

REFLECTION

Effective Communication: Read well, write well, express yourself clearly, and explain your ideas.

Self-Awareness & Identity: Understand your identity, experiences, values, and emotions.

Empathy: Recognize others' feelings, perspectives, and experiences.

Self-Care & Wellness: Understand your mental/physical health and make healthy choices.

Ethical Decision Making: Make thoughtful decisions that consider impact and harm.

Advanced Communication: Create powerful arguments and stories.

Advanced Wellness: Deep commitment to wellness.

SELF DIRECTION

Problem Solving: Identify problems, make plans, and adjust when things get hard.

Voice: Speak up, share your ideas, advocate for yourself and others.

Creativity: Express original ideas in any medium or format.

Perseverance: Stick with challenges even when it gets hard.

Perseverance Amidst Struggle: Use past challenges to grow; Demonstrated resilience.

SELF DIRECTION (continued)

Public Speaking: Present confidently to groups of people.

Advanced Visual Arts: Produce, refine, and present advanced visual art work.

KNOWLEDGE AND UNDERSTANDING

Foundational Computation: Math through Algebra I and Geometry.

Media Fluency: Ability to avoid misinformation. Use tech responsibly.

Effective Research: Find good sources, evaluate bias, and build informed conclusions.

Human Sexuality: Know anatomy, consent, reproduction, identity, and healthy relationships.

Applied Scientific Reasoning: Think like a scientist; understand basic biology, chemistry, physics.

Financial Literacy: Understanding of money and finance.

Advanced Mathematics: Algebra II, Precalculus, Calculus +

Advanced Technical Skills: Coding, digital tools, major tech projects.

Advanced Sciences: Advanced coursework, labs, and projects.

Advanced World Languages: Communicate in more than one language with real-world fluency.

LIGHT CYCLE COMPETENCY GUIDE



Graduate from LightHouse Holyoke by showing what you can do.

WHAT ARE COMPETENCIES?

Competencies are the skills you build over your time at LightHouse. They replace traditional course sequences and grades. Instead of points or tests, you show your growth by creating evidence.

Examples of evidence:

- ★ writing
- ★ photos
- ★ projects
- ★ videos
- ★ artwork
- ★ labs
- ★ journals
- ★ presentations
- ★ community work
- ★ reflections

If you can show you learned it anytime/anywhere, it counts.

HOW MANY COMPETENCIES DO I NEED TO GRADUATE?



You must complete:

21 Foundational (Required) Competencies
→ Everyone completes these.

Up to 14 Advanced (Optional) Competencies
→ You choose these based on your interests.



You'll work with your advisor to decide what to focus on each trimester.

In addition to the 21 Foundational Competencies, seniors at LightHouse complete a significant **capstone project** as a graduation requirement.

THE FOUR AREAS OF COMPETENCY LEARNING AT LIGHTHOUSE

All competencies fall into one of these:

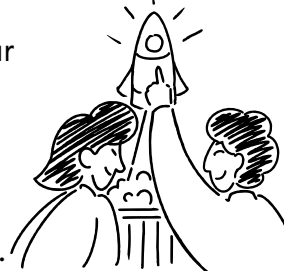
Community — how you work with others and understand the world

Reflection — how you understand yourself and communicate clearly

Self-Direction — how you manage your learning and take initiative

Knowledge & Understanding — academic skills and core knowledge

Together, these four areas reflect what research shows young people need to thrive in life beyond graduation.



HOW DO I COMPLETE A COMPETENCY?

Each competency has a set of three to five associated **attainments** — “I can” statements.



You complete a competency by showing evidence that proves each attainment in an order that makes sense for you.

THE COMPETENCIES

COMMUNITY (foundational advanced)

Community: Show up, participate, help make LightHouse welcoming.

Collaboration: Work well with partners or groups on projects.

Global Thinking: Understand cultures, geography, world events, and how the world works.

Environmental Awareness: Understand ecosystems, human impact, and environmental issues.

Social Justice Concepts: Understand injustice, discuss difficult topics with respect, and recognize how systems affect people's lives.

Advanced Social Sciences: Deep knowledge of history, politics, economics, or global systems.

Community Leadership: Lead groups, organize events... Contribute meaningfully to your community.

Environmental Activism: Long-term commitment to environmental work or action.

Leading Collaboration: Take charge of group projects and guide others successfully.

Advanced Performing Arts: Create, perform, or produce high-level artistic performances.