



YOUR FUTURE
IS HERE

GETTING TO KNOW
THE LAB SCHOOL'S
MIDDLE AND UPPER
SCHOOLS

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BUILT FOR WHAT'S NEXT

At The Lab School, we prepare students to shape the world around them, not just fit into it.

At Lab, Middle and Upper School are where potential expands. Students arrive with strengths and challenges that are uniquely theirs. And they're met with skilled educators who know how the creative minds of students with language-based learning differences and ADHD learn best — and **how to unlock confidence, curiosity, and independence.**

With individualized instruction, rigorous academics, an arts-based curriculum, and a community that embraces each student for who they are, Lab is a place where students stretch, work hard, and take big steps forward. By graduation, they leave ready for college, fluent in who they are and what they're capable of.



“At Lab, we empower our students to embrace their learning differences as advantages, rather than as something that needs to be ‘fixed.’ Our students develop self-knowledge and the ability to advocate for themselves, critical skills for success. Our approach is holistic because the world needs different thinkers who can solve difficult problems.”

— KIM WARGO, HEAD OF SCHOOL







AT LAB, WE EMBRACE DIFFERENCES
AS ADVANTAGES.

DIFFERENT BY DESIGN. EXTRAORDINARY BY OUTCOME.

We provide a specialized education for bright, limitless futures.

What makes Lab different is simple: we believe learning differences are not limitations; they're advantages. When students are understood for who they are and how they learn, they discover strengths they never knew they had.

Lab's evidence-based, arts-integrated instruction transforms how students learn, think, and lead. Classes are intentionally small — typically 4 to 12 students — allowing staffulty to personalize instruction, build trust, and ensure every student is seen and heard.

Our staffulty are specialists in language-based learning differences, with more than 90% of our student-facing staffulty holding advanced degrees. They identify needs, prescribe strategies, and coach students toward increasing independence. Clinical, academic, and creative teams collaborate daily, ensuring student growth in every dimension: cognitive, social, and emotional.

At Lab, students build confidence, master tools that work for them, and uncover the brilliance behind their differences.

“Lab is like a village. The village here lifts each other up.”

— LAB ALUM



WHY THE ARTS?

The arts lie at the center of how students learn at Lab, and for good reason. Research shows that when students engage in creative work, their brains build connections across language, memory, attention, and problem-solving systems.

We also know that the visual, three-dimensional, and observation abilities of students with language-based learning differences are often better developed than those without those learning differences.

BELONGING IS WHAT WE'RE BUILT ON.

Students who are seen for who they are can learn as they are.

Belonging is a defining feature of the Lab experience. **Advisory, Belonging Time, affinity groups, social clubs, and after-school opportunities, including athletics, arts, robotics, and enrichment,** create daily opportunities for students to connect meaningfully with peers and adults, build community, and develop a sense of who they are. These structures ensure every student has a voice — and a place to show up where it will be heard.

In Lab's Middle and Upper Schools, students learn alongside peers who “get” them and teachers who value them: their strengths, humor, and emerging identities. Here, we find that a deep sense of being known motivates students to work even harder.

To further build a welcoming environment, an emphasis on equity and belonging is woven into every class, trip, performance, and club, shaping how students collaborate, lead, and learn from one another.

At Lab, belonging is the foundation for growth, independence, and rigor, and it's one of our greatest strengths.

THE TRADITIONS YOU'D EXPECT. THE COMMUNITY YOU WON'T FORGET.

Lab offers all the experiences that make Middle and Upper School unforgettable: athletics and spirit events, dances and prom, theater and music, clubs and leadership opportunities, domestic and international travel, and celebrations. Students build friendships, find joy in community traditions, and create memories that define adolescence.



“The staff at Lab truly see my child and that they need that emotional connection in order to learn. This connection breeds confidence.”

