

About Flex

The Flexible Scheduling Program was created in 1964 as part of the Birmingham Plan for Excellence. The goal of this plan was to encourage "new ways to individualize instruction and to professionalize teaching" by funding innovative programs. This resulted in the implementation of the Flexible Scheduling Program, commonly known as Flex, which today is the only surviving component of that plan. After fifty years of adaptive growth and several thousand graduates, the central goal of Flex remains identical to that at its inception: care for the progress of the individual student through a challenging curriculum taught by a qualified staff. Consistent with current research on secondary education, the Flex Program continues to argue for a core of knowledge which is responsive to the needs of students in a complex society. But perhaps even more significant is that in its preparation of students for participation in a global society, Flex assumes an excitement in the lifelong learning process



FAQ

Q: Does a student have to take Flex for four years?

A: No, but most students find it beneficial to begin the program as a 9th grader.

Q: How are grades determined?

A: Students receive grades for at least 5 components of work each trimester: seminar, electives, writing group, and 2 Flexam grades. The final grade is determined by an average of these components.

Q: Are Flex students able to fulfill a well-rounded schedule?

A: Yes. Most of our students are involved in sports, music, student government, publications, world languages, elective courses, and drama offerings, as well as numerous community programs.

Q: How will Flex be interpreted for college admissions?

A: The program is recognized for the excellent students who have been accepted by a number of outstanding schools. Admissions officers have been impressed with the information our students present about their Flex experiences.



Contact The Flex Program

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Seaholm High School

Birmingham Public Schools

THE FLEXIBLE SCHEDULING PROGRAM (FLEX)



**An Interdisciplinary
Honors
Social Studies
and
English Language Arts Program**

**EDUCATIONAL EXCELLENCE
SINCE 1964**



Components of the Flex Program



The Four Year Cycle

Flex meets all state and district standards for Social Studies and Language Arts in a four year cycle:

Cultural Studies Year:

“What does it mean to be human?”

Western Civilization Year:

“Where is knowledge taking humanity?”

Global Studies Year:

“What does it mean to be a member of a global community?”

American Studies Year:

“What is America?”



Core

Core includes those materials for which all students are responsible, including lectures, films, readings, and presentations. All core material is discussed in seminars

Seminar

This component is the heart of the Flex Program. It is the forum in which students exchange ideas and analyses about the core material. Seminars are small groups which meet several times each week.



Writing Group

The writing program is a comprehensive 4-year developmental course. Students advance from paragraph and essay work in the 9th grade to extended thesis models and mini research papers in the 10th grade. In the 11th grade, students focus on preparing for the AP Language and Composition Exam, and the college essay. In the 12th grade, students complete a capstone research project which culminates in an oral defense of their work (Big Boards) and a related community outreach project.

Counseling Group

Each student is assigned to a Flex teacher who serves as a counselor in the program. The Flex counselor schedules students for electives and seminars, grades examinations, monitors student performance, and communicates with parents.

Electives

Flex teachers or students develop course offerings which complement the core curriculum. These courses offer close study of novels, plays, current social problems, and historical analysis.

Grade Level Requirements

Speech, Honors Economics, and American Government are offered within Flex to satisfy state and district requirements. 9th graders learn all aspects of interpersonal communication and academic skills. 10th grade students will explore leadership theory and leadership in action (as mentors in BPS middle and elementary schools). 11th grade students are taught honors level microeconomics and macroeconomics. 12th grade students are taught American Government.