

**Course Selection**

**2023**

**Acalanes High School**



# Course Selection Timeline

**Jan 19-25:** Classroom presentations by counselors, forms distributed in classrooms.

**Jan 26: Course Preview Night (Open House)**  
Students and parents are invited to attend sessions to get more information about class options.

**Jan 19- Feb 8:** Students enter course selections on Aeries.

**Jan 31- Feb 8:** Students attend appointment with their counselor to turn in form, finalize choices.

# Course selection is an opportunity to practice decision making!

- Set aside time to talk about it with your family.
- Prepare your thoughts and questions before your meeting.
- What are the decisions that need to be made?
- How do the choices reflect your goals/values?
- What supports are needed to make this plan possible?

# Choosing a schedule and alternates!

- Choose your classes because you want the class, not because you think a certain teacher will be teaching it. We don't know who is teaching what.
- Choose alternates and be sure it's an alternate you would be willing to take because you could end up with that class.

# How schedules are created

- Administration decides what courses and how many sections based on the number of sign-ups.
- Figure out which classes are what period, trying to get the most students the classes they requested.
- Assign teachers
- Finalize schedules--students are assigned a random number and the computer schedules every student.
- Counselors adjust schedules to fit students in when there is a conflict and to balance class size when possible.

# 4 Year Plan

## ACALANES HIGH SCHOOL PRELIMINARY 4-YEAR PLAN

Student Name: \_\_\_\_\_ Class of: 20\_\_\_\_\_

Graduation Requirements *	Credits	UC & CSU A-G requirements **	Years
History/Social Science (World History, US History & US Gov't/Econ)	30	“a” History/Social Science	2 years
English	40	“b” English	4 years
Mathematics (Min Algebra 1 plus 2 semesters beyond)	30	“c” Mathematics ( must include Algebra 2 or higher)	3 years
Science 1 life science and 1 physical science	20	“d” Science At least 1 life science and 1 physical science with labs	2 years
World Language or Tech Ed (10 credits each in 2 different areas)	20	“e” World Language	2 years
Visual or Performing Art (VPA)	10	“f” VPA	1 year
Electives	65	“g” College Prep Elective	1 year
Human & Social Development	5		
Physical Education (PE) 10 credits PE 9 required. Additional 10 credits can be combo of PE class and athletic PE	20		
Total Credits	240	Minimum of 15 year-long courses	

\*High school credits earned by passing course with a grade “D” or higher.

\*\* College requirements are met by earning a “C” or better in courses. UC and CSU have competitive application processes. These classes plus ACT or SAT are the minimum eligibility requirements.

Grade 9	Grade 10	Grade 11	Grade 12
English 1	English 2	English 3	English 4
World Hist/Geog	Human & Social Dev.	US History	US Govt/Econ
Math	Math	Math	>

# Time Management Tool

Time Management Activity  
 FILL THIS OUT FOR YOUR BUSIEST SEMESTER

School Activities	Average Hours/ Week
School (5 days x 7 hours)	35
<i>Course Title</i>	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total <b>school</b> hours:	

Extra-Curricular Activities	Average Hours/ Week
Paid Job	
Hobbies / Interests	
Community Service	
Sports/exercise	
Music / Performances	
total <b>extra-curricular</b> hours:	

Daily Living Activities	Average Hours/ Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Personal time	
Social time with friends	
total <b>daily living</b> hours:	

Total Hours	Available Hours/Week
School Hours = _____	<b>Maximum Hours</b>
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
your <b>total</b> hours: <input style="width: 50px; height: 20px;" type="text"/>	<b>168</b>
vs.	

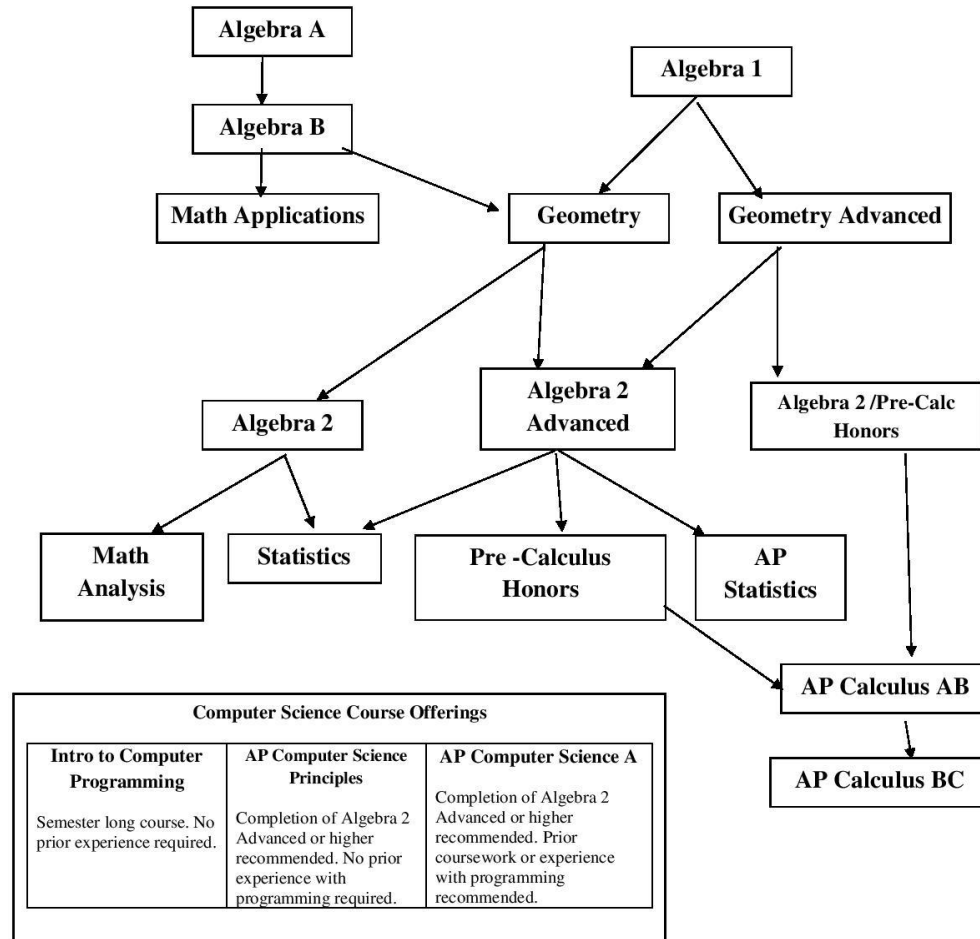
# Acalanes High School

## Quick Reference for math pathways

These are the most commonly recommended pathways.

Students seeking alternative pathways should consult with a math teacher and a counselor.

See the District course catalog for course descriptions.