— LAB MIDDLE SCHOOL PARENT

staff·ul·ty: Lab’s deep bench of expert faculty and staff working to support students with language-based learning differences



FROM LEARNING TO LEARN → LEARNING TO LEAD

In each division at Lab, our measure of success is readiness for whatever comes next.

A Lab education is intentionally built with the long view. Here, students continue to build on what they learn. They progress from understanding how they learn to using newer skills and their creativity to thrive in and out of the classroom.

Each division at Lab prepares students for the next level of rigor so that they are able to take on greater responsibility and independence in their learning.

Graduates leave fluent in self-advocacy and self-knowledge, fully prepared for college and beyond.

THE LAB JOURNEY



LOWER SCHOOL:
Learning How to Learn



MIDDLE SCHOOL:
Strengthening Skills &
Exploring New Pathways



UPPER SCHOOL:
Experiencing the World
Beyond Lab



BEYOND LAB:
Thriving in College & Life

“Before coming to Lab, we felt like we were drowning. Now, someone has brought us to shore. That is The Lab School.”

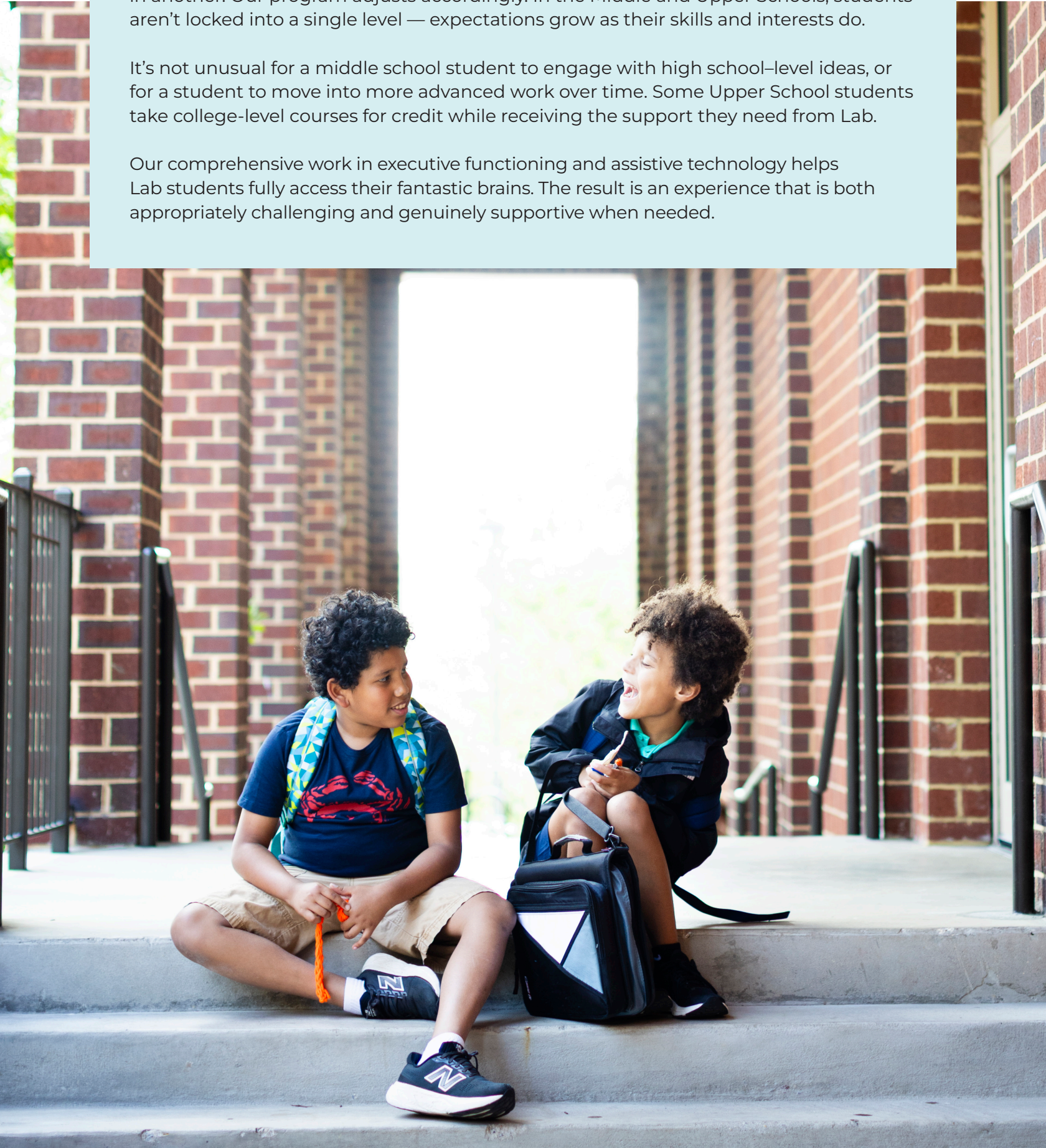
— LAB PARENT

LAB'S RANGE OF RIGOR

At Lab, rigor isn't one-size-fits-all. Students at Lab need varied levels of support and challenge. This might look like foundational skill support in one area, and acceleration in another. Our program adjusts accordingly. In the Middle and Upper Schools, students aren't locked into a single level — expectations grow as their skills and interests do.

It's not unusual for a middle school student to engage with high school-level ideas, or for a student to move into more advanced work over time. Some Upper School students take college-level courses for credit while receiving the support they need from Lab.

Our comprehensive work in executive functioning and assistive technology helps Lab students fully access their fantastic brains. The result is an experience that is both appropriately challenging and genuinely supportive when needed.



LAB'S MIDDLE SCHOOL: STRENGTHENING SKILLS AND EXPLORING NEW PATHWAYS

Here, we embrace adolescence as a critical period of development.



While some view this period of time as a bridge between childhood and adulthood, elementary and high school, we celebrate the middle school years for the unique time that it is.

