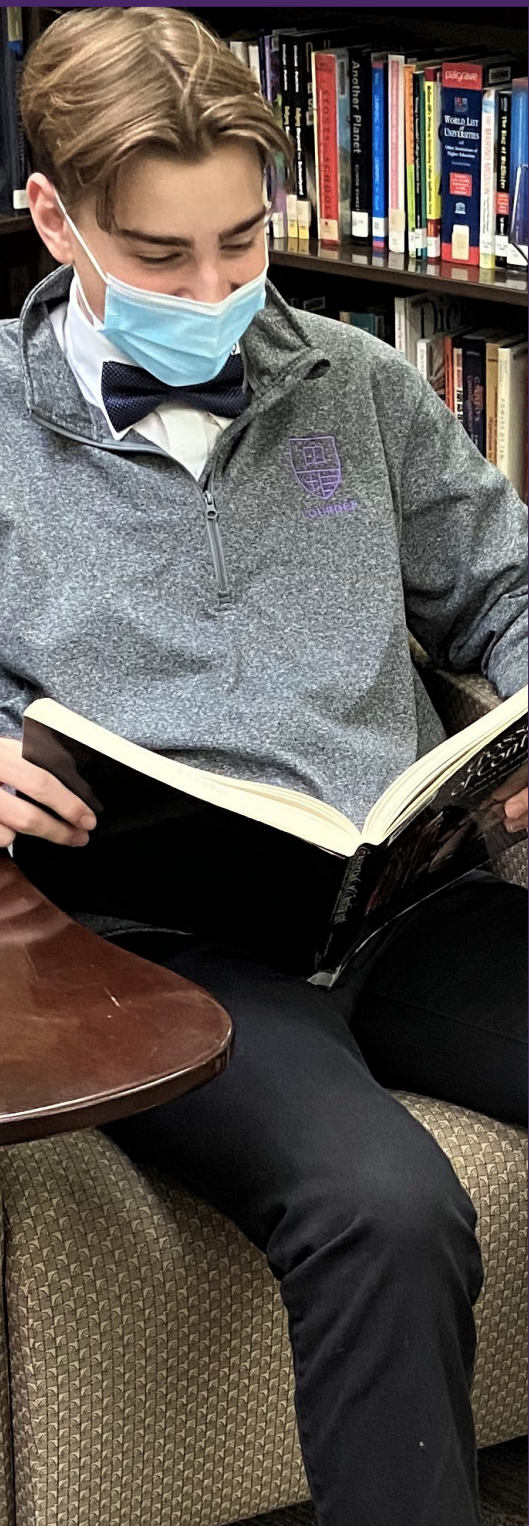




ROCHESTER
CATHOLIC SCHOOLS

LOURDES HIGH SCHOOL



2021- 2022
COURSE CATALOG

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WELCOME TO LOURDES HIGH SCHOOL

REGISTRATION INFORMATION

All full-time students at Lourdes must take seven courses each semester. The only exception are students enrolled in two or more AP or PACC courses, who are approved to take six courses each semester.

Each year certain courses are required. Electives may be selected from a variety of choices. A credit is earned for each full-year course and a half credit is earned for each semester course. Over the four years of high school, a student must earn 26 credits in the following areas:

Religion	4	Credits
English	4	Credits
Social Studies	3 1/2	Credits
Mathematics	3	Credits
Science	3	Credits
Physical Education	1	Credit
Health	1/2	Credit
Fine Arts	1	Credit
Language	2	Credits *
Elective Courses	4	Credits
TOTAL CREDITS	26	Credits

Although 26 credits in four years is the minimum, most students earn more. Students in the class of 2022 are required to earn a minimum of 24 credits. * Language credit earned in 8th grade will count in this minimum.

SCHEDULING CHANGES

Students are advised to choose their courses wisely during the registration process as the master schedule and instructional personnel are set to accommodate the students' requests. If a student or parent requests a schedule change, it will be governed by the following:

- Students wishing to drop a class must do so by the end of the school day on the first Friday of the semester. The request must be entered on the Course Change Request Google Form. The form will be shared on Mrs. Groven's, Ms. Pannell's, and Mrs. Ness's Google Classroom pages.
 - Parent permission is required to drop any Honors or AP course. This can be in written or email form.
 - Year-long courses cannot be dropped at second semester.
- Schedule changes will be permitted if they meet the following criteria:
 - The student does not meet the prerequisite of his/her current course.
 - There is a conflict in the student's schedule.
 - A student has been placed in a course he/she has already taken.
 - The student does not have enough courses to be considered "full time."
 - A teacher or administrator recommends the student be placed in an additional course.
- If a student chooses to drop a course, he/she must have seven other courses in his/her schedule.
- To make a schedule change, the student will need to submit the request on the Google form. Submitting a request does not guarantee the schedule change.
- Student schedule requests for the following reasons **will not** be permitted.
 - Request for specific teacher.
 - Request for having a class at a specific time.
 - Requesting to go into a class that is already at capacity.
- The school reserves the right to drop a course due to insufficient enrollment or personnel changes. The courses dropped will be substituted with an alternate choice previously indicated on the registration sheet. If an available alternate course is not listed, a course will be selected on the student's behalf.

Students are encouraged to make an appointment with their counselor in regard to their academic and course planning needs during the registration process.

Sarah Groven (sgroven@rcsmn.org), Director of Counseling, Grade 12, Grade 9

Melissa Pannell (mpannell@rcsmn.org), International Student Coordinator, Test Coordinator, Grade 11

Jane Ness (jness@rcsmn.org) - Learning Plan Coordinator, Grade 10

COURSE CRITERIA

Criteria for Regular Courses

- Level of difficulty at grade level
- Emphasis on daily homework for determining grade

Criteria for Honors/Accelerated Courses

- Level of difficulty at or above grade level
- More content covered
- Instruction at a faster pace
- Greater emphasis on testing for determining grades

Advanced Placement

- Student must meet and/or exceed class entrance criteria
- Students in an AP course are required to take the AP Exam

Program for Advanced College Credit (PACC)

- Student must meet and/or exceed class entrance criteria
- Student must pay the \$75 per college credit fee

NCAA ACADEMIC REGULATIONS FOR STUDENT ATHLETES



All prospective Division I or II college-bound student athletes must be registered with and be certified as eligible by the NCAA Initial-Eligibility Clearinghouse to practice, compete or receive athletics (scholarship) aid in their first year as a NCAA Division I or II college or university. It is the student's responsibility to make sure the Clearinghouse has the documents it needs to certify them. Courses at Lourdes High School that meet NCAA eligibility requirements have the NCAA name under the course title throughout the registration guide.

Any student planning to attend a four-year college and participate in athletics, please meet with your counselor or contact NCAA at 1-877-262-1492 or www.ncaaclearinghouse.net regarding NCAA requirements.

It is the responsibility of the student-athlete and the family to understand eligibility. Upon graduation, student-athletes must have a total of 16 core classes.

Division I:

- Must complete 16 core classes (10 must be completed before senior year)
- Earn a core-course GPA of at least 2.300
- Earn the ACT/SAT score matching your core-course GPA

Division II:

- Must complete 16 core classes
- Earn a core-course GPA of at least 2.200
- Earn the ACT/SAT score matching your core-course GPA

University of Minnesota

(Minimum high school course requirements)

- English - 4 years
- Mathematics - 4 years
 - * Elementary algebra, geometry, intermediate algebra, fourth-year math classes include calculus, pre-calculus, analysis, integrated math 4
- Science - 3 years, including one year each of biological and physical science, and including a laboratory experience.
 - * *College of Biological Sciences and College of Science and Engineering require biological science, chemistry, and physics*
- Social Studies - 3 years
- Single second language - 2 years
- Visual and/or performing arts - 1 year

College of St. Benedict/St. John's University

(Minimum high school course requirements)

- English - 4 years
- Math - 3 years, through advanced Algebra II
- Science - 2 years of laboratory science beyond 9th grade
- Social Sciences - 2 years
- 6 other college preparatory electives
- Foreign language recommended

Minnesota State Colleges and Universities

Minnesota State University, Mankato, Winona State University, Southwest Minnesota State University, Minnesota State University, Moorhead, St. Cloud State University, Bemidji State University, Metropolitan State University (Minneapolis & St. Paul) *(Typical requirements for four-year universities; each university may differ slightly)*

