**A picture containing text, sign, outdoor

Description automatically generated**

**Research Used to Develop**

**VMS New Modified Block Schedule**

**The VMS Schedule Redesign Team** consulted with Independent School Management (ISM) and with *Leadership and Design*, a consulting firm that works with many independent schools to utilize the process of “design thinking” to create change. Additionally, VMS consulted with Association of Colorado Independent Schools (ACIS) and National Association of Independent Schools (NAIS) schools throughout the process.

[Time Is the Prize: Our Research-Informed Schedule (Page 14-15)](https://issuu.com/richcoco/docs/think_differently_and_deeply_volume)

[Neuro Teach Brain Science and the Future of Education](https://www.amazon.com/Neuroteach-Brain-Science-Future-Education/dp/1475825358)

[Bold Moves for Schools How We Create Remarkable Learning Environments](https://www.amazon.com/Bold-Moves-Schools-Remarkable-Environments/dp/1416623051)

[Let Teenagers Sleep In (New York Times)](https://www.nytimes.com/2018/09/20/opinion/sunday/sleep-school-start-time-screens-teenagers.html)

[How to Help a Teenager Be College-Ready (New York Times)](https://www.nytimes.com/2018/07/26/well/how-to-help-a-teenager-be-college-ready.html)

[When Your 200-Month-Old Can’t Sleep Through the Night (New York Times)](https://www.nytimes.com/2019/10/28/well/family/teenagers-sleep-insomnia.html)

[Designing Time](https://medium.com/@erin_cohnPhD/designing-time-aa0dfe9379d5)

[Five Reasons Why Change is So Hard for Schools – And What Can Make it Easier](https://www.nais.org/learn/independent-ideas/march-2016/five-reasons-change-is-so-hard-for-schools-%E2%80%93-and-w/)

[Survey Says: Ethnographic Research Can Provide Valuable Insights](https://www.nais.org/magazine/independent-school/winter-2018/take-note/)

[Research Summary: PBL and 21st Century Competencies](http://pblworks.org/sites/default/files/2019-01/FreeBIE_Research_Summary.pdf)