We equip our students with developmentally appropriate skills and experiences to meet the intensity of this phase and to help them explore who they are, build upon their strengths, and advocate for what they need to succeed.

TRANSITIONING INTO DEEPER LEARNING

During middle school, we focus on strengthening the foundations of students' skill sets by making skills more automatic and fluent. With these newly developed skills and increased efficiency, students are now able to focus on deeper and more complex learning.

EXPANDING HORIZONS

Middle school is a time for discovery. Student agency is critical, and through choice in electives, activities, and athletics, Lab students are encouraged to explore new interests, challenge themselves, build upon current strengths, and uncover new ones.

"In middle school, I learn best by doing: physically holding things in my hands, painting, or interacting with the curriculum in some way. Lab is the place for that."

— LAB MIDDLE SCHOOL STUDENT



A photograph of two young boys sitting on the floor in a workshop or storage room. The boy on the left is wearing a white t-shirt with a graphic and dark shorts, holding a white circular object. The boy on the right is wearing a blue t-shirt with 'INSIDE' and 'KIB' printed on it and black shorts, with his arm around the first boy's shoulder. In the background, there are shelves with various items, including a clear plastic bin labeled 'Exhibit supplies' and a bag of blue and white items.

EXTRAORDINARY OPTIONS

Research shows that autonomy fuels motivation. That's why daily electives, student activities, and athletics at Lab are built around student choice, helping learners take ownership of their goals and stay energized by what they're exploring.

LAB MIDDLE SCHOOL VALUES — WE R²OC²K!

Resilience is the ability to become strong, happy, or successful again after a difficult situation or event.

Respect is the belief that something or someone is important & should not be harmed, treated rudely, etc.

Creativity is the ability to use your imagination to produce new ideas, make things, etc.

Curiosity is the desire to know or learn about something.

Kindness is saying or doing things that show that you care about other people and want to help them or make them happy.

