



## Why You Should Join a Mid-Metro Academy PSEO Cohort

### What's a Cohort?

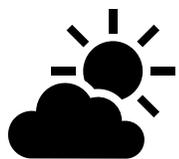
A cohort is an intentional learning community made up of a small number of students—usually between 15 and 25—who start and finish their entire course of study together. All committed to the same educational goal, they share experiences, collaborate, and support each other along the way.



### A Chance to Form Strong Friendships

PSEO is a great way to save money and get a head start on college, but it may separate you from your friends—just when you need them most. PSEO often leads high school students in different directions, making it hard to build and maintain friendships.

Taking Pre-Planned PSEO at Mid-Metro Academy gives you a built-in circle of friends. You'll see your cohort people every Wednesday from 8 a.m. to 4 p.m. as you take three college courses with them each semester. If you start as a junior, you'll go through four semesters with the students who started with you. That's twelve classes in all.



Interesting things happen when you're with the same people class after class, week after week. You find your voice. You empathize with others. Barriers crumble. You relax. You can be yourself. You laugh. You grow. You bond. You learn.

Before you know it, you've developed genuine, deep relationships that will carry on well after you graduate.

### Enhanced Learning

When you take multiple classes with a safe group of friends, you're more likely to move beyond passive learning into real, active learning. You'll get better at thinking independently: not simply soaking up knowledge but developing your own conclusions and ideas.



Mid-Metro Academy PSEO classes have been chosen to engage you and encourage critical thinking. You'll be asked to debate, defend, collaborate, encourage, and solve problems. You'll respect your peers' views and they'll respect yours as you learn to practice reasoned discourse with each other. That will set you up to lead and work effectively with others as an adult in the real world.



### **You Don't Have to Take Our Word for It!**

A lot of research has been done on the benefits and advantages of cohort learning.<sup>1</sup> Here are some of the findings:

- Peer relationships are associated with increased motivation for learning, persistence in the face of challenges, and success in program completion.
- Because of their enhanced feelings of support and connection, cohort students were able to earn better grades.
- Students benefited from increased exposure to diverse ideas and perspectives.
- Students engaged in "deeper discussions of sensitive issues in class."
- Camaraderie lent "the support and motivation needed to strive and reach for higher expectations."
- Students had "a reduced sense of loneliness."
- Cohorts provided real-world group and interpersonal dynamics, and students were able to transfer those cohort experiences into the work setting.
- More students persisted and completed their programs.

### **Simple, Convenient, Efficient**

We've chosen the courses strategically, so you don't have to spend hours and hours poring over catalogs or online registration pages. Meeting one day a week saves commuting time and can simplify your life if you're sharing family vehicles or carpooling.



### **You Can Still Customize**

Since Pre-Planned PSEO includes only nine college credits per semester and one day per week, you've got four other days to:

- get your homework done
- supplement with additional PSEO classes whether online, hybrid, or on campus at NCU or other colleges.
- take other high school classes you need for graduation or enrichment
- work, socialize, volunteer, intern, or pursue other interests
- help your family at home
- meet up with your cohort friends at NCU events or other social events you arrange

**Sound good? Why not invite a friend to join a Mid-Metro Academy PSEO cohort with you? Gain the benefits of the cohort experience for yourself!**

<sup>1</sup> <https://files.eric.ed.gov/fulltext/EJ913581.pdf>