

Creative Scheduling, Maximizing Student Achievement

Cabell Midland High School

This is an example of a traditional seven period day with first period beginning at 8:15 and seventh period ending at 2:57. Each class period is 48 minutes long.

Herbert Hoover High School

This is an example of a seven period day with an enrichment period scheduled each afternoon. First period begins at 8:30 and seventh period ends at 3:59. There is also an enrichment period for students built into the daily schedule.

St. Albans High School

This is an example of a schedule approved through the reimagined time initiative. This schedule allows teachers planning time every day from 7:15 to 8:14 and collaborative time every day from 2:45 to 3:15. Students have five periods that last on average an hour. There is also a twenty minute lab period built into the beginning of the day when students who are failing a course are required to attend that course. First period meets Mondays, second period on Tuesdays etc.

Nitro High School

This is an example of a schedule with eight periods on Monday, Tuesday, and Friday and block periods on Wednesday and Thursday. There is also a period built in at the end of each day where students are required to attend classes they are failing.

Lewis County High School

This is another example of a period/block schedule. On Mondays, Tuesdays, and Wednesdays there are seven periods. Wednesdays and Thursdays there is an odd/even block schedule with an enrichment/tutoring block scheduled in the eighth block period on Thursdays.

4x4 Block Schedule

This schedule divides the school year into two semesters. Students take four courses in the first semester and four more in the second semester. Instructional time is generally between 85 and 100 minutes per block, and students complete the year course within a semester.

A/B Block Schedule

This schedule divides six or eight blocks of classes between two alternating days so students are only in three or four classes a day. Instructional time is generally between 85 and 100 minutes per block, and students complete all six or eight courses at the end of the academic year.

3x5 Trimester Block Schedule

This schedule divides the academic year into three 12-week terms with five, 70 minute class periods per day. Students take the same classes every day during the term, and earn 0.5 credits per class per trimester.

75-75-30 Block Schedule

This schedule reconfigures the year into two 75 day terms and one intensive end of year 30 day term. Students take three separate courses during each 75 day term. The last term may be used to enhance or review concepts from the courses taken in the 75 day terms or for students to take electives or more advanced core subjects.

Below is a table comparing block and period schedules based on several considerations.

CONSIDERATION	BLOCK SCHEDULE	PERIOD SCHEDULE
Teacher Planning Time	1/4 of a teacher's day is devoted to planning	1/6 to 1/8 of a teacher's day is devoted to planning
Class Size	Class size is normally smaller than under a normal period schedule	Class size is normally larger than under a block schedule
Instructional Methods	Allows for more varied instructional methods to accommodate all types of learners	Typically lecture-oriented instructional methods used
Course Load	Students complete eight courses per year	Students generally complete seven or eight courses per year
Class Time	Students spend 90 minutes in class per day but less time in class over an academic year than under a period schedule	Students spend 45-55 minutes in class per day but more time in class over an academic year than under a block schedule
AP Exams	Sometimes AP subjects are taught in the fall are not reviewed again before the spring exams	AP subjects are taught year-round and can be reviewed prior to the spring AP exams
Absences	One day of absence leads to more time of missed instruction	Material missed during an absence is more easily covered

Source: "Advantages and Disadvantages of the Block Schedule." The North Carolina Public School System, Op. cit., p. 6.

