



Checklist & Miscellaneous Information

Please do not be overwhelmed by all that you need to do. If you have questions or concerns, please feel free to contact Aimee Goldstein (719-486-8200 x106), or any other staff member you know.

Things to do:

- Physical Exam (exam to be completed by MD within 12 months of the **start** of the HMI Semester)
- Complete enrollment and onboarding forms/questions in your HMI online portal
- Make travel plans (please review the Travel Information link)
- Review the packing lists and make a list of items that you need
- Go shopping (please review the equipment information carefully)
- Get in shape! (start by reading the Pre-Semester Physical Fitness page)

Paperwork to be complete by student/family:

*****We have transitioned to online enrollment for the HMI Semester*****. Accepted families will receive a link via email to view, sign, and submit enrollment documents electronically. However, the forms are also available for viewing only on our website. **Please use the online enrollment platform to submit your forms.**

Paperwork to be completed by sending schools/teachers (links will be available in your HMI online portal):

- College Counseling Form
- Mathematics Questionnaire
- Spanish Questionnaire
- Spanish Placement Test (Fall only)

Information we will provide to you at a later date:

- Final Tuition Invoice (payment due on July 15 for Fall and November 1 for Spring)
- Invoice for \$1,200 deposit into student account for Fall and \$1,600 for Spring (deposit due on July 15 for Fall and November 1 for Spring)
- Travel Itinerary Questionnaire



Notes & Lists





Mail & Technology Information

All mail can be sent to the students at the following address:

Student's Name
c/o HMI
531 County Rd 5A
Leadville, CO 80461

We highly recommend you ship your trunk or large duffels with your bedding. You will then use them for storage of your stuff during the semester. Please do not send them until after August 1 for the Fall Semester, or after January 1 for the Spring Semester. If you own a backpack, bring it on the plane, filled with all of the items that you might need for the first expedition.

Phone Calls

Students are welcome to receive phone calls during the days that we are on campus. During study hall (7-9:15 PM), students may not use the phone. When a student is unavailable, callers may leave a message with the faculty member who answers.

Phone lines in rural Colorado are very expensive; hence, HMI has only 6 lines for voice and fax use. At times, it is very difficult to call in—we apologize for any inconvenience.

Tel 719-486-8200
Fax 719-486-8201

To reach students directly, please call the telephone number above and then one of the following extensions when prompted: 201, 202, 203, or 204. There are times when all four of those lines are busy or all students are in class. If no one answers those extensions you can reach the faculty on duty (the operator) by calling back and dialing "0".

Students may bring their cell phones for use on travel days and vacations. The rest of the time, they are kept in the administrative office. We do this entirely because we want students to be focused on the HMI Semester experience and all that we offer.

Internet Access, Music, and Internet-Enabled Devices

In order to promote the type of community we hope to build, we ask that the only Internet-enabled devices brought to HMI be a laptop or tablet which can be used throughout the day in classes and free time. Students will have access to the Internet via HMI's wi-fi network. Students are welcome to continue to use iPods or MP3 players (*models without wifi*) at night or while studying but not in the backcountry. We place great emphasis on building a strong, cohesive community and have found that the use of electronics detracts from our ability to "be present." Examples of internet-enabled devices that we ask you not to bring are iPod Touches, Kindle Fires and other similar items that store movies, video games, and allow for texting functions. Students *are* welcome to bring acoustic musical instruments.



Pre-Semester Physical Fitness

The HMI Semester does not require any previous backcountry experience. However, it is required that you arrive at HMI in good physical condition. Shortly after students arrive, we head out on our first expedition. You will not have time to "get into shape" at HMI before we leave on the first expedition.

The vast majority of injuries that happen, especially in the first three weeks of the semester, are direct results of individuals not being in good physical condition. The likelihood of sprains and strains is dramatically increased by poor fitness. In addition, the HMI campus is at 10,000 feet above sea level. Poor physical fitness increases the chance that an individual will experience the deleterious effects of high altitude. Again, good basic fitness can decrease the likelihood of injury and assist in acclimatization.

There are two important aspects to physical fitness. The first is cardiopulmonary efficiency. This simply requires that you be physically active for extended periods of time (30-45 min) **4 or more times per week**, for several months. This level of activity will greatly improve your general endurance. If you are not currently active, you should begin slowly and gradually increase the intensity of exercise. A good rule of thumb for endurance training is that you should be able to talk freely as you exercise (bring a friend to talk with).

The second part of physical fitness is task specific strength. Most of the activity during the HMI Semester centers on walking, hiking, and cross-country skiing. Swimming will help to increase your cardiopulmonary efficiency, but will not strengthen your legs appropriately for carrying a backpack. At least half of your training should be task related; i.e. training that uses your legs over uneven terrain. The ideal is to go for fast-paced hikes on trails carrying a daypack (with lots of water!) 2-3 times per week for 30-45 minutes. If trails are unavailable near your home, use a combination of roads and athletic fields.