- English - 4 years
- Math - 3 years, including two years of algebra and one year of geometry
- Science - 3 years, including one year each of a biological and a physical science, all with significant laboratory experience
- Social Studies - 3 years, including one year or its equivalent of geography and U.S History
- World Language - 2 years, including non- English native languages and American Sign Language
- Fine Arts - 1 year

University of Wisconsin System

(Typical minimum requirements - Total 17 units)

- English - 4 units/years
- Social Science - 3 units/years
- Mathematics - 3 units/years (including Algebra 1, Algebra 2 and Geometry)
- Natural Science - 3 units/years (including 2 with laboratory)
- Foreign Language - not required by most, however, UW - Madison requires 3 - 4 units/years
- *The remaining four units will be from the above areas, foreign language, fine arts, computer science, and other academic areas*

University of Wisconsin, Madison

(# of years most admitted students have)

- English—4 years
- Math—4 years
- Social Studies —3-4 years
- Science— 3-4 years
- Single Foreign Language—3-4 years
- Additional Academic/Fine Arts—2 years

University of Notre Dame

(Minimum and Preferred High School Requirements)

College of Arts and Letters or the Mendoza College of Business

- English - 4 units/years
- Mathematics - 3 units/years (minimum) - including Algebra I, Algebra II, and Geometry; *4 units/years (preferred)
- Foreign Language - 2 units/years (minimum); 3 - 4 units/years (preferred)
- Science - 2 units/years (minimum); 4 units/years (preferred)
- History/Social Science - 2 units/years (minimum); 3 - 4 units/years (preferred)
- Additional History/Social Science, Science, Foreign Language, Mathematics and English courses - 3 units

College of Science, the College of Engineering, the School of Architecture, the Arts and Letters Pre-Health program, and Neuroscience and Behavior

- Mathematics - 4 units/years - must include advanced math such as Pre-calculus, or Calculus

Students with an intended major within the College of Science or the College of Engineering must take a unit of Chemistry.

Additionally the following majors require a unit of Physics:

- Applied and Computational Mathematics and Statistics
- Chemistry
- Biochemistry
- Chemistry with Business
- Chemistry with Computing
- Mathematics (within the Colleges of Science and Arts & Letters)
- Physics
- Physics-in-Medicine
- All Engineering majors

It is also strongly recommended that students with the following intended majors take a unit of Physics:

- Architecture
- Biological Sciences
- Environmental Sciences
- Neuroscience and Behavior (within the Colleges of Science and Arts & Letters)
- Science Preprofessional Studies
- Arts and Letters Pre-Health
- Science- Business
- Science- Computing
- Science- Education
- Statistics

Minnesota State Community and Technical Colleges

All two -year community and technical colleges in the state of Minnesota have an open admissions policy. Students are able to enroll if they have a high school diploma, however, some programs may have special admissions requirements. Standardized testing is not needed for admission, as students will take a placement test once they are admitted. Community colleges offer a variety of one and two year vocational programs that prepare students for full-time employment, in addition to providing the first two years of a traditional four-year college program.

Military Service

There are many opportunities within the five branches of the U.S. Military (Army, Air Force, Navy, Marine Corps, and Coast Guard). Students interested in enlisting must have a high school diploma. The U.S. Military requires that all applicants take the Armed Services Vocational Aptitude Battery (ASVAB) test.

LOURDES REQUIRED COURSES

REQUIRED FRESHMAN COURSES (Class of 2025)		
Religion	1	Credit
English	1	Credit
World History	1	Credit
Biology	1	Credit
Mathematics	1	Credit
Physical Education	1	Credit
Language	1	Credit
Electives	1	Credit

REQUIRED SOPHOMORE COURSES (Class of 2024)		
Religion	1	Credit
English	1	Credit
Human Geography	1/2	Credit
Chemistry	1	Credit
Mathematics	1	Credit
Health	1/2	Credit
Language	1	Credit
Electives	1	Credit

REQUIRED JUNIOR COURSES (Class of 2023)		
Religion	1	Credit
English	1	Credit
United States History	1	Credit
Science*	1	Credit
Mathematics	1	Credit
Electives	2-3	Credits

*A third credit in science must be taken in 11th or 12th grade.

REQUIRED SENIOR COURSES (Class of 2022)		
Religion	1	Credit
English	1	Credit
Government	1/2	Credit
Economics	1/2	Credit
Science*	1	Credit
Electives	3-4	Credits

*A third credit in science must be taken in 11th or 12th grade.

GRADING

Lourdes uses a letter grading system with a 4.0 standard numerical equivalency as shown below. Using this scale, a GPA is calculated each term by adding the numerical equivalency of all grades and dividing by the number of courses involved. A multiplier system (1.1 multiplier) is used for Advanced Placement and Honors courses. The multiplier effect is indicated on the table below.

	GPA	MULTIPLIER 1.1
A	4.0	4.4
A-	3.7	4.1
B+	3.3	3.6
B	3.0	3.3
B-	2.7	3.0

	GPA	MULTIPLIER 1.1
C+	2.3	2.5
C	2.0	2.2
C-	1.7	1.9
D+	1.3	1.4
D	1.0	1.1
D-	0.7	0.8

Formal academic progress reports are made on a quarterly basis.

2020-2021 COURSE LISTING

FINE ARTS - VISUAL

Foundations of Art/Art 2D & Art 3D (1011)

All Year Gr. 9, 10, 11, 12
1 Credit

This is an introductory studio art course in which the areas of drawing, painting, ceramics and sculpture will be studied as well as other two and three-dimensional art methods and techniques. The elements of art and principles of design will be studied and applied. Students will have the opportunity to conceptualize, design, create, and critique works of art using a variety of two and three-dimensional methods. This class will prepare students for advanced level 2D and 3D classes including Drawing and Painting I, Design, Ceramics I, and Sculpture.

Sculpture (1330)

1st or 2nd Semester Gr. 10, 11, 12
.5 Credit

This is an advanced level studio course in which materials such as clay, plaster, paper mâché, wire, and mixed media will be used to create non-functional, sculptural art forms. Students will conceptualize, design, create, and critique works of art using a variety of techniques. This course provides students a more in-depth study and use of traditional and contemporary sculpture materials and processes.

Drawing and Painting I (1240)

1st or 2nd Semester Gr. 10, 11, 12
.5 Credit

Basic concepts of two-dimensional design are applied to still life, the human figure, and landscape subjects as students work with drawing and painting media subjects simultaneously. Students gain an understanding of what has been significant about artwork throughout history. Students gain practice discussing the work of past and present artists as well as their own work.

Drawing and Painting II (1250)

1st or 2nd Semester Gr. 10, 11, 12
.5 Credit

This course is an intermediate studio course with an emphasis on developing the students' self-expression on various subjects through drawings and paintings. Students study works by past artists and learn to analyze them according to the elements and principles of art. This knowledge is then applied to the students' own work, helping them make and support their own personal decisions about works of art. **Prerequisite: Drawing and Painting I**

Drawing and Painting III (1260)

1st or 2nd Semester Gr. 11, 12
.5 Credit

This course is an advanced studio course with a continuation of developing technical skills through drawing and painting. Students will apply the elements and principles of art to their artwork. Students will study art history, art production, art criticism, and aesthetics as it applies to their own art work as well as to other artists. **Prerequisite: Drawing and Painting I, II**

Ceramics I (1340)

1st or 2nd Semester Gr. 11, 12
.5 Credit

This is an introductory class where students create both functional and non-functional pottery. Students will utilize hand building and wheel throwing methods of pottery making. The use of clay for self-expression is one of the oldest methods known to man. Students will explore these methods and adapt them to their personal statements.

Ceramics II (1350)

1st or 2nd Semester Gr. 11, 12
.5 Credit

This is an intermediate class where students will be working with both wheel-throwing and hand-building techniques. Using low-fire clay and glazes, students will challenge their skill level to create functional wares such as plates, tea-pots, containers, and bottles. **Prerequisite: Ceramics I**

Ceramics III (1360) Gr. 11, 12
1st or 2nd Semester .5 Credit
This is an advanced class where students will use their throwing techniques as they improve their technical skills and expand their range of projects. Students will make handles, feet, lids, and rims and apply them to form a cohesive pot. Students will also continue to explore different glazing techniques as well as wax relief and use of slip. **Prerequisite:** Ceramics I, II

Photography and Digital Design (1310) Gr. 10, 11, 12
1st or 2nd Semester .5 Credit
Students will be introduced to the history of photography, as well as the processes, both past and present, used to create a photograph. Instruction on composition, lighting and balance will be used to guide students as they create photographs of their own. The digital design portion of this course will focus on digital photo manipulation and digital illustration. There will be some school provided devices available, and students are also encouraged to bring their own.

