

Monta Vista High School

Course Selection Night — for 9th graders



Tonight's Agenda

- ❖ Introductions
- ❖ Graduation & College requirements
- ❖ Course selection process
- ❖ Things to consider for 10th grade
- ❖ Q & A

Guidance Teams

Alpha	Counselor	Administrator
A — Gou	Monique Balentine 366-7615	Michael Martinez 366-7603
Gov — L	Jessica Coscia 366-7616	Nico Flores 366-7609
M — Sha	Sylvia Lam 366-7626	Janice Chen 366-7607
She — Z	Clay Stiver 366-7614	Mike White 366-7608

Academics



Daily
living

Extra-
curricular

High School Requirements

Requirement	Graduation	UC/CSU eligibility
English	4 years	4 years
Science	2 years	2 years
Math	2 years (through Geometry)	3 years (through Algebra II)
Social Science	3 years	2 years
PE	2 years	
Electives	<u>2 out of 3 of:</u> 1 year Applied Academic 1 year Fine Art 1 year World Language	1 year Fine Art 2 years World Language
Total Credits	220	

4-year timeline

9th Grade — getting to know yourself & school

- Transitioning from middle to high school
- Identifying your learning style & solidifying study techniques
- Develop self-advocacy & independence
- Naviance — interest inventories

10th Grade — exploration

- Explore — take risks & try new things
- Find out what interests you & what you are passionate about
- Naviance — career & major exploration

♦ Tests — CBT, Science

11th Grade — honing in

- Go deeper in your areas of interest (both academic & extra-curricular)
- Seek balance
- Naviance — college exploration

♦ Tests — AP, CAASP, PSAT, SAT/ACT

12th Grade — putting it all together

- Go deeper in your areas of interest (both academic & extra-curricular)
- Seek balance
- Naviance — college applications

♦ Tests — AP, SAT/ACT



Selecting Courses

- ❖ Sophomore Year= some student choices
- ❖ Select courses that are right for you
- ❖ Good rule of thumb — match rigor with interests!
- ❖ Informed decision making — seek information from teachers, guidance staff, current & former students, parents etc.
- ❖ Start exploring classes that are of interest

10th grade core course offerings

English	Social Science	Science
<ul style="list-style-type: none">• World Core• World Studies	<ul style="list-style-type: none">• World Core• World Studies	<ul style="list-style-type: none">• Chemistry• Chemistry Honors• Physics• AP Physics 1

MVHS Math Pathways

AP Statistics*

AP Calculus AB

AP Calculus BC

***AP Statistics
may be taken
upon successful
completion of
any upper level
math class**

**Applications of
Advanced Math**

Pre Calculus

**Pre-Calculus
Honors**

Algebra 2

**Algebra 2 /
Trigonometry**

Geometry

Algebra 1

Course Selection Support

- ❖ MVHS.fuhsd.org website
- ❖ Student Course Information Fair — special schedule 2/1
- ❖ Core/Elective Night for parents — 2/5 @ 7:00pm

Campus Life

- ❖ MVHS is a *comprehensive* high school! This is a time for your student to:
 - ❖ Dig deeper into areas of interest
 - ❖ Learn
 - ❖ Have fun
 - ❖ Be a kid!
- ❖ Clubs
- ❖ Leadership
- ❖ Music
- ❖ Theatre
- ❖ Spirit
- ❖ Dance Team
- ❖ Color Guard
- ❖ Athletics

Striking Balance

- ❖ Consider your options and time commitments carefully!
- ❖ **Time Management Worksheet**
 - ❖ [Form](#) on the MVHS website
 - ❖ Purpose is to facilitate a conversation at home:
 - ❖ Daily living hours
 - ❖ Course workload expectations
 - ❖ Extra-curricular hours

MVHS Time Management Worksheet

DAILY LIVING ACTIVITIES	AVERAGE HOURS/WEEK
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores, etc.)	
Family time	
Free time (friends, TV, phone, internet, video games, etc.)	
Travel time (to/from school, practices, activities, etc.)	
Other Living Activities	
Total Daily Living Hours:	

REQUESTED COURSES 2017 - 2018	AVERAGE HOURS/WEEK
In school for 5 days x 7.5 hours (including brunch/lunch)	37.5
English Workload	
Social Studies Workload	
Math Workload	
Science Workload	
World Language Workload	
PE Workload	
Electives Workload	
Total School Hours:	