Your fitness training should **begin at least 10-12 weeks before attending the HMI Semester**. If you are playing a sport, that may help your cardiopulmonary efficiency but you will also need to get out and do task specific activities several times a week. Remember that trail hiking is a great way to break in your hiking boots!

Our expectations of physical fitness are not intended to scare you. We simply want you to know that physical training before your arrival will greatly increase your enjoyment at the beginning of the HMI Semester in particular. It is much easier to enjoy the view or study the map carefully if you are not gasping for breath. If you have questions or would like assistance creating a training plan, please call us anytime 719-486-8200 or contact our Physician Advisor, Dr. Lisa Zwerdinger at 719-486-0500.



A Note on AP[®] United States History During the HMI Semester

We have two history courses at HMI; the difference between AP[®] and non-AP[®] sections here is not a distinction between more and less talented history students. The AP course offers a traditional, chronological approach to American history and is tailored to prepare students for that examination. In the fall, the honors class examines the development of American identity from Columbus through the Civil War. In the spring the honors course explores the history of the American West. Those who want to take the AP[®] test should enroll in the AP[®] course. Those who are not taking AP History at home and do not plan to take the AP[®] exam *should not* register for the AP[®] section.

The High Mountain Institute Semester is a full semester! It is packed with classes, field trips, meal preparations, wood splitting, community chores, and other daily activities. Because we spend so much time together in non-academic learning, our classroom time is limited. It is challenging to fit all the detailed chronological facts of American history into our classroom time at the HMI Semester. Therefore, students in the AP[®] section commit to a considerable reading load. This is not to discourage HMI students from planning to take the AP[®] test. It is entirely possible to attend the HMI Semester and do well on that examination; most students have. Success in AP[®] history requires dedication to history study, and the self-discipline to find the time in the week for extra reading. Several students each semester come to HMI with independent study classes from their sending schools that require self-direction and extra reading; so committed AP[®] students are in good company.

Before registering for classes at HMI, students should learn what their sending schools require. Do they need to take the AP[®] test to receive full American history credits? Will sending schools accept students changing mid-year to or from an Advanced Placement course? Clear communication with the faculty of both the sending school and the High Mountain Institute will help each student decide which class best fits his or her academic plans.



Standardized Tests

While at HMI, students have the ability to take specific standardized tests. We encourage students and families to work directly with the sending school academic and/or college counselor to determine which standardized tests the student should take while at HMI.

The following outlines the tests that are available to students in each semester. Please note that the registration process for each test differs, as outlined in the information below.

Fall Semester Tests:

PSATs

PSATs can be taken during the fall semester. HMI registers all students for the PSAT and administers it on the HMI campus in mid-October. If you qualify for extra time through the College Board, please see the Extra Time/Special Accommodations section below.

Spring Semester Tests:

AP Exams

Spring Semester students may choose to take any AP exam for which they feel prepared. That said, HMI students generally take the AP exam for an AP course they are taking while at HMI or the exam for a class that they took at their sending school in the Fall Semester. Common examples of AP exams that students take at HMI include AP US History, AP Calculus, AP English Language, AP English Literature, and AP Spanish Language. Occasionally a student completes an independent study or an online course that prepares them for an AP exam, such as AP French Language or AP Environmental Science. It is important to note that HMI's Natural Science class does not follow the AP Environmental Science curriculum and should not be considered preparation for the AP Environmental Science exam.

Spring Semester students will be asked which exams they plan to take so that we can order enough copies of the proper exams. Their student account will be charged for the cost of the exam. During the AP Exam weeks in May, students take the exams at the same time as everyone else in the country.

SATs

We offer the SAT test to students in May on the HMI campus. Students are responsible for registering for the May SAT through the College Board prior to arriving at HMI for the Spring Semester. Please register to take the test at the High Mountain Institute, test center code: 06112. Note that HMI does not register students for the SAT. If you try to register for the SAT and don't see HMI as a test center, please contact Aimee Goldstein at (719) 486-8200 ext. 106. This may mean that our test center is full.

If your child wants to take the SAT subject tests, we recommend that they do so at home in June. HMI's expedition schedule limits students' ability to take any other SAT or ACT test offerings during the Fall and Spring Semester.

Extra Time/Special Accommodations

If your child qualifies for extra time on any standardized test, he/she will need to have a copy of the SSD letter and corresponding SSD number from the College Board. Without this, your child will be unable to have extended time on any of the above-mentioned exams.

If you or your child has any questions about the standardized tests, we encourage you first to speak with your advisor or college counselor at your child's home school and then to contact us with questions that specifically relate to taking the exams at HMI.