AP Studio Art/Art IV (1481) Gr. 11, 12
All Year 1 Credit
This is a year-long course that prepares students who are seriously considering a career in visual art with the practical experience of building a portfolio. Students will begin working on their projects in the summer and will compile their portfolios throughout the school year. AP Studio Art is not based on a written exam. Students submit portfolios for evaluation at the end of the school year. This corresponds with most college art foundation courses. Students will work closely with the instructor in developing their portfolios which are tailored to each individual. Students can receive AP credit for submitting portfolios in AP 2-D Art and Design, AP 3-D Art and Design, and AP Drawing. **Prerequisite: Completion of Drawing & Painting I-III and teacher recommendation. A student's participation in this course must be approved by the instructor.**

FINE ARTS - PERFORMING

Acting and Stagecraft I (2530) Gr. 10, 11, 12
1st Semester .5 Credit
This course combines the practice of acting with practical elements of stagecraft (lighting and design). The goal is to develop students' awareness of their own artistic sense in theatre, and to awaken their artistic vision. The fundamental tools of acting and the basic elements of production are shaped into reliable skills and brought to life in specific performance opportunities.

Acting and Stagecraft II (2540) Gr. 10, 11, 12
2nd Semester .5 Credit
This follow-up continues to refine the actor's craft and introduces the elements of directing and managing a production. Students will develop an understanding of "page to stage" process in a collaborative setting. This is where the tools and skills acquired during 1st semester are called upon to craft a production of integrity. **Prerequisite: Acting and Stagecraft I**

Band (4011) Gr. 9, 10, 11, 12
All Year 1 Credit
The Lourdes High School Band program promotes learning and excellence through instrumental musicianship. Students of all instrumental and musical ability are welcome. They also receive individualized, guided lessons from instructors. If you would like to grow as a musician, gain leadership skills, and perform in concerts, and at sporting events, this course is for you!

Concert Choir (4031) Gr. 9, 10, 11, 12
All Year 1 Credit
The Lourdes High School Concert Choir is a year long, co-curricular course that performs high caliber music crossing many genres and eras. Students of all ability levels in grades 9-12 are welcome to join. The course provides instruction in reading music notation, healthy vocal technique, phonation, and differences in choral singing styles, among other topics. Students will perform four evening concerts coordinating with the end of each academic quarter. Additional

evening requirements may also be included but are minimal. Students will compete at MSHSL Large Group Contest in the early spring, and are encouraged to participate in the MSHSL Solo/Ensemble Contest in the late spring.

Jazz Lab (4100)

1st or 2nd Semester

Gr. 11, 12

.5 Credit

Jazz Lab is a course designed to improve and develop jazz musicians through jazz music theory, jazz history, improvisatory techniques, and community performance. This course is designed as a low-stress environment where students can learn immediate, real-world techniques that popular jazz musicians use to better their craft. Students will learn about chord symbols, jazz scales, improvisation tricks, and the process of finding/booking performances. This course is catered to fit your needs as a performer and musician.

AP Music Theory (4131)

All Year

Gr. 11, 12

1 Credit

The AP Music Theory course mirrors a typical introductory college music theory course and is designed to prepare students for advanced study in music. Students will develop their musicianship, theory, and aural skills through dictation, sight-singing, keyboard harmony, and other methods. Students learn basic concepts and terminology by listening to and creating music. This course emphasizes notational skills, speed, and fluency with basic musical materials. **AP Music Theory is open to Band or Choir students in their junior or senior year with teacher approval.**

Senior Arts Practicum (2650)

1st or 2nd Semester

Gr. 12

.5 Credit

Throughout the semester, students enrolled in Senior Arts Practicum will work with the faculty of the Fine Arts Department to create and perform/present a project which crosses the visual and performing arts. This is an advanced course that asks students to call upon knowledge from Fine Arts classes taken previously, as well as experiences from extra-curriculars in the Arts. The course will serve as an independent study which will be overseen by the Fine Arts Chair. Students are expected to complete and document at least 60 hours to receive credit for the course. Hours can include, but are not limited to, working with the instructor(s), creating, planning and performing/presenting your project. **Prerequisite- Students must have completed all required fine arts credits as well as participated in at least three Arts extracurriculars between their freshman and junior years.**

Audition Groups

Other important components of the music program include audition groups. These activities are listed below.

Center Street Singers

All Year

Gr. 9, 10, 11, 12

The Center Street Singers is an extra-curricular vocal ensemble at Lourdes High School. They perform at concerts, contests, festivals, and other public events throughout the year. Members are selected in the fall by audition only. The group rehearses 2-3 hours per week outside of normal school hours. **Individuals must be enrolled in Band or Choir.**

Hi-Lighters

All Year

Gr. 9, 10, 11, 12

The Hi-Lighters Jazz Band is a historic extra-curricular group at Lourdes High School. The group rehearses and performs jazz standards and new compositions in multiple genres and styles. The ensemble rehearses 2-3 hours a week and performs regularly at music contests, festivals, concerts, and other community events. Members are selected by audition only. **Individuals must be enrolled in Band or Choir .**

Winter Drumline

All Year

Gr. 9, 10, 11, 12

The Winter Drumline is a percussion ensemble that performs dynamic percussive literature at public events and competitions. Members are selected in November by audition only. Rehearsals are 4-6 hours per week. **Individuals must be enrolled in Band or Choir.**

Marching Band

June-October

Gr. 9, 10, 11, 12

The Lourdes High School music program supports a highly regarded Marching Band which participates in competitive

performance events and festivals, represents the schools in parades and public functions, and performs at halftime throughout the football season.

ENGLISH

English I

Introduction to Literature and Rhetoric I and II (2011)

Gr. 9

All Year

1 Credit

NCAA

This course is designed to introduce techniques to reinforce and further develop reading, writing, speaking, listening, and critical thinking skills. Students will focus on themes of journey, injustice, culture, and human nature using a selection of novels, short stories, poetry, and nonfiction. In addition, the class will strengthen communication skills and introduce Aristotle's rhetorical appeals. Some of the works studied include *Romeo and Juliet*, *Lord of the Flies*, and *Letter to Birmingham Jail*.

English II

Drama/Poetry I and II (2031)

Gr. 10

All Year

1 Credit

NCAA

This course is designed to build on the foundational reading, writing, speaking, listening, and critical thinking techniques introduced in the freshman year. Students will examine, discuss, and demonstrate specific themes of the human's response to war, the human's place in society, human person's struggle, and the power of government using a selection of plays, poetry, and nonfiction. Texts may include *The Importance of Being Earnest*, *Oedipus the King*, *A Man for All Seasons*, *Macbeth*, and various poems and essays by writers such as Walt Whitman, Maya Angelou, Alfred Lord Tennyson, and Martin Luther King Jr.

Honors English II

Gr. 10

Honors Drama/Poetry I and II (2035)

1 Credit

All Year

NCAA

This year-long course is designed to meet the needs of highly motivated students who would like to delve deeper into the genres of drama and poetry. Similar to Drama/Poetry, it will continue to focus on reading, writing, speaking, and listening techniques developed freshman year. While it will cover much of the same content as Drama/Poetry, students will be expected to work at a faster pace with a more rigorous examination of the selected pieces of literature in order to foster higher-level critical thinking skills. Some of the works studied include *Macbeth*, *Hamlet*, and other pieces of drama, along with a variety of poems exhibiting an array of poetic styles. **Prerequisite: A in both semesters of English class freshman year and teacher recommendation.**

English III

Novel/Short Story I and II (2050)

Gr. 11

All Year

1 Credit

NCAA

This course is designed to strengthen and advance higher-level reading, writing, speaking, listening, and critical thinking skills. Students respond to assigned readings through class discussions and work to refine oral presentation skills as well as analytical and reflective writing skills. In addition, junior year introduces the writing of a formal research paper. Students delve into specific themes including cultural identity, love/relationships and sacrifice, self-actualization, and the growth and transformation of society through the study of novels, short stories, and nonfiction. Students compare content and style works such as *The Great Gatsby*, *Fahrenheit 451*, *The Crucible*, and *Things Fall Apart*.

