

# 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".

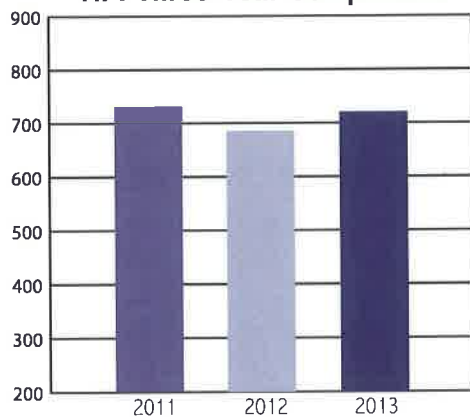


Students pose after working in the school garden. Lizzie Walker, far right, is running the student garden.

Increasing  
*creative confidence*  
through  
**Linked Learning**

WHAT I LIKE  
ABOUT **my**  
**pathway**

### API Three-Year Comparison



The academic performance index (API) is a single number, ranging from a low of 200 to a high of 1000, which reflects a school's performance level, based on the results of statewide testing. Its purpose is to measure the academic performance and growth of the schools.

**2012-13 School Year**  
**81% Graduation Rate**

"I came to the Met as a Sophomore. I've **learned skills** that will not only help me graduate, but will help me throughout my life. I know not only what I want to do with my life, but what it'll actually take to do it. **No other school** can do what the Met can!"  
—Rebekah Rideout, Student

"Graduation is only a concept. In **real life**, every day is a graduation. It's a process that goes on until the last day of life. If you can grasp that, you'll **make a difference**."  
—Cashae Patterson, Student

"As the saying goes, your teacher **opens the door**, but you have to walk through it. The Met has opened many doors and has given me the **freedom** to walk through the one I choose."  
—Zara Ma'ayan, Student

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SUBJECT	HIGH SCHOOL COURSES			COLLEGE COURSES	RELATED OCCUPATIONS
	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup> 12 <sup>th</sup>		
English	English 9	English 10	English 11	English 12	Entry-level Building Trades or Culinary Arts
Math	Algebra 1 or Geometry	Geometry or Algebra 2	Algebra 2 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

## 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

For more information on SCUSD's Linked Learning Pathways, visit [www.scusd.edu/linkedlearning](http://www.scusd.edu/linkedlearning)



the James Irvine foundation



linkedlearningalliance  
 PATHWAYS TO COLLEGE AND CAREER SUCCESS

*No person shall be subjected to discrimination on the basis of disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation, or any other characteristic that is contained in the definition of hate crimes set forth in Section 422.55 (ed. Code).*