MIDDLE SCHOOL AT A GLANCE

Class size: 2–12 students

Grades: 6–8

- Many diverse elective offerings
 - Variety of athletics teams
 - Community service opportunities throughout the year
 - Experiential learning, community-building excursions, and 8th Grade Travel Week
-

INSIDE THE SCHOOL WEEK

The Middle School student schedule includes 45-minute classes in the following areas:

- English Language Arts
- Reading
- Mathematics
- Science
- Social Studies
- Movement (P.E. or Dance)
- 1–2 electives
- Advisory

Each week, there are also opportunities for:

- Longer 60-minute learning blocks
- Community building
- Social clubs
- Affinity & Ally Groups

AFTER-SCHOOL OPPORTUNITIES INCLUDE:

Intramural & competitive interscholastic activities include:

- Basketball
- Cross Country
- Golf
- Soccer
- Tennis
- Track & Field
- Volleyball
- Spirit Squad

Theater

- Student-Staffulty play and other smaller shows
- Local Arts Series at museums and theaters

Enrichment

- Archery, Fencing, and Karate
- Expert sessions in Music Production, Adobe certification, Lego Innovators, Speech & Debate, Fiber Arts, Chess, and Dance
- Robotics
- Multiple competitive award-winning teams

SIGNATURE TRAVEL EXPERIENCE

All of our 8th graders travel — they have two options: One is a science- and ecology-based trip, which is typically to The Teton Science Schools in Wyoming; the other is focused on culture and history, and recent trips have included Philadelphia and Miami/Everglades/Keys.

A DAY IN LAB'S MIDDLE SCHOOL

Here, students learn what they can do and who they are becoming.

Academic instruction in the Middle School is both rigorous and responsive, grounded in evidence-based approaches such as Orton-Gillingham, The Writing Revolution, Multi-Sensory Math, and project and arts-infused learning.

Students here strengthen literacy and critical-thinking skills while applying their learning to real-world questions and creative problem-solving. Our Director of Enrichment works with families and students who are ready and eager for even more opportunities to be challenged.

A dedicated WIN (What I Need) period teaches students how to plan, prioritize, and problem-solve. Through explicit instruction in executive functioning, self-advocacy, and goal-setting, students learn to take ownership of their learning and begin to manage increasing responsibility and expectations with confidence.



LAB'S UPPER SCHOOL: INDIVIDUALIZED LEARNING MEETS REAL-WORLD EXPERIENCE

Upper School is where readiness in the classroom becomes experience beyond it.

In Lab's Upper School, students go from the classroom and into the world, participating in internships, travel, and experiences that build independence and form global citizens.

A chief tenet of the Upper School experience is the individualized pathway that each student creates alongside Lab's expert staff.

It is here that students can apply their learning, explore their passions, and deepen their understanding of the world around them and the role they play in it.

All the while, students build independence step by step: through self-advocacy, reflection, and real-world experiences that prepare them for life beyond graduation.



“When I am a part of class discussions, I feel like I belong and have something to offer.”

— LAB UPPER SCHOOL STUDENT

JUNIOR YEAR INTERNSHIP

As part of a year-long internship, students work 2–3 afternoons per week in an area that aligns with their interests.

Placements include:

- Museums
 - Radio stations
 - Architectural firms
 - Nonprofit organizations
 - Hospitals and doctors' offices
 - Theaters and arts organizations
 - Government offices and departments, including the DC Office of the Mayor
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SENIOR THESIS

In the Senior Project, students pursue a line of inquiry that blends academic skills with professional ones. They investigate a topic of personal interest and develop a thesis with real-world application. Each student completes a college-level research paper and an applied project connected to their topic. They then present their work in a poster-style event for families and a formal research presentation for the Upper School.

Recent projects include:

- Building an energy-efficient engine
 - Surveying gender bias in the art world using AI
 - Exploring the psychological effects of solitary confinement
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STUDENT TRAVEL OPPORTUNITIES

We develop lifelong learners who engage with the world.