College Writing/AP Language and Composition (2111)

Gr. 11, 12

SMU Equivalent: E130: First Year Writing

1 Credit

4 College Credits OR Advanced Placement Option

All Year

NCAA

College Writing/AP Language and Composition is offered as a concurrent enrollment course through Saint Mary's University and focuses on advancing the writing ability of students by developing their analytical processing of information as well as crafting personal, stylistic choices. Students will encounter highly regarded works of non-fiction from various sources, implement similar practices in their own writing, and strive to refine their created content. The course will be broken into four main units, each comprised of reading and writing within the category: rhetoric and persuasion, claims and evidence, reason and logic, style and prose. Upon completion, students will possess the skills to research, argument, and revise their writing at a collegiate level and/or meet the requirements to complete the AP Language and Composition exam. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$300. **Prerequisites: 25 on ACT in English and Reading, B+ in English first two/three years, teacher recommendation.**

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

English IV**Epic Mythology (2071)**

Gr. 12

All Year

1 Credit

NCAA

This course continues to build on the reading, writing, speaking, and listening techniques introduced freshman year and developed through senior year. Additionally, a more rigorous writing focus is demonstrated through the creation of a research paper. Students will focus on the themes of heroism, fate/destiny/free will, journey, and inner conflict through the study of the epic and mythology, including Homer's *Iliad & Odyssey*. There is also an emphasis on pieces such as *Beowulf* and works by Alfred, Lord Tennyson.

Advanced Fiction/AP Literature (2101)

Gr. 12

SMU Equivalent: E175: Introduction to Literature

1 Credit

3 College Credits or Advanced Placement Option

All Year

NCAA

Advanced Fiction/AP Literature and Composition is offered as a concurrent enrollment course through Saint Mary's University and focuses on a rigorous study of imaginative literature across different mediums and historical periods. Students will survey fiction through novels, short stories, dramas, and poetry. They will build on writing skills and textual analysis from previous courses to unfold the ways authors command language and derive meaning within their work. In addition, students will demonstrate their understanding of figurative language, literary elements, and comprehension through various essay formats. Upon completion, students will possess the skills to analyze, reflect, and provide insight into fictional works at a collegiate level and/or meet the requirements to complete the AP Literature exam. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisites: 25 on ACT in English and Reading, B+ in English first three years, teacher recommendation**

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Creative Writing (2070)

Gr. 12

1st or 2nd Semester

.5 Credit

Creative Writing is an elective for students who are interested in exploring the more artistic side of literature. Students will analyze various writing styles and practice techniques that enrich their own writing and develop their voice. Students will be expected to share in class what they write and revise works based on constructive feedback. During the semester students will also read, discuss, and evaluate various styles of poetry and prose. Grading will be based on successful daily work, portfolio evaluations, and extra writing that is expected throughout the semester.

LANGUAGES

Italian I (3100)

All Year

NCAA

Italian I is an introductory course designed for students with little or no previous study of Italian. This course teaches novice Italian language proficiency through the dynamic second-language methodology TPRS (Teaching Proficiency through Reading and Storytelling). Storytelling builds fluency through comprehension, repetition and interest. Italian language and culture are introduced to students through storytelling, dramatizations, gestures, readings, and media. Active student participation is expected. The focus is on all four language skills: listening, speaking, reading and writing. Grammar is taught holistically and contextually. Creativity is encouraged and Italian is expected as much as possible.

Gr. 9, 10, 11, 12
1 Credit

French I (3011)

All Year

NCAA

This course introduces basic grammar skills, culture, and the Francophone countries. The course begins with greetings and word pronunciation. Gradually, mastery of simple sentence structures and question forms that are necessary for daily conversation are required. The students focus on their listening, reading, speaking, and writing skills throughout the entire year. By the end of the year, students will have the basic foundation to create dialogue and use their conversation skills with their peers in the target language.

Gr. 9, 10, 11, 12
1 Credit

French II (3031)

All Year

NCAA

The basic grammar acquired in French I will be strengthened and developed to include the past tense. At this level the student attains a more extensive, specialized vocabulary and has the opportunity to learn more difficult grammatical concepts. Students will be able to have conversations with their peers expressing their thoughts and ideas.

Gr. 9, 10, 11, 12
1 Credit

French III (3051)

All Year

NCAA

Students in French III will study other past tenses, the future usage, and other compound verb tenses. The assigned reading materials, together with the classroom discussion, contribute greatly to the student's vocabulary and communication skills. Students will develop a greater understanding of French culture by studying the art of the Impressionist artists and the regions of France. Practice in writing is achieved through assigned compositions. **Prerequisite: B average in French I and II (or equivalent) and teacher recommendation.**

Gr. 9, 10, 11, 12
1 Credit

Honors French IV (3071)

All Year

NCAA

A student enrolled in French IV receives a comprehensive review of all grammar with special emphasis given to complex and difficult grammatical forms. The majority of French IV is conducted in French to give the student maximum exposure as well as the opportunity for extensive development of oral communication skills. The 4th year of French also includes a basic exposure to French literature and to French cuisine. Classroom dialogue will strengthen oral skills through lively discussions on topics in these areas. Students who complete French IV are well prepared to enter intermediate French at the college level. **Prerequisite: Completed French I, II and III or equivalent with B average and teacher recommendation.**

Gr. 9, 10, 11, 12
1 Credit

Spanish I (3211)

All Year

NCAA

Spanish I is a course for students who are new to Spanish. Focus is on the four language proficiencies: listening, speaking, reading, and writing. Students develop skills to communicate effectively in real life situations and build a foundation for greater fluency in successive years of study. Computer-assisted language learning experiences provide opportunities for

Gr. 9, 10, 11, 12
1 Credit

individual practice and self-paced skill development. Students learn about differences and similarities of Hispanic and other cultures and explore the traditions of Catholicism in Spanish speaking countries.

Spanish II (3231)

All Year

Gr. 9, 10, 11, 12

1 Credit

NCAA

Learning another language is progressive. Spanish II students continue to develop the four communication skills. They increase their vocabulary and practice strategies for understanding, speaking, reading, and writing in Spanish. They use computers to practice new language skills, to complete projects, and to access authentic linguistic and cultural materials in the Spanish language. Students explore the rich heritage of Hispanic communities throughout the world, including traditions of Hispanic culture in the United States. **Prerequisite for students in grade 9: Completed Spanish I in 8th grade with a B+ average and teacher recommendation.**

Spanish III (3251)

All Year

Gr. 9, 10, 11, 12

1 Credit

NCAA

Students continue to develop their listening, reading, writing, and speaking proficiencies and practice using the language in a variety of everyday situations. Interpersonal activities are conducted in class where students can practice their speaking skills. A variety of interpretive skills such as authentic readings and listening exercises are used. Oral presentations are completed by students in class to further their proficiency in speaking and their understanding of culture through a variety of topics and cultural comparisons. Computer devices are required as a tool in the Spanish classroom for a variety of practices in the language. They are used for practicing language skill activities, projects, and to access authentic linguistic and cultural material in the Spanish language. Much of the class is conducted in Spanish.