# Aeries Pass

Grades

Graduation Status

Transcripts

Graduation Track: 2020-No Algebra before grade 9

Show Credit Details

### Graduation Status

Subject Area	Credit Required	Credit Completed	Credit Enrolled	Credit Needed
A - English 1	10.00	10.00	-	-
B - English 2	10.00	10.00	-	-
C - English 3	10.00	5.00	5.00	-
D - English	10.00	-	-	10.00
E - Mathematics	20.00	15.00	5.00	-
F - Algebra 1	10.00	10.00	-	-
G - Phys Ed 9	10.00	10.00	-	-
H - Phys Ed	10.00	5.00	-	5.00
I - Physical Science	10.00	10.00	-	-
J - Biological Science	10.00	10.00	-	-
K - World Hist/Geog	10.00	10.00	-	-
L - US History	10.00	5.00	5.00	-
M - US Government	5.00	-	-	5.00
N - Economics	5.00	-	-	5.00
O - Language/Tech Ed	20.00	20.00	-	-
P - Visual/Perf Arts	10.00	10.00	-	-
Q - Health	5.00	5.00	-	-
Z - Electives	65.00	35.00	15.00	15.00

Credits Completed: 170.00

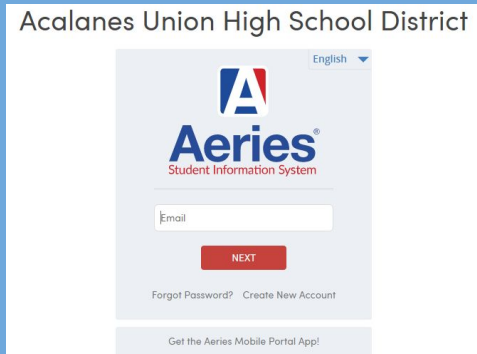
Credits Enrolled: 30.00

Credits Needed: 40.00

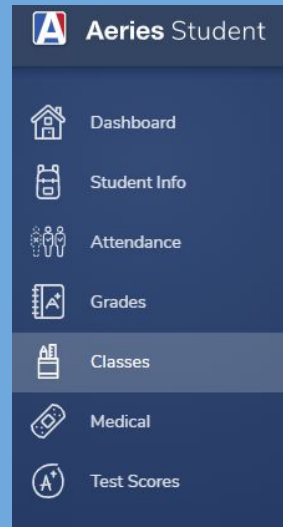
# Entering classes in Aeries

- Your recommended math class will be entered for you.
- Sophomores will be pre-enrolled in English, Chemistry and Human Social Development.
- Sophomores need to pick a semester class to fill the time they are not in Human Social Development
- Put in alternates
- If you are planning on using sports for PE credit, you can sign up for Athletic PE in addition to your 7 class periods.

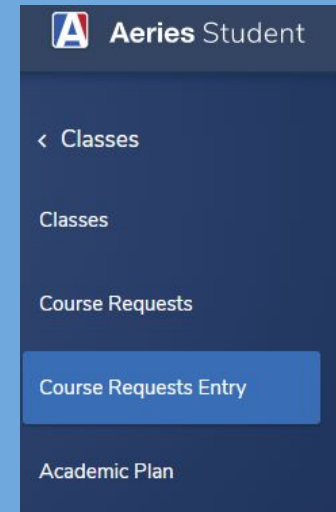
Step 1



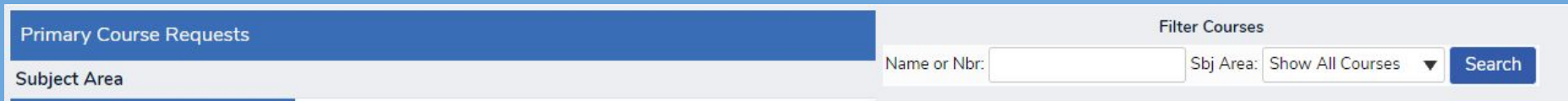
Step 2



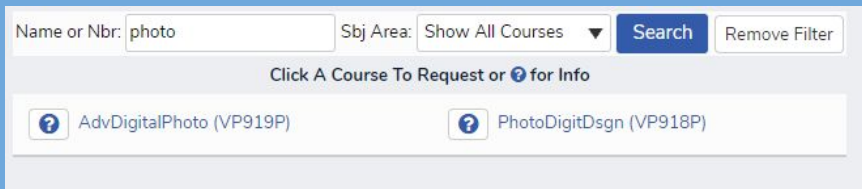
Step 3



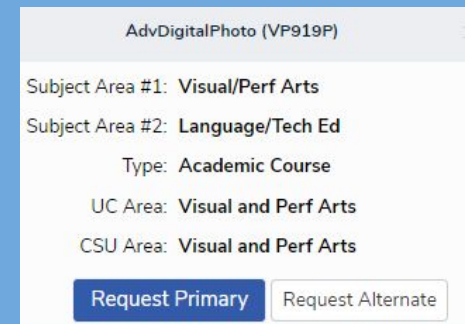
Step 4



Step 5



Step 6



# Open House is not just for parents!

- Students planning to take 2 or more AP classes must attend a session on time management at Open House.
- It's a great time to get more information about course expectations

# Frosh Choosing Sophomore Classes

Complete the worksheet below and then enter your classes in the online Aeries Pass Portal using the instructions on the front page.

Course #	Course Title	
	<b>REQUIRED</b>	
1	English 2	
2	Chemistry in the Earth System	
3 A	Human and Social Development (HSD) ( <i>Semester</i> )	
	<b>SELECTED COURSE</b>	<b>ALTERNATE COURSES</b>
3 B	<i>Semester-long course to pair with HSD (Check One):</i> <input type="checkbox"/> Intro to Ethnic Studies (S) <input type="checkbox"/> PE Weight Training (S) <input type="checkbox"/> PE Yoga, Pilates & Fitness (S)	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <i>1<sup>st</sup> alternate semester-long course to pair with HSD (Check One):</i>  <input type="checkbox"/> Intro to Ethnic Studies (S)  <input type="checkbox"/> PE Weight Training (S)  <input type="checkbox"/> PE Yoga, Pilates &amp; Fitness (S)           </div> <div style="width: 30%;"> <i>2<sup>nd</sup> alternate semester-long course to pair with HSD (Check One):</i>  <input type="checkbox"/> Intro to Ethnic Studies (S)  <input type="checkbox"/> PE Weight Training (S)  <input type="checkbox"/> PE Yoga, Pilates &amp; Fitness (S)           </div> </div>
4	<i>(Math)</i>	
5		(ALTERNATE)
6		(ALTERNATE)
7		(ALTERNATE)

**Athletic PE:** All students must take two full years of PE to graduate: PE 9 and one additional year. Grade 10 students *may* be eligible to participate in Athletic PE. They *may* also be eligible to defer taking their second year of a PE course until grade 11 or 12. (See the AUHSD Course Catalog or the Athletic PE webpage for eligibility details) All other grade 10 students must take a year of PE. Participating in Athletic PE does not impact your ability to take a full course load of 6 or 7 classes.

