

An aerial photograph of the Mäkelänrinne Sports High School campus. The central feature is a large, modern sports hall with a grey, curved roof. To its left is a large, multi-story brick building with a red roof, likely the main school building. Several parking lots with cars are visible around the buildings. The campus is surrounded by lush greenery, including trees with autumn foliage in shades of yellow and orange. In the background, a curved road and a green sports field are visible. The text "Welcome to Mäkelänrinne Sports High School" is overlaid in the center of the image.

Welcome to Mäkelänrinne Sports High School

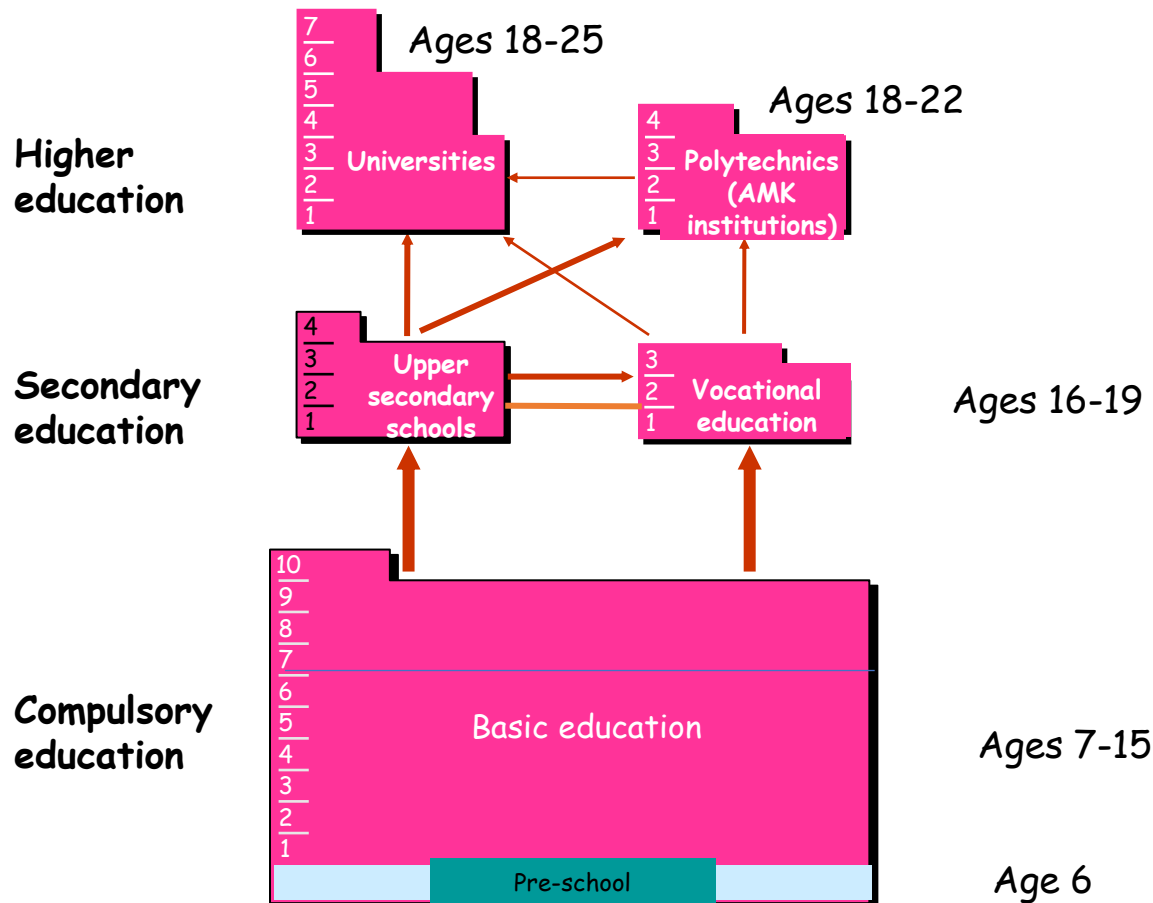
Mäkelänrinne
upper
secondary
school 4.10.22

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**Non-graded upper
secondary school – what
does it mean?**

**How to combine training
and academic studying?**

FINNISH EDUCATION SYSTEM




Mäkelänrinne history

- Founded in 1957
- A non-graded system since 1972
- Experimenting with the sports school system 1986-94
- Official Sports School since 1994
 - In Finland there are 15 official sport high schools



A large orange circle on the left side of the slide, partially cut off by the edge.

75
courses,
2-4 years

- Compulsory courses 47-51
 - Specialisation courses 10
 - Total min 75 courses
 - Matriculation examination
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- A yellow dashed line in the bottom right corner, consisting of several short, curved segments.

Sample subjects

- Mother tongue & literature 6 3
- A-language(s) 6 2
- B-language 5 2
- Mathematics 6-10 2-3
- Environment and science 5 16
- Training is one subject 12-

How does non-graded school work in practice?

In the summer:

- new students are asked about their subjects choices: advanced/short mathematics, A-languages, long/short physics etc + training
- Guidance counsellors and vice-principals make timetables for periods 1 and 2 for each new student

In the autumn:



- students make their **individual study plan** for 3-4 years with plan of matriculation examination and **timetables** for each period with the help of guidance counsellors (4)
- Compulsory courses (2) in guidance counselling and working life competences
- group/individual counselling
- **realtime tray of courses in Wilma-program**
- **training is also in our tray of courses**

- E-books only, Digital exams in all subjects
- Possibility to
 - Independent studying for example while student is on training camp
 - Distance learning between different upper secondary schools in Helsinki for example in rare languages
 - Online courses all year around
 - Summer period to lighten busy period with sport



- Regular workshops in every period in "difficult" subjects, also in the tray of courses: maths, Finnish, English, Swedish
- Wilma-App connecting school and home (timetables, absences, applications, messages)
- Final week of each period consists of exams/visits/conversations etc only





In the end
of upper
secondary
school

Matriculation examination

- Compulsory min 5 exams
 - Can be done in 3 parts
- > eligibility for further studies

Personal counselling for every student:
how to combine training and academic
studies

2 Courses in guidance counselling



Self-knowledge



Developing learning
skills



How to combine sport
and academic studies



Working life
competences



Universities etc



Dual career



Plans for further
studies a,b,c