Honors Spanish IV (3271)

All Year

Gr. 9, 10, 11, 12

1 Credit

NCAA

Spanish IV students reinforce language concepts through more complex interpersonal communication, interpretive exercises, and presentations. Students use a combination of textbooks to be more focused on usage along with learning new grammar concepts. Students practice more impromptu speaking, longer oral presentations that are not scripted, and more complex writings such as stories, essays, and cultural comparisons. Computer devices are required for class at this level to use with the online curriculum resources, practices, and assessments. **Prerequisite: B or higher both semesters in Spanish III and teacher recommendation.**

Honors Spanish V (3281)

All Year

Gr. 9, 10, 11, 12

1 Credit

NCAA

This is an advanced Spanish course for high school students who have completed 4 units of study. As such, the course will emphasize advanced communication and listening skills. Reading at an advanced level will consist of articles of varying topics and lengths and will stress comprehension. Writing skills will be enhanced to include personal narratives with emphasis on improved grammar. Previously learned structures will be reviewed and reinforced, while advanced grammatical structures will be introduced for continued growth in the language. Students will add to their already extensive vocabulary bank with an emphasis on words necessary for improved communication skills. Students will also continue to learn about the many cultures of the Spanish-speaking world. **Prerequisite: B or higher both semesters in Spanish IV and teacher recommendation.**

AP Spanish (3291)

All Year

Gr. 12

1 Credit

NCAA

Welcome to the Advanced Placement Spanish Language class! ¡Bienvenidos! The high school AP Spanish Language course is rigorous, fast paced, is conducted entirely in Spanish, and is comparable to a second or third year college level class. Students are expected to use exclusively the Spanish language both with their teacher and peers. The curriculum of this intense, college-level class is designed according to the College Board AP Spanish Language Course Requirements, and is intended to reinforce and sharpen students' language and critical thinking skills across three communicative modes: Interpersonal, Interactive, and Presentational. Students will gain greater competence not only in the Spanish language and literature, but also in social, environmental, and cultural issues. Students in this course are

required to take the College Board AP Spanish Language Examination in May. There is an additional fee for this examination. **Prerequisite: Completed Spanish courses I – IV or equivalent. B+ average in Spanish through junior year and teacher recommendation.**

LHS Mentorship Opportunities

Are you unsure of what you want to be when you grow up? Have you ever thought about participating in a job shadow? If you answered yes to either question, a mentorship experience might be a good choice for you. Mentorships enable students to go beyond the doors of Lourdes High School to enhance their personal and professional learning experience. By participating in a hands-on mentorship experience, students are able to develop new skills, explore areas of interest, and learn more about a specific career field. Students are responsible for self-selecting a mentor in a profession and workplace of their choosing. **Prerequisite: Students must have at least a 3.0 GPA and have satisfactory progress in all coursework at the time of application. Mentorship will not be added to the student's schedule until a mentor has been confirmed.**

Mentorship Program

1st or 2nd Semester

Gr. 12

.5 Credit

Throughout the semester, students will have the privilege of working with, and learning from, a professional in their desired career field. In addition to working with their mentor, students will attend a mentorship class at Lourdes. Students are expected to complete at least 60 hours to receive credit for this course.

Please note: Anyone looking to complete a mentorship at Mayo Clinic will automatically be enrolled in this option.

Maximum: 10 students/semester

Mentorship Experience

1st or 2nd Semester

Gr. 12

Pass/Fail

Over the course of the semester, students must complete 30 hours with their mentor. Students will be required to keep a journal of their experience, develop a final project, and meet with the LHS advisor at various times during the semester. **Mentorship Experience does not satisfy 7th course requirement.** Maximum: 10 students/semester

MATHEMATICS

Algebra I (3521)

All Year

Gr. 9

1 Credit

NCAA

This course explores the world of algebra following junior high mathematics. Fractions and decimals are thoroughly used with combinations of addition, subtraction, multiplication, division, and exponents. The course has a heavy emphasis on writing and solving linear equations. This course offers a solid foundation to future classes of Geometry and Algebra II.

Geometry (3541)

All Year

Gr. 9, 10

1 Credit

NCAA

This course is designed to emphasize the study of properties and applications of geometric figures in two and three dimensional spaces. Inductive and deductive thinking skills are used in this course to problem solve and look at real-world situations. Students will learn the basics of theorems, postulates, and properties of geometric figures and be able to use them in two-column proofs. Topics covered include: lines, similar and congruent polygons, triangles, quadrilaterals, area, perimeter, surface area, and volume. **Prerequisite: Algebra I**

Honors Geometry (3531)	Gr. 9, 10
All Year	1 Credit
NCAA	
Honors Geometry is designed for the high-ability math student and covers a wide range of topics in great detail. There is a heavy emphasis on using theorems, postulates, and properties in formal, two-column proofs in order to investigate the relationships between geometric figures. Honors Geometry focuses mostly on two-dimensional geometry with a minor portion on three-dimensional geometry. Topics covered include: congruence, reasoning, polygons, area, perimeter, surface area and volume. Prerequisite: Honors Algebra I grade of B+ or higher both semesters and teacher recommendation.	
Concepts of Geometry (3561)	Gr. 10, 11
All Year	1 Credit
Concepts of Geometry emphasizes development in geometry topics through applying theorems, properties, and postulates. Students will utilize the topics covered by applying the basics of Algebra I. Topics in this course will include: lines, similar and congruent triangles, perimeter, area, regular polygons, circles, surface area, volume, and transformations. Prerequisite: Teacher recommendation only.	
Algebra II (3611)	Gr. 10, 11
All Year	1 Credit
NCAA	
This course is a continuation of Algebra I. We will examine equations graphically and algebraically and solve equations. The equations covered include linear, quadratic, polynomial, exponential, logarithmic, rational, and radical functions. Prerequisite: Geometry	
Honors Algebra II (3551)	Gr. 10
All Year	1 Credit
NCAA	
Honors Algebra II is a course intended for students who are strong academically, highly motivated, and able to work independently. A variety of approaches to problem-solving are explored, using different types of mathematical models with extensive emphasis on graphical methods. Topics include quadratic, polynomial, exponential, logarithmic, radical, and rational functions. In addition to algebra content, this course will explore discrete math, conic sections, and trigonometric functions. Graphing calculators will be used regularly for instruction and assessment. A graphing calculator is required. Prerequisite: Honors Geometry grade of B+ or higher both semesters OR Geometry grade of A both semesters and teacher recommendation.	
Concepts of Algebra II (3571)	Gr. 10, 11
All Year	1 Credit
Concepts of Algebra II advances the exploration of algebra by broadening the study of topics introduced in Algebra I. The foundations of algebra will be applied in examinations of factoring, polynomials, exponents, rational numbers, and an introduction to data analysis, probability, and discrete mathematics. Prerequisite: Teacher recommendation only.	
Pre-Calculus/Trigonometry (3641)	Gr. 11, 12
All Year	1 Credit
NCAA	
This course is organized around several major themes, including functions and their graphs, transformations, trigonometry and trigonometric functions, and an introduction to concepts of Calculus. The goals for this course are to solidify your proficiency with Algebra; reinforce your ability to think logically and critically; use math to understand your world, solve problems, and expand your creativity; and serve as an in-depth preparation for Calculus. A graphing calculator is required. Prerequisite: Algebra II	

Honors Pre-Calculus/Trigonometry (3651)

Gr. 11, 12

All Year

1 Credit

NCAA

Honors Pre-Calculus is designed to prepare students to take AP Calculus. Students utilize their high level algebraic skills in covering a variety of topics. The topics include exponential and logarithmic functions, trigonometric functions, graphing a plethora of functions, limits, derivatives, series, and sequences. A graphing calculator is required. **Prerequisite: Honors Algebra II grade of B+ both semesters OR Algebra II grade of A both semesters and teacher recommendation.**

Reasoning with Statistics/AP Statistics (3800)

Gr. 11, 12

SMU Equivalent: ST132-Reasoning with Statistics

1 Credit

3 College Credits

All Year

NCAA

Reasoning with Statistics (ST132), a course that runs concurrently with Saint Mary's University is designed to develop student facilities in the use of statistical methods and the understanding of statistical concepts. The course takes a practical approach based on statistical examples taken from everyday life. Covered topics will include: descriptive and inferential statistics, an introduction to probability, discrete and continuous random variables, sampling distributions, estimation, hypothesis testing, chi-squared tests, and regression and correlation. Appropriate technology is used to perform the calculations and draw conclusions for many applications, and correspondingly an emphasis is placed on interpreting the results of statistical procedures. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisite: Completion of Algebra II, at least a 3.0 GPA, and teacher recommendation.**

*Students have the option of either enrolling through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

College Math (3691)

Gr. 11, 12

All Year

1 Credit

NCAA

This is a course designed for students who want to prepare themselves for being a non-mathematics major at a post-secondary institution. We cover topics often seen in a basic college math class such as set theory, graph theory, and number theory. We will explore math that students will use in their everyday lives, such as ratios and proportions, critical thinking, logic, and personal finance. We will also cover the math that shapes our world and global society, such as geometry, probability, statistics, voting, art, and sports. **Prerequisite: Algebra II or Concepts of Algebra II**

Calculus (3671)