- If you plan to participate in Athletic PE, mark your season(s) of sport:     Fall     Winter     Spring
- In the online course registration system, select the appropriate Athletic PE option(s).

Student Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

# Freshmen Choosing Sophomore Classes - Sample Transcript

Student Name [REDACTED]				Stu# [REDACTED]		Grade Sex 9 [REDACTED]		Birthdate [REDACTED]		Perm ID Number [REDACTED]		Counselor [REDACTED]		<b>Transcript of Student Progress</b>		
Parent/guardian name, address, telephone [REDACTED]												January 27, 2017 Acalanes High School 1200 Pleasant Hill Rd Lafayette, CA 94549 (925) 280-3970				
Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp					
Acalanes High School Acalanes High School																
p	E0001P English 1	D	5.00 5.00													
p	H0140P WrldHist/Geog	B-	5.00 5.00													
p	L0341P Spanish 1	B	5.00 5.00													
p	M0453P Algebra 1	A-	5.00 5.00													
*	P0600N PE 9	A	5.00 5.00													
p	V0914P Video Prod 2	A	5.00 5.00													
Credit Att:			30.00	Cmp:			30.00	TGPA:			3.17					
WORKING IN PROGRESS Acalanes High School																
p	E0001P English 1		5.00 0.00													
p	H0140P WrldHist/Geog		5.00 0.00													
p	L0341P Spanish 1		5.00 0.00													
p	M0453P Algebra 1		5.00 0.00													
*	O0540N Study Hall		0.00 0.00													
*	P0600N PE 9		5.00 0.00													
p	V0914P Video Prod 2		5.00 0.00													
Total credit:			30.00													

Course Tags: * = Non Academic p = College Prep r = Repeated				<b>CREDIT SUMMARY</b>					
Weighted Non-Wgtd Academic GPA <b>3.00</b> <b>3.00</b>  Total GPA <b>3.17</b> <b>3.17</b>  Credit Attempted: <b>30.00</b> Credit Completed: <b>30.00</b>				Subject Area      Credit Req'd      Compl      Needed English 1            10.00            5.00            5.00 English 2            10.00            -            10.00 English 3            10.00            -            10.00 English              10.00            -            10.00 Mathematics        20.00            -            20.00 Algebra 1            10.00            5.00            5.00 Phys Ed 9            10.00            5.00            5.00 Phys Ed              10.00            -            10.00 Physical Science    10.00            -            10.00 Biological Science 10.00            -            10.00 World Hist/Geog    10.00            5.00            5.00 US History            10.00            -            10.00 US Government     5.00            -            5.00 Economics            5.00            -            5.00 Language/Tech Ed 20.00            10.00            10.00 Visual/Perf Arts    10.00            -            10.00 Health                5.00            -            5.00 Electives            65.00            -            65.00 * TOTALS *            240.00          30.00          210.00		District Enter: 8/22/2016 School Enter: 8/22/2016  <b>Class of 2020</b>  State ID# [REDACTED]		Algebra 1 Requirement NOT Met	

This transcript is unofficial unless signed by a school official.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Sophomore Year Classes

- Frosh should have 30-35 credits completed so far.

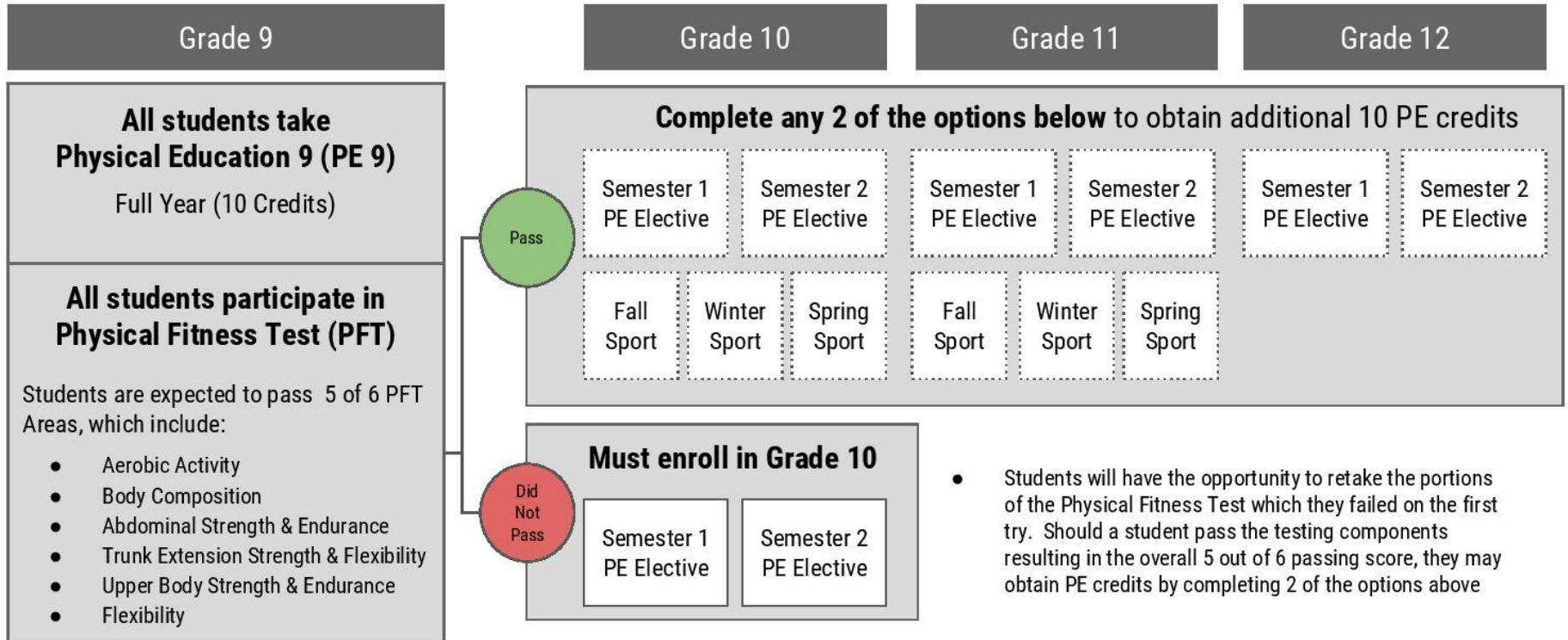
Required in 10th grade:

- English 2
- Chemistry of the Earth/Physical Science
- Math : Math class will be entered for you based on teacher recommendation
- Human and Social development (HSD)- 1 semester

Choices:

- PE: Yoga, weights, or sports (Athletic PE)
- World Language: Level 2 required for CA colleges, many competitive colleges want to see Level 3+
- Elective(s) - based on interest -- can choose from any department.


