



D.C. Everest Senior High School

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Mrs. Dallas R. Rennie, Principal

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Mrs. Brittany L. Sepnafski, Dean of Students

Mr. Michael M. Mathies, Athletic Director

To: Board of Education
Dr. Casey Nye

From: Dallas Rennie, Principal

Date: June 17, 2026

Re: 7.5 Credit Annual Cap

The D.C. Everest Senior High recommends a 7.5 original credit annual cap for students in grades 9-12. Implementing a 7.5 original credit annual cap supports a high-quality, balanced high school experience while prioritizing student well-being and responsible use of district resources. Below are rationales on why creating a 7.5 credit cap is beneficial:

1. Promotes Academic Balance and Depth of Learning

A defined credit limit encourages depth of learning rather than rapid credit accumulation, reinforcing that high school coursework is intended to be rigorous and developmental across four years. When students overload their schedules, learning can become transactional, with less time for reflection, feedback, and mastery of essential skills.

2. Protects Student Mental Health and Well-Being

The credit cap also plays an important role in supporting student mental health. Excessive course loads are associated with increased stress, anxiety, sleep deprivation, and burnout. A reasonable limit helps students maintain balance between academics, extracurricular involvement, family responsibilities, and personal wellness. A 7.5 credit limit supports healthy pacing, allowing students to challenge themselves while still maintaining balance, resilience, and overall wellness.

3. Responsible Use of District Financial Resources

Students who typically take more than 7.5 credits do so through EVA, Start College Now or Early College Credit Program. From a financial perspective, EVA courses and Early College Credit/Start College Now carry direct costs to the district, including tuition, course fees, and staff oversight. A 7.5 credit cap ensures these opportunities are accessed intentionally and equitably while preserving district resources.

4. Aligns With College and Workforce Expectations

Finally, the cap aligns with post-secondary expectations, as colleges and universities limit full-time enrollment and emphasize workload management. Establishing these boundaries in high school helps students develop time-management skills and prepares them for the academic demands they will face after graduation.