Gr. 11, 12

All Year

1 Credit

NCAA

This course will use many topics from all previous math classes and is designed for students planning to pursue a degree in mathematics, science, engineering, business, and computer science; or for students interested in math who want to continue to learn new and interesting topics in mathematics. Calculus will include the topics relating to limits, continuity, derivatives, integrals, and real world applications. A graphing calculator is required. **Prerequisite: Pre-Calculus/Trigonometry with a B- or higher both semesters; or a teacher recommendation.**

AP Calculus AB (3681)

Gr. 10, 11, 12

All Year

1 Credit

NCAA

This calculus course is an Advanced Placement course. The topics covered in this course include: limits, continuity, derivatives, integrals, and their application to the real world. A graphing calculator is required. All students are required to take the AP Calculus AB exam in May. There is an additional fee for the AP exam. **Prerequisite: Honors Pre-Calculus grade of A- or higher (both semesters), ACT Math score of 27, and teacher recommendation.**

Calculus II/AP Calculus BC (3700)

SMU Equivalent: M152 - Calculus II

4 College Credits

All Year

NCAA

Calculus II (M152)/AP Calculus BC, a course that runs concurrently with Saint Mary's University is a continuation of Calculus I/AP Calculus. Several topics are revisited at a higher mathematical level to further develop student mathematical conceptual understanding. Topics include: applications of the definite integral, techniques of integration, improper integrals, introduction to differential equations, numerical methods for integration and approximation, curves in the plane given parametrically, polar coordinates, and vectors in 2-space and 3-space. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$300. **Prerequisite: B Average in Math (80% in Calculus I/AP Calculus AB) or a score of at least 3 on the AP Exam.**

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Gr. 10, 11, 12

1 Credit

PHYSICAL EDUCATION AND HEALTH

Physical Education Boys (4511) Girls (4521)

All Year

The course emphasis is on the enhancement of physical strength and endurance, cardiovascular endurance, flexibility, and agility. Through various team and individual activities, each component is discussed and performed at various levels. Activities will include flag football, speedball, pickleball, weight training, and many others. Our goal is to get students excited about physical movement with a variety of activities. We need to teach students how and why to stay active for a healthy life. "To move is to Improve!" **RCS System PE uniform required.**

Gr. 9

1 Credit

Health (4561)

1st or 2nd Semester

This course enables students to explore a variety of topics related to personal and public health in order to develop a better understanding of how hereditary, environmental and behavioral risk factors may affect their overall health and future well-being. Units will include: leading a healthy lifestyle, chemical use and abuse, infectious and non-infectious diseases, mental and emotional health, mental disorders, physical fitness, nutrition, first aid and safety, the body systems, and related topics. This course is required for graduation.

Gr. 10

.5 Credit

Advanced First Aid and CPR (4590)

2nd Semester

This class is a great opportunity for students to become involved in and enhance their community. Through this class, students will work toward Red Cross certification in pediatric and adult CPR, along with becoming AED certified for pediatrics and adult. Each student will also be First Aid certified through the Red Cross upon successful completion of the course. **There is a supplemental fee associated with this course.**

Gr. 11, 12

.5 Credit

Weight Training I/II (4580)

1st or 2nd Semester

This course is designed to develop the student's muscular strength, fitness, and endurance by working with free weights. Individual programs to meet personal needs are emphasized. Each student will work to create their own individualized program with the assistance of the instructor. Stretching, along with warm-up exercises, are included. Weight training allows students a physical outlet to enhance their overall physical, social, and mental health.

Gr. 10, 11, 12

.5 Credit

Sports for a Lifetime (4540)

1st or 2nd Semester

This semester course is an activities based class focused on developing and refining skills used in lifetime sports that are essential to the total educational development of healthy students. Juniors and Seniors will have the opportunity to participate in physical education activities that develop skills to live a productive and healthy life. By learning how to function optimally, physically, and to maintain a lifelong program of recreational activities, they assure themselves

Gr. 11, 12

.5 Credit

healthier and happier lives. Units include: ping pong, volleyball, badminton, bowling, dance, pickleball, broomball, and basketball.

Lifetime Fitness (4600) Gr. 12
2nd Semester .5 Credit
This course introduces students to a wide range of physical conditioning activities that emphasize lifelong physical fitness. Some of the topics include weight training, aerobics, circuit training, step aerobics, aerobic exercise machines, bicycling, yoga/stretching, and water aerobics. Many of these classes will be in a lab setting utilizing facilities around the city. The bike trip will take place on the Root River Trail in May. **There is a supplemental fee for this class.**

Sports Officiating (4570) Gr. 10, 11, 12
1st Semester .5 Credit
The course outcome is for the student to understand and apply the rules of various sports by officiating games. Students are expected to officiate junior high contests, youth contests, and intramural contests. Emphasis is on basketball and volleyball with an introduction to baseball and softball. This is a full participation class as students will officiate their peers for practice. **Enrollment limited to 20 students.**

Introduction to Athletic Training (4595) Gr. 11, 12
1st or 2nd Semester .5 Credit
This course provides high school students with a general overview of athletic training, sports medicine and its history. It includes introductory information about the AT's scope of practice: injury prevention, treatment, rehabilitation, emergency injury management and administrative functions. This course is intended to help students gain an understanding of sports medicine, various associated disciplines and the role they play in the physically active community. Students enrolled in this class will not provide patient care. **Enrollment limited to 16 students.**

RELIGION

Sacred Scripture/Old Testament (5010) Gr. 9
1st or 2nd Semester .5 Credit
Introduction to Scripture introduces students to the basics of our Catholic faith and tradition. The course covers an examination of the covenant story of the scriptures focused on the Old Testament revelation of God to His people. Students will learn how to read, reflect on, and engage scripture. The story of salvation history unfolds as we explore the ancient text with modern applications.

Sacred Scripture/Christ Revealed in Scripture (5020) Gr. 9
1st or 2nd Semester .5 Credit
We continue to explore the prophets of ancient Israel and the promise of a Savior. Students will connect to the prophets throughout salvation history and leading into the Messianic prophets that connect our salvation to Jesus Christ. Students will examine how Jesus fulfilled prophecy and how he is revealed in the New Testament.

Who is Jesus and the Paschal Mystery (5030) Gr. 10
1st or 2nd Semester .5 Credit
Christology focuses on the life, words, and teachings of Jesus. We explore the Gospel texts and other scriptural references in an attempt to better understand Jesus Christ and his connection to all humanity. Students will study the words and actions of Jesus in the Gospel and the Paschal Mystery of Jesus.

Sacraments (5040) Gr. 10
1st or 2nd Semester .5 Credit
Special emphasis is placed upon the seven Sacraments and role of the Word in the Life of the Church. Sacraments attends the social and divine qualities of the Church by learning how God relates to the Church and Her members and how the members relate to one another. Sacraments is the study of the life of the Church. The Church as both communion and mission forms the framework for this course's focus. Different themes regarding the Church are examined including discipleship, charisms, ministries, vocations, and liturgy.

The Mission of Christ Continues in the Church (5050) Gr. 11
1st or 2nd Semester .5 Credit
During this semester, students explore New Testament texts outside of the gospels, and how Jesus sends his disciples on a mission that is carried out by early Christians and continued today through His Church. We will include saints like St. Paul and theologians as part of our investigation into who Jesus is and the mission of the Catholic Church.

History of the Catholic Church/World Religions (5060) Gr. 11
1st or 2nd Semester .5 Credit
Church History will enlighten students regarding the journey of Christian identity from its prophetic roots in biblical tradition through the social, political, and cultural challenges of historical discernment. Particular attention is paid to the role of personal responsibility in one's own commitment to the endurance of the Catholic faith. This course will also highlight other world religions and our relationship with those having varying and differing beliefs.

Life in Jesus Christ and Christian Morality (5070) Gr. 12
1st or 2nd Semester .5 Credit
Christian Life and Relationship presents students with opportunities to integrate what they have discovered in earlier courses. Senior students are expected to confront significant questions of life and relationship, to articulate their faith in mature and responsible ways, and to demonstrate a concern for the Image of God that defines the dignity for each person.

Catholic Social Justice: Living as a Disciple (5080) Gr. 12
1st or 2nd Semester .5 Credit
Catholic Social Justice examines the necessary relationship between love and justice in the Christian moral life. The Christian response to God's love and the call to take an active role in participating in the work of God are key themes in the course. Catholic Social Justice also presents the fundamental convictions of Catholic social teaching highlighting the issues of poverty, racism, gender, and human rights. This course also includes a required community service component for all students.