# Physical Education Requirements





# Athletic PE

- Students earn credit by signing a contract and turning in timesheets weekly.
- Include all practices, games, meets, conditioning time



**Acalanes Union High School District**  
Athletic Physical Education Contract/Application  
2022-2023

Student Last Name:	Student First Name:
Student ID Number:	Grade Level: <input type="checkbox"/> 10 <sup>a</sup> <input type="checkbox"/> 11 <sup>a</sup>
Season of Sport: <input type="checkbox"/> Fall <input type="checkbox"/> Winter <input type="checkbox"/> Spring	Sport:
Level: <input type="checkbox"/> Junior Varsity <input type="checkbox"/> Varsity	Coach's Name:

Athletic Physical Education program is for highly organized, independent, and responsible students and is solely initiated and maintained by the student throughout the season of sport. The designated Physical Education teacher will monitor progression and completion of participation hours.

**Regulations:**


1. Athletic P.E. is offered to students during grade 10 and 11 only. Athletic P.E. is not offered to students in grade 12. Students in grade 12 who require P.E. credits for graduation will need to enroll in a P.E. course.
2. Student must maintain a full academic schedule (6 classes) to be enrolled in the Athletic P.E. program with a 2.0 GPA. Students must maintain a 2.0 GPA for their entire season.
3. Athletic PE credits cannot be earned if a student has already earned 20 credits in the area of Physical Education.
4. Hours of practice/conditioning will be applied to the timecard when the Physical Education teacher approves the contract/application. Hours may be counted during the designated CIF season of sport. Summer hours and hours spent prior to the official start of the season shall not be counted. Deadlines for application will be posted (see bottom of page) and enforced.
5. **Students must complete a minimum of 70 hours of practice/conditioning/competition under the direct supervision of the AUHSD approved coach, and complete their AUHSD season of sport to receive credit in Athletic P.E.** Students must arrange for additional practice/conditioning time with coach if unable to complete 70 hours via scheduled events. Grade given will be a Pass (P) and 5 credits will be awarded. **A maximum of 5 credits per season can be credited. There is no partial credit. Hours with club teams, US swimming hours or Pros, etc., do not apply.**
6. Students will record hours of actual activity/practice/conditioning and games/matches on the timecard.
7. Students may count up to 4 hours of practice per day or up to 3 hours on a day of the contest. Athletic P.E. timecard must be signed WEEKLY by the student's coach and turned in to the Counseling Office for review by a PE teacher. Failure to maintain signed timecard for duration of contract will result in immediate removal from the Athletic P.E. Program and no credit will be awarded. Time cards cannot be turned in until after the completion of hours.
8. If a student cannot complete the required hours due to an injury or illness, credit will not be given. Students will not receive hours for "watching" practice.
9. Forgery of signature or altering a time card will not be tolerated. Student will be dropped from the program with no credit and may lose the privilege of enrolling in the future.
10. As stated in the AUHSD Board Policy 6146.1, a maximum of 10 of the 20 credits required for high school graduation may be earned in Athletic P.E.

I have read the regulations for the Athletic Physical Education Program and agree to abide by this contract. I understand that failure to follow the contract will result in loss of all credit. This contract and timecard is the responsibility of the athlete to complete.

_____ Student Signature	_____ Parent Signature
_____ Coach Signature	_____ Date

**Athletic PE Contracts must be submitted by the deadline below**

Fall: August 26, 2022      Winter: November 18, 2022      Spring: February 24, 2023



**Acalanes Union High School District**  
Athletic Physical Education Timecard  
Weekly Attendance Timecard

First Name:	Last Name:
ID #:	School: <input type="checkbox"/> Acalanes <input type="checkbox"/> Campolindo <input type="checkbox"/> Las Lomas <input type="checkbox"/> Miramonte
Sport:	<input type="checkbox"/> JV <input type="checkbox"/> Varsity

- Maximum of 4 hours of practice may be counted for each day.
- Contests can be counted for maximum of 3 hours per day.

Date	Training Activity (Practice, game, conditioning)	# of Hours
<b>Total Weekly Hours</b>		

_____ Student Signature	/	_____ Date	/	_____ Coach's Signature	/	_____ Date
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To be completed by the student and signed by the coach on weekly basis. Completed forms should be returned to the Counseling Office weekly. Physical Education teacher will monitor timecards and assign credit.

# Semester-Long Class Options

## **Intro to Ethnic Studies**

### **College preparatory elective**

Ethnic Studies operates from the consideration that race and racism have been, and continue to be, profoundly powerful social and cultural forces in American society. The major purpose of this course is to educate students to be politically, socially, and economically conscious about their personal connections to history. Ethnic Studies focuses on themes of social justice, social responsibility, and social change. This course will span from past to present and allow students to identify social patterns and universal qualities present in all ethnic/cultural aspects of society including their own.

# Semester-Long Class Options

## **PE Yoga**

### **Counts toward required PE credits**

Students will learn the basic skills of a yoga practice and an understanding of yoga etiquette and terminology. Students will work toward a health-enhancing level of physical fitness. Students will develop Skills, knowledge, and interest to independently maintain a regular yoga practice. Students will gain an understanding of individual differences and acquire a non-competitive, positive self-image in regard to their own body and yoga practice. Students will learn the Immediate and long term benefits of yoga practice.

## **PE Weight-training**

### **Counts toward required PE credits**

Students learn the fundamentals of weight training with emphasis on body development and maintenance as well as safety factors involved in strength conditioning. Students will be introduced to basic training principles, Olympic lifting movements, application of anatomy of movements as related to weight training, strength training, aerobic training, overall fitness training and conditioning. Students will demonstrate how to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activities for a lifetime.

# Elective Options

<p><b><u>Career/technical Education</u></b> Automotive Engineering Design &amp; Fabrication</p> <p><b><u>English</u></b> Public Speaking/Creative Writing Journalism 1(application)</p> <p><b><u>Math</u></b> AP Computer Science Principles</p> <p><b><u>Physical Education</u></b> Yoga (semester or year long) Weight Training (semester or year long)</p>	<p><b><u>Science</u></b> Earth and Space Science Biotechnology Human Anatomy</p> <p><b><u>Social Studies</u></b> AP European History Contemporary Issues &amp; Public Policy</p> <p><b><u>World Language</u></b> French 1, 2, 3 Mandarin 1, 2, 3 Spanish 1, 2, 3</p> <p>*Classes taken beyond graduation requirement also counts as elective (ex: 4th year math, 3rd year science/language,, etc)</p>	<p><b><u>Inter-departmental</u></b> Publications (application) Leadership (application) Intro to Ethnic Studies (semester long)</p> <p><b><u>Visual and Performing Arts</u></b> 3D Art 1 Art 1, 2 Digital Design 1, 2 Drama 1, 2 Symphonic Band Jazz Ensemble (audition) Orchestra Concert Choir AP Music Theory Photo/Digital Design Video Production 1, 2</p>
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# Sophomores Choosing Junior Classes

Complete the worksheet below and then enter your classes in the online Aeries Portal using the instructions on the front page.