Cabell Midland HS		Nitro HS	
Breakfast	7:30 – 8:09	<u>Monday, Tuesday, and Friday</u>	
1 st PERIOD	8:15 – 9:03	1 st Period	7:25 – 8:08
2 nd PERIOD	9:09 – 9:57	2 nd Period	8:14 – 8:57
3 rd PERIOD	10:30 – 10:51	3 rd Period	9:03 – 9:46
Lunch (A-D)	10:51 – 11:21	4 th Period	9:52 – 10:35
4 th PERIOD (E-H)	10:57 – 11:45	1 st Lunch	10:35 – 11:03
4 th PERIOD (A-D)	11:27 – 12:15	5 th Period	10:42 – 11:25
Lunch (E-H)	11:45 – 12:15	2 nd Lunch	11:25 – 11:53
5 th PERIOD	12:21 – 1:09	5 th Period	11:10 – 11:53
6 th PERIOD	1:15 – 2:03	6 th Period	12:00 – 12:42
7 th PERIOD	2:09 – 2:57	7 th Period	12:49 – 1:32
		8 th Period	1:38 – 2:21
Herbert Hoover HS		NHS Period	2:27 – 2:49
1 st Period	8:30 - 9:20	<u>Wednesday/Thursday</u>	
2 nd Period	9:24 - 10:14	1st/2nd Block	7:25 – 8:56
3 rd Period	10:24 - 11:14	3rd/4th Block	9:03 – 10:34
4 th Period	11:18 - 12:08	Lunch	10:34 – 11:04
Lunch	12:08 - 12:48	5th/6th Block	10:41 – 12:12
5 th Period	12:52 - 1:42	Lunch	12:12 – 12:40
Enrichment Period	1:46 - 2:11	5th/6th Block	11:09 – 12:40
6 th Period	2:15 - 3:05	7th/8th	12:47 – 2:18
7 th Period	3:09 - 3:59	NHS Period	2:25 – 2:49
St. Albans HS		Lewis County HS	
Teacher Planning	7:15 – 8:15	<u>Monday, Tuesday, and Friday</u>	
Lab	8:14 – 8:43	1 st Period	7:57 – 8:50
1 st Period	8:44 – 9:43	2 nd Period	8:53 – 9:55
2 nd Period	9:48 – 10:52	3 rd Period	9:58 – 10:50
1 st Lunch	10:52 – 11:22	4 th Period	10:53 – 11:45
3 rd Period	10:57 – 11:56	1 st Lunch	10:50 – 11:20
2 nd Lunch	11:56 – 12:26	4 th Period	11:23 – 12:15
4 th Period	12:31 – 1:30	2 nd Lunch	11:45 – 12:15
5 th Period	1:35 – 2:35	5 th Period	12:18 – 1:10
Teacher Collaboration	2:45 – 3:15	6 th Period	1:13 – 2:05
		7 th Period	2:08 – 3:06
		<u>Wednesday/Thursday</u>	
		1 st /2 nd Block	7:58 – 9:32
		3 rd /4 th Block	9:35 – 11:09
		Lunch	11:09 – 11:52
		5 th /6 th Block	11:55 – 1:29
		1 st /2 nd Block	1:32 – 3:06
		7 th /8 th (tutoring) Block	1:32 – 3:06

4x4 Block Schedule	
<u>1st Semester</u>	
1 st Block	Course 1
2 nd Block	Course 2
3 rd Block	Course 3
4 th Block	Course 4
<u>2nd Semester</u>	
1 st Block	Course 5
2 nd Block	Course 6
3 rd Block	Course 7
4 th Block	Course 8
75-75-30 Block Schedule	
<u>1st Term (75 Days)</u>	
1 st Block	Course 1
2 nd Block	Course 2
3 rd Block	Course 3
<u>2nd Term (75 Days)</u>	
1 st Block	Course 4
2 nd Block	Course 5
3 rd Block	Course 6
<u>3rd Term (30 Days)</u>	
1 st Block	Course 7
2 nd Block	Course 8

A/B Block Schedule	
<u>A Day (Year Long)</u>	
1 st Block	Course 1
2 nd Block	Course 2
3 rd Block	Course 3
4 th Block	Course 4
<u>B Day (Year Long)</u>	
1 st Block	Course 5
2 nd Block	Course 6
3 rd Block	Course 7
4 th Block	Course 8
3x5 Trimester Block	
<u>1st Term</u>	
1 st Block	Course 1
2 nd Block	Course 2
3 rd Block	Course 3
4 th Block	Course 4
5 th Block	Course 5
<u>2nd Term</u>	
1 st Block	Course 6
2 nd Block	Course 7
3 rd Block	Course 8
4 th Block	Course 9
5 th Block	Course 10
<u>3rd Term</u>	
1 st Block	Course 11
2 nd Block	Course 12
3 rd Block	Course 13
4 th Block	Course 14
5 th Block	Course 15