Franciscan Foundations Gr. 11, 12
1st Semester .5 Credit
This religion course takes the place of a regularly scheduled religion course for one semester Junior or Senior year. The course will enable students to grow in their Catholic identity with a focus on Franciscan theology. Students will explore the lives of Francis and Clare of Assisi as models of faith within a historical context and discern connections to our own lived experience. Students who participate in this course understand that it is designed to culminate in a pilgrimage to Rome and Assisi, Italy. **This course is offered on alternate years; it will not be offered in the 2021-2022 school year. This class meets zero hour, before school.**

Thinking Theologically (5065) Gr. 12
SMU Equivalent: TH 111-Thinking Theologically .5 Credit
3 College Credits
1st or 2nd Semester

This course wonders at a fundamental question throughout the long history of human beings: *How do we make sense out of our experience of the Presence of God?* We are challenged to think carefully and rigorously in pursuit of truth and knowledge; to notice how great thinkers have challenged themselves and others in suggesting answers to the question. We will observe the ways that human experience causes us to ask questions, and the ways that our questions are shaped and focused as we navigate the human relationship to God as it is described especially in Judeo-Christian tradition, but by comparison with some other traditions as well. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisite: 3.0 Cumulative GPA and course instructor recommendation.**

*This course is only offered through PACC. Students must also enroll through Saint Mary's and assume the cost associated with the university.

CAMPUS MINISTRY

Lourdes Campus Ministry-On A Mission

Campus Ministry seeks to fulfill the philosophy, vision, and mission of Lourdes High School. As a Catholic Christian community Campus Ministry seeks to assist students, faculty, and staff in sharing their talents and gifts from God with the school and wider communities. Discovering and sharing one's talents and gifts helps foster personal and spiritual growth not only for the individual person but also for the community. A variety of service and outreach opportunities, class retreats, mission trips, emphasis on character virtues, liturgical celebrations, prayer services, spiritual gatherings and other experiences are part of what Campus Ministry emphasizes for spiritual growth and development with, and towards, a relationship with Christ. Naturally, a central focus for spiritual growth is full, active and conscious living of our Baptismal call and our participation in the celebration of Eucharist and Reconciliation. The Lourdes community strives to put into action what we truly believe, to raise consciousness, to encourage action toward moral and ethical issues, and be on the journey that brings true life in Christ.

Class Retreat Themes

Freshmen- Journey of Knowing Yourself in Christ

Sophomore Girls - Beauty in Belovedness: Journey of a Feminine Heart

Sophomore Boys - The Transforming Power of Virtue: Journey of a Wise Heart

Juniors- The Call to Leadership: Journey of a Servant's Heart in Christ

Seniors - Building the Kingdom of Christ: Journey of a Community Heart

Senior Additional Retreat- Kairos

An optional retreat for seniors called Kairos, "Journey of God's Time," is also offered. This is a three day, three night gender specific retreat at Dunrovin Retreat Center, Marine on St. Croix, MN. We offer the girls Kairos in the fall and the boys Kairos in the spring. Kairos invites and challenges candidates to recognize God's goodness and His presence in themselves and those around them. Kairos awakens and deepens a love for Jesus Christ and provides a meaningful encounter with Him in the Sacraments of Reconciliation and the Eucharist as well as through personal and communal prayer.

SCIENCE

Biology (5741)

All Year

NCAA

This course will serve as an introduction to lab sciences at the high school level. Students will learn about the fundamental components of life in the following areas: the macromolecules of life, cellular biology, protein synthesis, genetics, evolution, and ecology. These concepts will be investigated through an inquiry, lab-based approach. Students are required to maintain a lab notebook for the entire year.

Gr. 9

1 Credit

Chemistry (5731)

All Year

NCAA

This course introduces and develops chemical concepts within a real-world context. Emphasis is on the molecular nature of matter and how changes in matter are observed, described, and symbolized. Science process skills include data recording, data analysis, lab report writing, and algebraic problem-solving; these skills are used throughout the year. Concepts include properties and types of matter; formulas, equations, and the mole; atomic and molecular

Gr. 10

1 Credit

structure; chemical bonding; chemical and heat energy; and behavior of gases.

Honors Chemistry (5771)

Gr. 10

All Year 1 Credit

NCAA

This course is designed to fully prepare students who have a serious interest in science, medicine, or engineering for college level chemistry. Emphasis is on chemical principles and theories, applied mathematics, and quantitative laboratory work and data-analysis. Topics include: stoichiometry, kinetic molecular theory, modern atomic theory, chemical bonding, the mole, and thermochemistry. Students must have mature study habits and the ability to work and learn independently. In addition, students must have strong mathematical problem-solving skills. **Prerequisite: Honors Geometry grade of A- or higher both semesters; Biology grade of A- or higher both semesters, and teacher recommendation.**

AP Biology (5791)

Gr. 11, 12

All Year 1 Credit

NCAA

AP Biology is designed to be the equivalent of a college level introductory biology course taken by biology majors their freshman year. Students must have a strong level of interest in biology, have demonstrated success in previous science courses, and possess the ability to learn independently outside of regularly scheduled class time. Students should expect to spend a minimum of 5 additional hours of work time outside of class per week. Topics covered include everything covered in Biology, as well as genetic regulation, the history of life of earth, the origin and diversification of eukaryotes, and as much of animal form and function as time allows. Students in this course are required to take the national Advanced Placement exam in Biology for possible college credit. There is an additional fee for this examination. **Prerequisite: Honors Chemistry grade of A- or higher both semesters, Biology grade of A- or higher both semesters, and teacher recommendation.**

Physics (5781)

Gr. 11, 12

All Year 1 Credit

NCAA

This course is designed for students with a strong interest in science and mathematics. We will explore fundamental principles of physics in the context of the everyday world. We will use kinematics/dynamics principles and quantitative problem solving techniques to understand natural phenomena. Mathematical models, laboratory experiments, and computer tools will be used to study the following: Newtonian mechanics, work, energy, and power; mechanical waves and sound, electricity, electrical circuits, and optics. This course includes classroom and lab experiences.

Civil Engineering and Architecture (5991)

Gr. 11, 12

All Year 1 Credit

In this course, students learn the important aspects of building and site design and development. They apply math, science, and standard engineering practices to design both residential and commercial projects and document their work using professional 3D architecture design software called *Autodesk Revit*. Students in this course will learn about commercial and residential buildings, building materials, property drainage, soil testing, surveying methods, loads of footings and structural elements, and modern architecture drafting methods. This course builds upon the other *Project Lead the Way* engineering courses and is for the motivated aspiring architect or engineer. **This is a Project Lead The Way course that is offered bi-annually. It will be offered in the 2021-2022 school year. Prerequisite: Teacher recommendation.**

Honors Anatomy and Physiology (5881)

Gr. 12

All Year 1 Credit

NCAA

This year-long course focuses on the human body and how it functions. It covers basic biochemistry and histology as well as the integumentary, skeletal, muscular, cardiovascular, nervous, digestive, respiratory, and other body systems in considerable depth with an emphasis on anatomical and physiological lab experiences. Students will be expected to be mature and professional as the curriculum covers comparative anatomy dissections and numerous practical examinations. Additionally, students will be exposed to numerous opportunities at the Mayo Clinic through their Career Awareness Department. This course is highly recommended for students who wish to pursue a possible career in any health-science related field. **Prerequisite: Teacher recommendation and passing score on exam at the start of the course.**

Ecology: Science in the Great Outdoors (5873)

All Year

NCAA

Let's face it, one of the best things in life is getting outside and doing activities that you love, in natural places where you want to be, enjoying life in surroundings that are wild, free, and naturally amazing. Whether it be our own backyard at Cascade Meadow, our amazing state of Minnesota, or even our most wondrous National Parks of the United States there is a lot to learn about and get educated on how to enjoy these places in an Eco-friendly way. This will be a **Project-Based** course that investigates Minnesota's natural resources, state parks and public lands, hunting, fishing, camping, paddling, and other great recreational activities while learning about conservation, ecology, and habitat preservation. A Boundary Waters Canoe Area Wilderness Trip planning project will highlight this theme. The course will also focus on energy conservation and sustainable building and living practices through an "Off The Grid" Cabin Building Project where students select where they want to live and design sustainable, environmentally friendly, and completely off-the-grid energy cabins that utilize everything their selected locations have to offer. Energy sustainability, low impact living, and resource conservation will be the core principles of this project.