Course #	REQUIRED	
1	<b>English</b> <i>1<sup>st</sup> Choice:</i> <input type="checkbox"/> English 3 <input type="checkbox"/> English 3 Honors <input type="checkbox"/> AP English Language & Composition <i>2<sup>nd</sup> Choice (Only if 1<sup>st</sup> choice was Honors or AP):</i> <input type="checkbox"/> English 3 <input type="checkbox"/> English 3 Honors <input type="checkbox"/> AP English Language & Composition <i>Please select your second choice as an alternate when making your online selection.</i>	
2	<b>Social Science:</b> <input type="checkbox"/> US History <input type="checkbox"/> AP US History	
	<b>SELECTED COURSE</b>	<b>ALTERNATE COURSE</b>
3	<i>Math</i>	
4	<i>Physics course recommended</i>	(Alternate)
5		(Alternate)
6	(Year-long course only. See below if taking semester-long courses.)	(Alternate)
7	(Year-long course only. See below if taking semester-long courses.)	(Alternate)
<b>Semester Courses</b>	<b>Semester Courses:</b> Grade 11 students may sign up for semester-long courses. If taking semester-long courses, please enter your requests below.	
	<b>Semester Course Selection</b>	<b>Alternate Semester Course</b>
Semester 1	(Semester)	(Semester)
Semester 2	(Semester)	(Semester)

Student Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_



# Sophomores Choosing Junior Classes - Sample Transcript

Student Name _____ Stu# _____ Grade Sex _____ Birthdate _____ Perm ID Number _____ Counselor _____						<b>Transcript of Student Progress</b>					
Parent/guardian name, address, telephone _____ _____ _____				8/24/15 Entered from Queen of All Saints							
January 27, 2017 Acalanes High School 1200 Pleasant Hill Rd Lafayette, CA 94549 (925) 280-3970											
Crs-ID		Course Title		Mark Att/Cmp		Crs-ID		Course Title		Mark Att/Cmp	
Grade 9/Fall 2015/2016						WORK IN PROGRESS					
Acalanes High School						Acalanes High School					
p	E0001P	English 1	D-	5.00	5.00	p	E0005P	English 2		5.00	0.00
p	r H0140P	WrldHist/Geog	D+	5.00	5.00	p	H0191P	Contlss&PubPol		5.00	0.00
p	L0342P	Spanish 2	B	5.00	5.00	*	I0220E	Learning Skills		5.00	0.00
*	M0451N	Algebra A	B-	5.00	5.00	p	L0343P	Spanish 3		5.00	0.00
*	P0600N	PE 9	B-	5.00	5.00	p	M0456P	Algebra B		5.00	0.00
p	S0700P	Biology	D	5.00	5.00	*	P0610X	PE 10		5.00	0.00
Credit Att: 30.00 Cmp: 20.00 TGPA: 2.50						Total credit: 35.00					
Grade 9/Spring 2015/2016											
Acalanes High School											
p	E0001P	English 1	C	5.00	5.00						
p	H0140P	WrldHist/Geog	B-	5.00	5.00						
*	I0220E	Learning Skills	B	5.00	5.00						
p	L0342P	Spanish 2	B	5.00	5.00						
*	M0451N	Algebra A	B-	5.00	5.00						
*	P0600N	PE 9	A	5.00	5.00						
Credit Att: 30.00 Cmp: 30.00 TGPA: 3.00											
Grade 9/Summer Session 2015/2016											
Acalanes High School											
p	E0001P	English 1	A-	5.00	5.00						
p	H0140P	WrldHist/Geog	C	5.00	5.00						
Credit Att: 10.00 Cmp: 10.00 TGPA: 3.00											
Grade 10/Fall 2016/2017											
Acalanes High School											
p	E0005P	English 2	C	5.00	5.00						
p	H0191P	Contlss&PubPol	C	5.00	5.00						
*	I0220E	Learning Skills	B	5.00	5.00						
p	L0343P	Spanish 3	B	5.00	5.00						
p	M0456P	Algebra B	B-	5.00	5.00						
*	P0610X	PE 10	C-	5.00	5.00						
p	S0700P	Biology	C-	5.00	5.00						
Credit Att: 35.00 Cmp: 35.00 TGPA: 2.43											

Course Tags: * = Non Academic p = College Prep r = Repeated		<b>CREDIT SUMMARY</b>																																																																																		
Weighted Non-Wgt'd Acad GPA (9-12)     2.50     2.50 Acad GPA (10-12)    2.40     2.40 Total GPA (9-12)     2.68     2.68  Credit Attempted: 105.00 Credit Completed: 95.00		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Subject Area</th> <th>Credit Req'd</th> <th>Compl</th> <th>Needed</th> </tr> </thead> <tbody> <tr><td>English 1</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>English 2</td><td>10.00</td><td>5.00</td><td>5.00</td></tr> <tr><td>English 3</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>English</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>Mathematics</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>Algebra 1</td><td>10.00</td><td>5.00</td><td>5.00</td></tr> <tr><td>Phvs Ed/Health</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>Phvs Ed</td><td>10.00</td><td>5.00</td><td>5.00</td></tr> <tr><td>Physical Science</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>Biological Science</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>World Hist/Geog</td><td>10.00</td><td>10.00</td><td>-</td></tr> <tr><td>US History</td><td>10.00</td><td>-</td><td>10.00</td></tr> <tr><td>US Government</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Economics</td><td>5.00</td><td>-</td><td>5.00</td></tr> <tr><td>Lanags/VPA/TechEd</td><td>20.00</td><td>15.00</td><td>5.00</td></tr> <tr><td>Visual/Perf Arts</td><td>-</td><td>-</td><td>-</td></tr> <tr><td>Health</td><td>-</td><td>-</td><td>-</td></tr> <tr><td>Electives</td><td>90.00</td><td>25.00</td><td>65.00</td></tr> <tr><td>* TOTALS *</td><td>240.00</td><td>95.00</td><td>145.00</td></tr> </tbody> </table>			Subject Area	Credit Req'd	Compl	Needed	English 1	10.00	10.00	-	English 2	10.00	5.00	5.00	English 3	10.00	-	10.00	English	10.00	-	10.00	Mathematics	10.00	-	10.00	Algebra 1	10.00	5.00	5.00	Phvs Ed/Health	10.00	10.00	-	Phvs Ed	10.00	5.00	5.00	Physical Science	10.00	-	10.00	Biological Science	10.00	10.00	-	World Hist/Geog	10.00	10.00	-	US History	10.00	-	10.00	US Government	5.00	-	5.00	Economics	5.00	-	5.00	Lanags/VPA/TechEd	20.00	15.00	5.00	Visual/Perf Arts	-	-	-	Health	-	-	-	Electives	90.00	25.00	65.00	* TOTALS *	240.00	95.00	145.00
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This transcript is unofficial unless signed by a school official.     Signature: \_\_\_\_\_     Date: \_\_\_\_\_

# Junior Year Classes

- Sophomores should have around 90 credits completed so far.

