

The MET Sacramento



Big Picture Learning

<http://www.metsacramento.org/>

916-264-4700

Mission

Our mission is to educate all students, including those who may not have succeeded in more traditional educational settings. We graduate students who are self-directed, independent learners that possess the critical thinking skills, and core knowledge needed to be successful in college as well as in life. Our graduates are unique, creative individuals who will be able to rise above adversity in the adult world.

Description

The Met Sacramento High School prides itself on Relevance, Rigor, and Relationships. This is accomplished through a varied curriculum including deep internship work, the use of Project-Based Learning, an advisory structure, and a fundamental philosophy of “One Kid at a Time”.



Students pose after working in the school garden. Lizzie Walker, far right, is running the student garden.

Increasing
creative confidence
through
Linked Learning

WHAT I LIKE
ABOUT **my**
pathway



“The Met has really helped **open my mind** to all of the different options and possibilities for my education and future. I like that we get to do internships in the first place, but I particularly like the amount of **real world experience** we get and how we can really seize the day through our internships.”

—Zauna Nuru-Bates, 10th grader

“The Met has opened a **world of opportunities** to me in both my academics and interests. Through my experiences in the internship program, I’ve **gained several life skills** that could not have been obtained from a classroom. Some of which include, interacting with professionals, completing useful projects for my site, and **working in a professional setting.**”

—Mianna Muscat, 11th grader

“If it was not for The Met, I wouldn’t have had as **many opportunities**, especially through internships, that I have taken throughout my high school years. I would not be the person I am today without the Met.”

—Tracia Blohm-Craig, 12th grader

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SUBJECT	HIGH SCHOOL COURSES			COLLEGE COURSES		RELATED OCCUPATIONS
	9 th	10 th	11 th	12 th		
English	English 9	English 10	English 11	English 12	SCC for English 10-12, optional	Entry-level Building Trades or Culinary Arts
Math	Integrated Math I or Integrated Math II	Integrated Math II or Integrated Math III (starting September, 2016)	Integrated Math III (starting September, 2016) or Pre-Calculus	Pre-Calculus or Trigonometry	SCC classes for Math 120 and beyond are optional	
Science	Physical Science	Biology	Chemistry	Physics or another science at the college level	SCC classes for elective science, such as Astronomy, are optional	
History and Social Science	Geography/Contemporary Global Issues	World History or college level World History	US History or college level US History	Economics/US Government at the Met or at the college level	SCC classes for are optional	
Foreign Language/Art/PE	2 years Foreign Language, 1 year Art Elective, 2 years of P.E. required – Electives/Languages can be taken at SCC or CSUS/ACE. Internships also result in elective credits.					
Career Technical Courses	Real World learning at internship site Campus garden	Real World learning at internship site, The Met Bicycle Collective on campus, Silk screening on site, Campus garden	Real World learning at internship site, The Met Bicycle Collective on campus, Silk screening on site, Campus garden, Music Studio	Real World learning at internship site, The Met Bicycle Collective on campus, Silk screening on site, Campus garden, Music Studio	Courses available at SCC, such as Sound Engineering, Arts, Auto Mechanics, Graphic Design	
Work Based Learning Opportunities	Resume/Cover letter writing, Interview skills, Career Investigation	A-G requirements	College Search	Financial Literacy	* More than one internship can be completed per year	

*Dual Credit – College and High School
For more information on SCUSD's Linked Learning Pathways, visit www.scusd.edu/inkedlearning

PARTNERS

Councilmember Kevin McCarty's office
Sol Collective Community Partnership
Stafford King Wiese Architecture Firm
Sacramento City College (via the Panther Pipeline Program)
NOLS (National Outdoor Leadership School)
Vice Mayor Angelique Ashby's office

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