In recent years, students have participated in:

- an arts and historical tour of New York City
- a civil rights tour in Alabama
- an ecology-focused trip to Costa Rica

International travel opportunities give students the opportunity to study history, culture, language, science, and economics. Our list of international travel destinations is 14 countries and counting.

A DAY IN LAB'S UPPER SCHOOL

Here, students learn what they can do and who they are becoming.

Students in the Upper School pursue a robust academic curriculum that spans core and elective offerings. They are challenged to think critically, communicate clearly, create boldly, and apply what they learn in increasingly sophisticated ways.

Because our college advising begins in 9th grade, students receive four years of guidance through self-discovery, academic planning, and postsecondary exploration. By senior year, students have developed strong decision-making skills and a clear sense of direction, reflected in Lab's 100% college acceptance rate.

In their Junior Internship and Senior Thesis, students work alongside professionals, pursue research that matters to them, and present their findings with confidence and authority. And through Community and Belonging Time, student clubs and organizations, affinity groups, athletics, and leadership roles, students are tasked with contributing to and improving a community of which they are proud to be a part.

As a result of their varied and rich experience, graduates leave Lab with the skills and self-knowledge to thrive, both in college and in the world at large.





INSIDE THE SCHOOL WEEK:

Each day includes four 80-minute classes in the following areas:

- Math
- Science
- English
- History
- World Language
- Electives

Each week, there are also opportunities for:

- Academic advisory
- Student-led clubs
- Community and Belonging Time



AFTER-SCHOOL OPTIONS INCLUDE:

Competitive and intramural interscholastic athletics include:

- Basketball
- Cross Country
- Golf
- Soccer
- Tennis
- Track & Field
- Flag Football
- Volleyball

Theater

- 3 major productions a year

Youth mentorship program (Eye to Eye)

Competition Robotics

After-school homework club



CHALLENGE, ACCEPTED

Lab's Upper School coursework mirrors what students might encounter at a small liberal arts college. Once students understand how they learn and how to advocate for themselves, there is no limit to the subjects they can take on. **Scan the QR code to see full course offerings.**



OUTCOMES — AND OPTIONS — BEYOND THE ORDINARY

Our students take many different paths after Lab.

Lab graduates enroll and succeed at a wide variety of colleges and universities, from the most highly selective to schools specifically focused on supporting students with learning differences.

BELOW IS A REPRESENTATIVE LIST OF RECENT ACCEPTANCES:

Arts and Design Schools

- AMDA: NYC
- Pratt Institute
- Savannah College of Art and Design
- The New School: Parsons School of Design
- UNC School of the Arts

Historically Black Colleges and Universities

- Bowie State University
- Hampton University
- Howard University
- Morgan State University
- Spelman College

Liberal Arts Colleges

- Cornell University
- Goucher College
- Muhlenberg College
- Oberlin College
- Sarah Lawrence College

Research Universities

- American University
- Boston University
- Northwestern University
- McGill University
- Washington University in St. Louis

Schools with Specialized Support for Learning Differences

- Beacon College
- Davis & Elkins College
- Lynn University
- McDaniel College
- Mitchell College

Technical Schools

- Embry-Riddle Aeronautical University
- Pennsylvania College of Technology
- Rensselaer Polytechnic Institute
- Rochester Institute of Technology
- Worcester Polytechnic Institute



Scan the QR code for Lab's complete list of recent college and university acceptances.

FUTURES, LAUNCHED

Your future with Lab can start now.

Students at Lab learn how they learn and what they need to succeed. Over the years, they build the skills and confidence to ask for support, advocate for themselves, and take ownership of their work.

They leave prepared for college — and for whatever else comes next.

“The best way to understand Lab is to see it in action.”

— LAB PARENT



We invite you to discover what's possible for your child at Lab. Visit our website to complete an Inquiry Form and start your Lab journey today.

Already started the process? Reach out to check in: admissions@labschool.org