## Required:

- English 3/Honors English 3/AP Language
- US History/AP US History
- Math - 30 credits of math required. Math class will be entered for you based on teacher recommendation.

## Choices:

- Science-- Students are encouraged to take Physics of the Universe or another science.
- World Language-- Not required for graduation but many colleges recommend at least level 3.
- Choose a VAPA class if you haven't taken one yet.
- Check your PE credits!
- Optional 7th class/elective
  - You can choose an Off Campus 1st or 7th period.

# Junior Year English Options

**English 3 - American Literature:** English 3 builds and extends the knowledge learned in English 2 and focuses on the study of reading, writing, language, and speaking and listening as outlined in the California Common Core State Standards. There is an increased attention on critical thinking, increasingly complex texts, informational text and nonfiction, integrating technology, and academic vocabulary. Emphasis is placed on traditional and contemporary American Literature and nonfiction/informational reading materials.

**Honors English 3:** There is an increased attention on critical thinking, increasingly complex texts, informational text and nonfiction, integrating technology, and academic vocabulary. Emphasis is placed on traditional and contemporary American Literature and nonfiction/informational reading materials. This course provides additional depth of study in the development of advanced, writing, analysis, and literary criticism skills beyond that required within the English 3 curriculum. The honors course is a lively, active class for students who enjoy reading and writing. Our driving question for the year is: What does it mean to be an American? We also work on developing each student's individual voice through writing assignments which range from the creative to the critical. Students leave Honors English with a clear grasp of the complexities of the American Story, including issues of class, race, gender, and status; students also leave Honors with the ability to marry analytical power with individual voice. Honors English challenges a student's intellectual capacity in a safe environment.

**AP Language and Composition-** AP curriculum with more emphasis on rhetorical skills and more non-fiction texts. Learn about the elements of argument and composition as you develop your critical-reading and writing skills. You'll read and analyze nonfiction works from various periods and write essays with different aims: for example, to explain an idea, argue a point, or persuade your reader of something. The course focuses on the development and revision of evidence-based analytic and argumentative writing, the rhetorical analysis of nonfiction texts, and the decisions writers make as they compose and revise. Students evaluate, synthesize, and cite research to support their arguments. Additionally, they read and analyze rhetorical elements and their effects in nonfiction texts—including images as forms of text— from a range of disciplines and historical periods. This course may be taken to satisfy the third year of English language requirement.



# US HISTORY

**Time Period Covered:** Late Nineteenth century- 21st

- American Imperialism
- Progressive Era
- Women's Suffrage
- Civil Rights Movement

**All content is based on application of 8 Primary Skills, and 7 Course Themes**

- Critical Reading & Media Literacy
- Conducting Historical Research
- Historical & Critical Thinking
- Working Collaboratively with Others

## COURSEWORK & ASSESSMENTS

### Coursework:

Approx. 30 minutes a night  
(daily)

- Textbook readings (3-4 pages)
- Questions (Approx. 5)
- Curricular Worksheets

### Assessments:

Approx. every 4-5 weeks

- DBQs or FRQs
- Essay Questions
- Multiple Choice
- Projects (Individual & Group)

# AP US History



## Time Periods

- 1491 to Present

## Content based on 4 Primary Skills and 8 Course Themes

- Contextualization, Causation, Compare and Contrast, Change Over Time

## Class work

- Writing practice, Primary Source Analysis, Informal Discussions, Socratic Seminars (2nd semester)

## Homework

- Approximate 20-30 minutes daily
- 20-30 pages of reading per week

## Test

- 5 in the first semester, 1 project
  - 3 MCQ, 1 DBQ, 1 LEQ
- 4 in the second semester, 1 project
  - 1 LEQ, 1 DBQ, 1 SAQ, 1 MCQ

## Testimonials

- “Easy work but lots of reading”
- “Class discussions, most participate”
- “Nothing like AP Euro”

# Elective Options

## Career/technical Education

Automotive Eng., Adv. Auto  
Design & Fabrication

## English

Public Speaking/Creative  
Writing  
Journalism 1, 2 (application)

## Math

AP Computer Science  
Principles

## Physical Education

Yoga (semester or year)  
Weight Training (semester or  
year)

## Science

AP Biology  
Biotechnology  
AP Chemistry  
Earth and Space Science  
Environmental Science  
AP Environmental Science  
Physics of the Universe  
AP Physics 1  
Human Anatomy

## Social Studies

AP European History  
Contemporary Issues &  
Public Policy

## World Language

French 1, 2, 3, 4H,  
Mandarin 1, 2, 3, 4H  
Spanish 1, 2, 3, 4H

## Visual and Performing Arts

3D Art 1, 2  
Art 1, 2, Advanced  
Digital Design 1, 2  
Drama 1, 2, Advanced  
Stagecraft  
Symphonic Band  
Wind Ensemble (audition)  
Jazz Ensemble (audition)  
Orchestra  
Concert Choir  
AP Music Theory  
Photo/Digital Design 1, 2  
Video Production 1, 2

## Inter-departmental

Sports Medicine  
Publications (application)  
Leadership (application)  
Intro to Ethnic Studies  
(semester long)

# Things To Consider

- Demands on your time when selecting courses.
- 7 vs 6, how many AP/Honors to take (if any), etc. .
- How your junior year classes will lead into senior year classes.
- How your courses align with your goals.
- Create a balance over the next two years.
  - Consider SAT/ACT testing, college applications, etc.

# Timeline for Sophomores

## *Spring of Sophomore Year*

- Choose courses wisely for Junior year.
- Start visiting colleges and college fairs in the area.
- Plan something fun and interesting for summer: volunteer work, internship, job, research project, travel, etc.



# Juniors Choosing Senior Classes

Complete the worksheet below and then enter your classes in the online Aeries Portal using the instructions on the front page.