**Workload = Homework + Studying. Times listed on reverse are ranges provided to us by current students.*

EXTRA-CURRICULAR ACTIVITIES – School and Community	AVERAGE HOURS/WEEK
School Sports	
School Related Activities	
Hobbies/Interests	
Paid Job	
Outside Class/Lessons	
Community/Volunteer Services	
Non School Sports (i.e. club team)	
Other Extra-Curricular Activities	
Total Extra-Curricular Hours:	

Hours Per Week	-	Total Daily Living Hours	-	Total School Hours	-	Total Extra-Curricular Hours	=	Hours Left In Week
<u>168</u>	-	_____	-	_____	-	_____	=	_____

Do you have enough time in your week to stay healthy, productive, and balanced?

MVHS Time Management Worksheet

Please consider the following homework estimates / categories when planning your requested courses.
Actual time and workload may vary by each student and teacher

The following courses are estimated to have less than one half hour of homework per night.

3D Design 1 – 4	Commercial Art	Introduction to	PE Weight Training
A Choir	Dance 1	Woodworking	Photography 1
Applications of Advanced Math	Drama	Advanced Woodworking	Photography 2
Advanced Treble Choir	Economics	Jazz Ensemble	Principles of Engineering
Advanced Multimedia / Technology	English Language Development 1 – 3	Marketing	Principles of Marketing
Art 1 – 4	Industrial Technology	Money and Banking	Sheltered Literature and Writing
B Choir – Female/Male	International Business	PE 9	String Orchestra
Chamber Orchestra	Introduction to Engineering Design	PE Basketball	U.S. History
		PE Racquet Sports	Wind Ensemble
		PE Total Fitness	Writing for Publications

The following courses are estimated to have between one half hour to one hour of homework per night.

Algebra 1	AP U.S. Government AP	French 1 – AP	Sheltered Contemporary Literature
Algebra 2	Computer Science	Geometry	Sheltered Physics
Algebra 2 / Trigonometry	Principles	Japanese 1 – AP	Sheltered U.S. History
American Literature H	AVID 9 – 12	Law	Sheltered World History
American Literature	Biology	Literature and Writing	Sheltered World Lit
American Studies	British Literature	Advanced Multimedia	Spanish 1 – AP
AP Biology	Chemistry	Mythology / Folklore	U.S. Government
AP Chemistry	Chemistry H	Physics	World Core Literature and Social Science
AP Computer Science A	Chinese 1 – AP	Physiology	World Studies
AP Environmental Science	Computer Programming	Principles of Business	
AP Macroeconomics	JAVA	Sheltered Biology	
AP Statistics	Contemporary Literature	Sheltered Chemistry	

The following courses are estimated to have over one hour of homework per night.

AP Calculus AB	AP Literature	AP Physics C: Mechanics	Math Analysis
AP Calculus BC	AP Physics 1	AP U.S. History	Pre-Calculus Honors

The following courses' estimates fluctuate throughout the school year.

Athletics	Leadership	Drama (Advanced / Honors)	Multimedia Design
Band	Clubs	Journalism	STEM Research
Bella Voce	Color Guard	Marquesas	Variations
Cheerleading			Yearbook

Selecting Courses

- ❖ Request your top 6 academic courses
- ❖ Free 7th for sport, open period
- ❖ If interested in taking 7 classes you may request one, however placement into a 7th class is based on space
- ❖ No two classes within the same curricular department

Course Selection Timeline

- ❖ Infinite Campus Portal: 2 / 1 - 3 / 1
- ❖ Course Request Forms due: 3 / 1
- ❖ 1st course verification: Late March
- ❖ Final course verification: Early June
- ❖ Running of the Bulls (ROTB): August 13th
- ❖ Pick up schedule first day of school: 8 / 19

Top 5 for 10th graders

1. Maintain balance
2. Choose courses that are right for *you*
3. Continue to explore and deepen your areas of interest
4. Foster independence & encourage self-advocacy
5. Contact us & seek support when needed

The Foundation

- ❖ **The Foundation** supports programs at all 5 of our district high schools. Many programs here at MV would not be available to students without support from the [foundation](#)

Next steps

- ❖ See you at the Course Information Night!
- ❖ Q & A