: 5:00–7:30	Dinner: 5:00–7:30			Dinner: 5:00–7:30	Dinner: 5:00–7:30
Rehearsals 6:30–8:00	Cocurriculars 6:30–8:00	Affinity Groups 6:30–8:00	Affinity Groups 6:30–8:00	Rehearsals 6:30–8:00	
Study Hall 8:00–10:00 PM (MONDAY–THURSDAY); 7:30–9:30 PM (SUNDAY)					

B and D block Wednesday schedule

* 9:00 = Full credits and Monday/Thursday half credits

+ 11:20 = Tuesday/Friday half credits

NMH's CMAP gives you the edge.

Longer Class Periods

In a **70-minute class**, teachers can employ a **variety of learning techniques**: small- and large-group work, class discussions, debates, peer review, lab work, hands-on projects, application of theories, etc.

Public schools: 45-50 minutes, limited variety in learning techniques

Most private schools: 45-50 minutes, limited variety in learning techniques

Deeper Exploration

Students are immersed in a subject for **70 concentrated minutes** in each class.

Public schools: 45-50 minutes for each class

Most private schools: 45-50 minutes for each class

More Major Courses per Year

Each year, students take **six core academic courses** (covering specific areas of math, English, science, history, and world languages): three full-year equivalents in a semester.

Public schools: Only five core academic classes

Most private schools: Only five core academic classes

Focused Homework

Students focus **150–270 minutes** of homework time on three core courses, increasing their immersion in each subject.

Public schools: 60–300 minutes on five core courses

Most private schools: 150–300 minutes on five core courses

More Student-Teacher Access

NMH faculty members teach an **average of 30 students each semester**, so they know each student and can better meet their needs.

Public schools: 80–150 students each

Most private schools: 48–100 students each

Faster Learning

Two years of a subject can be covered in one year. (Examples: Algebra II in the first semester, Precalculus in the second; or French III in the first semester, French IV in the second.)

Public schools: Not available

Most private schools: Not available

More Arts Options

Students are able to complete performing and visual arts experiences during the academic day, during the cocurricular periods from 3:10 to 6 PM, or after dinner from 6:30 to 8 PM.

Public schools: Not available

Most private schools: Sometimes available

We embrace the best parts of **college learning.**

A “prep” school should prepare you for college.
That’s our job.

NMH’s College-Model Academic Program means longer class periods and a deeper dive into every subject. You’ll have more opportunities for exploration and collaboration, and you’ll develop richer relationships with your teachers. You will also cover more ground (six major courses each year instead of the typical five).



Northfield Mount Hermon

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The logo consists of the letters 'NMH' in a bold, white, serif font, centered within a light blue square. A thin white horizontal line is positioned directly beneath the letters.

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