Course #	REQUIRED	
1	<b>English</b>	
	1 <sup>st</sup> Choice: <input type="checkbox"/> Eng. 4 <input type="checkbox"/> AP Eng. Lit. and Comp. <input type="checkbox"/> Eng. 4: Rebels <input type="checkbox"/> Eng. 4: Mysterious <input type="checkbox"/> Eng. 4: Deconstructing Race	
	2 <sup>nd</sup> Choice: <input type="checkbox"/> Eng. 4 <input type="checkbox"/> AP Eng. Lit. and Comp. <input type="checkbox"/> Eng. 4: Rebels <input type="checkbox"/> Eng. 4: Mysterious <input type="checkbox"/> Eng. 4: Deconstructing Race	
	3 <sup>rd</sup> Choice: <input type="checkbox"/> Eng. 4 <input type="checkbox"/> AP Eng. Lit. and Comp. <input type="checkbox"/> Eng. 4: Rebels <input type="checkbox"/> Eng. 4: Mysterious <input type="checkbox"/> Eng. 4: Deconstructing Race <i>Please indicate an alternate when making your online selection.</i>	
2	<b>Social Science:</b> <input type="checkbox"/> Government; Economics <input type="checkbox"/> AP Comparative Government and Politics; Economics	
	<b>SELECTED COURSE</b>	<b>ALTERNATE COURSE</b>
3	<i>Math course recommended</i>	
4		(Alternate)
5	(Year-long course only. See below if taking semester-long courses.)	(Alternate)
6	(Year-long course only. See below if taking semester-long courses.)	(Alternate)
7	(Year-long course only. See below if taking semester-long courses.)	(Alternate)
<b>Semester Courses</b>	<b>Semester Courses:</b> Grade 12 students may sign up for semester-long courses. If taking semester-long courses, please enter your requests below.	
	<b>Semester Course Selection</b>	<b>Alternate Semester Course</b>
Semester 1	(Semester)	(Semester)
Semester 2	(Semester)	(Semester)

Student Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

# Juniors Choosing Senior Classes - Transcript Example

Student Name						Transcript of Student Progress																																																																																					
[REDACTED]						8/25/14 Entered from Stanley																																																																																					
Parent/guardian name, address, telephone						January 27, 2017 Acalanes High School 1200 Pleasant Hill Rd Lafayette, CA 94549 (925) 280-3970																																																																																					
[REDACTED]						[REDACTED]																																																																																					
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p	E0001P	English 1	B+	5.00	5.00	p	H0187A	Euro History AP	D-	5.00	5.00																																																																																
p	H0140P	WrldHist/Geog	A-	5.00	5.00	p	L0343P	Spanish 3	B+	5.00	5.00																																																																																
p	L0342P	Spanish 2	A-	5.00	5.00	p	M0479P	Pre Calc	C-	5.00	5.00																																																																																
p	M0470P	Algebra 2/Trig	A-	5.00	5.00	p	P0610X	PE 10	B+	5.00	5.00																																																																																
*	P0600N	PE 9	A-	5.00	5.00	p	S0706P	Chemistry	C	5.00	5.00																																																																																
p	S0700P	Biology	B	5.00	5.00	p	V0922P	Drama 2	A-	5.00	5.00																																																																																
p	V0921P	Drama 1	A	5.00	5.00	Credit Att: 35.00 Cmp: 35.00 TGPA: 2.29																																																																																					
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p	E0001P	English 1	A-	5.00	5.00	p	E0010P	English 3	B-	5.00	5.00																																																																																
p	H0140P	WrldHist/Geog	A	5.00	5.00	p	H0144P	US History	B-	5.00	5.00																																																																																
p	L0342P	Spanish 2	A	5.00	5.00	p	H0187A	Euro History AP	C	5.00	5.00																																																																																
p	M0470P	Algebra 2/Trig	A	5.00	5.00	p	I0208A	AP CompSciPrnc	A-	5.00	5.00																																																																																
*	P0600N	PE 9	A+	5.00	5.00	p	M0482A	Calculus AB AP	C-	5.00	5.00																																																																																
p	S0700P	Biology	A-	5.00	5.00	*	O0513E	Leadership	A	5.00	5.00																																																																																
p	V0921P	Drama 1	A	5.00	5.00	p	S0708H	Physics Honors	C+	5.00	5.00																																																																																
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p	M0478P	Pre Calc	B	5.00	5.00	p	I0208A	AP CompSciPrnc		5.00	0.00																																																																																
*	P0610X	PE 10	A-	5.00	5.00	p	M0482A	Calculus AB AP		5.00	0.00																																																																																
p	S0706P	Chemistry	B	5.00	5.00	*	O0513E	Leadership		5.00	0.00																																																																																
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Signature: _____						Date: _____																																																																																					

# Senior Year Classes

- Juniors should have 150 credits or more completed so far.

## **Required:**

- English 4 (Theme classes and AP option)
- US Government and Economics (AP Comparative Government option) – Just choose Gov. or AP Comp Gov in Aeries (Econ will be added automatically later to all senior schedules)
- A visual or performing art, if you haven't taken one yet.
- A PE class if 20 credits have not yet been completed.

## **Choices:**

- 4th year of math – Depending on college goals. Math class will be entered for you based on recommendation but is not required if you've already completed 30 credits.
- 3rd or 4th year of science – Depending on college goals
- Continue with world language – Depending on college goals.
- Electives

**Sign up for things you are interested in!**



# Senior Year English Options

**English 4: The Mysterious, The Grotesque and the Fantastic:** This course focuses on the evolution of the modern mystery plot, tracing a long arc from its emergence in eighteenth-century Gothic fiction to its contemporary reinventions in radio, movies, TV and podcasts.

**English 4: Don't Tread on Me: Rebels, Outcasts & Iconoclasts in Literature:** This course will examine how a wide variety of characters seek to shape their own paths despite legal, social, cultural and religious restrictions.

**English 4: Deconstructing Race:** Students will discuss, write, and engage in research about their origins, their identities, and the awareness of how race, racism, and anti-racism impact their lives.

**AP Literature:** In the AP English Literature and Composition course, students devote themselves to the study of literary works written in, or translated into, English. Careful reading and critical analysis of such works of fiction, drama, and poetry provide rich opportunities for students to develop an appreciation of ways literature reflects and comments on a range of experiences, institutions, and social structures. Students will examine the choices literary writers make and the techniques they utilize to achieve purposes and generate meanings.

# Senior Year Government/Economics Options

**U.S. Government:** A study of the institutions of American government. The course focuses on the executive, judicial and legislative branches of the federal government, the election process, and political parties. There is an emphasis on the concepts of constitutionalism, representative democracy, separation of powers, checks and balances, and federalism. (Taken with one semester of Economics)

**Economics:** A study of the operations and institutions of economic systems. Areas of study include supply and demand, inflation and recession, money and credit, the banking system, labor and wages, managing the nation's economy, and economic theory. (Taken with one semester of U.S. Government)

**OR**

**AP Government & Politics Comparative:** This course introduces students to fundamental concepts used by political scientists to study the processes and the outcomes of politics in a variety of country settings. AP Comparative Government and Politics aims to illustrate the rich diversity of political life, to show available institutional alternatives, to explain differences in processes and policy outcomes, and to communicate to students the importance of global political and economic changes. (Taken with one semester of Economics)

# FAQ

- **Should I take 6 or 7 classes?**

*We encourage you to take advantage of the variety of electives offered at Acalanes. It's a personal decision taking into account your goals and your other time commitments.*

- **What is an AP class?**

*AP stands for Advanced Placement. The class follows the AP content standards. There is a cumulative test created by AP/College Board at the end of the course that is optional. Some colleges give college credit for a high score on the AP exam. Some colleges will waive intro level classes.*

- **What is the difference between an AP and Honors class?**

*An AP class follows AP program guidelines. Honors is a designation that is only within our school district. Honors courses are an extra challenge and depth beyond college-preparatory. They are sometimes considered pre-AP.*

- **Is it better to have more AP's or a better GPA?**

*Every student needs to balance challenging courses and GPA. AP classes are for those who want deeper knowledge and more challenge in a subject that interests them.*

# FAQ continued

- **What if I take a summer course at a college or another school?**

*While taking a class for enrichment can be a great opportunity, be aware that courses taken at other schools/colleges will not appear on the Acalanes transcript. All graduation requirements must be taken at Acalanes. Be sure that the school offering the class is fully accredited and issues an official transcript. Talk to your counselor about any specific situations you are considering. Taking a community college course over the summer for enrichment is a great way try something new, build confidence and demonstrate college readiness.*

- **What if I got an D or an F last semester? Can I fix it?**

*Acalanes District summer school is for remediation. Students can repeat a required course if they have a D or an F semester grade. Once summer school is completed, both the original grade and the summer school grade will appear on the transcript, but only the most recent grade will be used in calculating the GPA.*

- **If I change my mind after I turn in my forms, can I still change my classes?**

*Maybe. The number of courses we offer is based on the sign-ups in February. We cannot guarantee space available later. Ask your counselor to add your request to the Wish list.*

# FAQ continued

- *What Career Tech Ed classes are offered at AHS?*

## Career Technical Education

AUHSD Career Technical Education (CTE) involves a multiyear sequence of courses that integrates core academic knowledge with technical and occupational knowledge to provide students with a pathway to postsecondary education and careers.

### Graduation Requirement

Career Technical Education is part of the AUHSD Breadth Graduation Requirement.

### AUHSD CTE Graduation Requirements:

AUHSD students must obtain 20 credits taken in any of the following areas: Career Technical Education (CTE), World Language or American Sign Language

### Minimum UC/CSU Entrance CTE Requirement:

None

### AUHSD Career Technical Programs:

*Note: Courses below are offered in the Acalanes Union High School District however not all courses are offered at all sites. Please look at the course descriptions to determine if a course is offered at the specific school site.*

Industry Pathway	AUHSD Courses	Industry Pathway	AUHSD Courses
Arts, Media and Entertainment	<ul style="list-style-type: none"> <li>• Digital Design</li> <li>• Journalism</li> <li>• Music Theory AP</li> <li>• Photography</li> <li>• Publications</li> <li>• Stagecraft</li> <li>• Video Production</li> </ul>	Health Sciences and Medical Technology	<ul style="list-style-type: none"> <li>• Biotechnology</li> <li>• Human Body Systems</li> <li>• Principles of Biomedical Science</li> <li>• Sports Medicine</li> </ul>
Building and Construction Trades	<ul style="list-style-type: none"> <li>• Wood Technology</li> <li>• Woodworking</li> </ul>	Hospitality, Tourism and Recreation	<ul style="list-style-type: none"> <li>• Advanced Baking</li> <li>• Foods</li> <li>• International Cuisine</li> </ul>
Energy, Environment and Utilities	<ul style="list-style-type: none"> <li>• Environmental Science</li> </ul>	Information and Computer Technologies	<ul style="list-style-type: none"> <li>• Computer Programming</li> <li>• Computer Sciences</li> </ul>
Engineering and Architecture	<ul style="list-style-type: none"> <li>• Architectural Design</li> <li>• Digital Electronics</li> <li>• Engineering and Applied Physics</li> <li>• Engineering and Robotics (Computer Integrated Manufacturing)</li> <li>• Introduction to Engineering</li> <li>• Principles of Engineering</li> </ul>	Public Service	<ul style="list-style-type: none"> <li>• Analytical Forensic Science</li> <li>• Law and Society</li> </ul>
		Transportation	<ul style="list-style-type: none"> <li>• Automotive Engineering</li> </ul>

# Debbie Levy - AHS College and Career Advisor

- ★ Works with all students grades 9-12.
- ★ Located in the main office - “College and Career Center”
- ★ Collaborates with your academic counselor





# Resources for you!

- ★ Discussing your classes
- ★ Options for community/volunteer
- ★ Job guidance
- ★ Summer planning
- ★ Academic opportunities on college campuses
- ★ Community College
- ★ Military Info
- ★ College questions
- ★ Naviance



# Juniors - what is the process at Acalanes?

- ★ Meet 1:1 with your family and Ms. Levy to discuss post AHS plans.
- ★ Attend Naviance workshops
- ★ Keep track of high school accomplishments
- ★ Request letter of rec (spring)
- ★ Attend spring academy sessions with Ms. Levy
- ★ Plan summer jobs/volunteer/programs/resumes
- ★ Attend Admissions Reps Visits (fall)





# College Planning Resources for you at Acalanes

- ★ Unlimited 1:1 Appointments at any grade level
- ★ Drop by Anytime to talk!
- ★ APC Newsletter - CCC Section
- ★ CCC Website
- ★ Instagram: @ahs\_college\_career
- ★ Admissions Rep Visits - 150
- ★ Essay workshops
- ★ List Building
- ★ Letters of recommendation guidance
- ★ Academy Sessions



# Campus Visits

- ★ Thanksgiving/Spring break/Summer
- ★ Check in with Ms. Levy prior for any help in planning
- ★ Find Acalanes grads to connect with
- ★ Sign up for official/[virtual](#) campus tours
- ★ Visit library and student center
- ★ Stay overnight
- ★ See a sporting event
- ★ Read the school paper
- ★ Sit in on a class



# Standardized Testing

- ★ Many Schools have gone “test-optional”.
- ★ Discuss with Ms. Levy and your counselors if you plan to test
- ★ PSAT is offered to juniors but not required.
  - National Merit Finalist opportunity
- ★ Students register for either the ACT or SAT direct through testing websites.
- ★ Juniors test in spring typically.



Good luck! We are here for you!