Gr. 12

1 Credit

Introduction to Engineering Design (5851)

All Year

In this course, students use a combination of drawing and computer-assisted design, scientific principles, and mathematics as they learn about the design process, research and analysis, teamwork, communication methods, global and human impacts, engineering standards, and technical documentation. This course counts as a Lourdes High School Fine Arts credit due to a heavy use and emphasis on technical drawing, 3D pictorials, concept drawing, elements and principles of design, 3D modeling software, and physical modeling. Students use hand-drawings and 3D modeling design software to help them design solutions to solve proposed problems. The major emphasis of this course is to introduce students to engineering, for students to learn how to document their work and communicate solutions to peers and members of the professional community. This course is for the motivated student who wishes to go into science, engineering or design. **Prerequisite: Geometry grade of C or higher both semesters.**

Gr. 10, 11, 12

1 Credit

Astronomy (5820)

1st or 2nd Semester

NCAA

This course is intended to start students on the study of the heavens. Classroom discussions and lectures are paired with hands-on activities and sky-gazing. Topics include astronomy's place in the modern and ancient world; observation of our universe using only the unaided eye; learning about planets and other bodies in the solar system and beyond; discussion of the life and variety of stars and other astronomical features; the use of light telescopes; and investigation of the theory behind various other tools used to study space.

Gr. 10, 11

.5 Credit

Forensics (5830)

1st or 2nd Semester

NCAA

Forensic science is the application of chemistry, physics, biology, anatomy, and other sciences to collect evidence from crime scenes that can be used by the criminal justice system. This course focuses on the techniques of forensics and includes simulations of crime scenes to allow students a hands-on approach to the content. Topics include the investigation of fingerprinting, fiber analysis, ballistics, arson, trace evidence analysis, blood spatters, and blood samples; the proper collection and laboratory analysis of various samples; simulations of crime scenes and more.

Gr. 10, 11

.5 Credit

SOCIAL STUDIES

World History (6021)

All Year

NCAA

World History will show how connected we are as a world, while highlighting a variety of social, political, religious, and economic exchanges that developed and happened globally. This course will not only focus on events and how they affected the local surrounding area, but it will also have students analyze and compare how these events affected the global community. This course will provide an in-depth comparison between past historical events, and how they impact our current day society. By the end of this course students will not only understand why the world is experiencing

Gr. 9

1 Credit

current situations, but they will also understand how all of these events are connected.

Human Geography (6130)

1st or 2nd Semester

Gr. 10

.5 Credit

NCAA

Human Geography is a semester long class that studies processes and patterns that exist in our world due to human development and activity. Human Geography studies how humans affect and have been affected by the environment. An in-depth analysis of population demographics, such as China's one child policy and gender imbalance, will be infused with critical mathematical analysis of population statistics. Students will learn how the international community is organized politically and the role that politics plays in human development helping students form a geopolitical understanding of the world, such as the importance of the Suez Canal. Students will understand how human settlement is determined, from the Tsetse Fly Belt and its effect on religious development on the African continent to the cultural borders that have emerged between India and Pakistan. Students will understand the importance of resources to human settlement and interaction, focusing on international and local issues, such as the many lawsuits that have emerged in the southwest region of the United States. Current events will be stressed in this class, using this information to connect to the core geographical concept of globalization.

AP Human Geography (6141)

All Year

Gr. 10

1 Credit

NCAA

AP Human Geography is a year-long course for sophomores in which students will study how geographical concepts can be employed to solve real world problems regarding population demographics, spatial layout, urban design, and the effect that human settlement and activity has on the environment and the implication of those effects on humans. This class is focused on identifying patterns and processes. Students will be able to critically read and analyze maps and graphs to determine what data and conclusions can be found within. We will be connecting events, both locally and internationally to one another to determine correlation and/or causation. Globalization will drive this course; we will study what is unique about situations while also studying what common threads exist in various situations. A syllabus including required summer readings will be provided for students enrolled in this course. Students in this course are required to take the AP exam in Human Geography for possible college credit. There is an additional fee for this examination. **Prerequisite: World History grade of A- or higher (both semesters) and teacher recommendation.**

United States History (6051)

All Year

Gr. 11

1 Credit

NCAA

Understanding the history of the United States is essential if our representative democracy is to continue. United States History helps students make connections between our present society and the rich heritage of our country. This course focuses on major political, economic, military, religious, social, and cultural events in our history. Students will work on acquiring historical critical thinking skills such as chronological reasoning, comparison and contextualization of eras, crafting historical arguments, and historical interpretation and synthesis. Students will read a wide array of primary and secondary sources to enhance these historical thinking skills. A variety of learning styles and activities are used in conjunction with a survey textbook and supplemental materials. Current event issues are discussed relevant to course content.

AP US History (6061)

All Year

Gr. 11

1 Credit

NCAA

The AP US History course surveys the history of the United States from 1492 to modern times. The primary focus of the course provides students with an opportunity to develop the ability to analyze and express historical understanding in writing. The course is intended to approximate an introductory lecture and discussion course typically taken within the first two years of college or university study. This course will provide students with the skills needed to think, write, and express historical data critically. Students in this course are required to take the AP US History exam scheduled in May. There is an additional fee for this examination. A syllabus including required summer readings will be provided for students enrolled in this course. **Prerequisite: World History grade of A -, AP Human Geography grade of B+ or Human Geography grade of A, and teacher recommendation.**

Economics (6180) Gr. 12
1st or 2nd Semester .5 Credit

NCAA

Students in the 21st Century must have an essential set of reasoning and decision-making skills for the personal economic choices they will be facing throughout their lives. In addition, they will be living in and be impacted by a rapidly, ever-changing, competitive global economy. To this end, this economics course will prepare students to make rational economic choices both in their own lives and for the greater community. This course will focus on the fundamental elements of economics including micro and macro economics, with an emphasis on real world applications. A combination of projects, class discussions, outside readings, speakers, research, and videos will help students understand key economic principles.

Government (6070) Gr.12
1st or 2nd Semester .5 Credit

NCAA

It has been stated that democracy will succeed only if its citizens are educated. To that end, this course endeavors to educate students about the political processes in the United States. Students will examine the structures, functions, and relationships between America's local, state, and federal governments. In addition, the complex division of power between the legislative, executive, and judicial branches of the federal government will be investigated. The role and effect of political parties on government business and the popular vote will be researched. The Constitution of the United States, its development, structure, application, and interpretation by the United States Supreme Court, is also an integral part of this course. News events are used extensively to assist students in developing an awareness of the current political and social issues that affect their daily lives.

Criminal Justice (6085) Gr. 11, 12
1st or 2nd Semester .5 Credit

NCAA

Criminal Justice is a semester course that introduces students to the dynamics of the American system of criminal justice. This course will cover criminology, aspects of sociology and psychology, political science, and current society along with historical events. Throughout this course, we will be exploring the three themes of society, public policy, social systems, and American values. This course will allow students to have a more holistic view of the country and justice system that we are part of.

Philosophical Thought (6075) Gr. 11, 12
1st or 2nd Semester .5 Credit

NCAA

Philosophical Thought is semester course and is designed to thoroughly introduce students to philosophy. Topics in this course include philosophers of the past, epistemology, metaphysics, ethics and morality, logic, human identity and more! This course will also help develop and enhance critical analytical skills. This course is not about memorizing dates or facts, it is about analyzing positions, understanding complex systems that look at the world from the past, and the world of today. This course will help you be able to discuss and compare diverse ideas, theories, and principles. Throughout this course, we will be analyzing themes and plots of films, video games, historical events, and society to better understand the philosophical connects that surround us.

Sociology (6080) Gr. 11, 12
1st or 2nd Semester .5 Credit

NCAA

Welcome to your first steps into a larger world! Sociology will expose you to a perspective of the world and the United States that you never knew existed. This class will have you study not just historical events, but the people that caused these events. Make no mistake, this is not your average social studies class. Throughout this course you will be learning about gender roles, gender equality and inequality, the power of the media, revolutions, protests, Black Lives Matter, the cycle of poverty, police brutality, race and ethnicity, authority and power, corruption, social norms, the philosophy of the human person, how society functions, and much more. This course will expose you to new perspectives and viewpoints. The class is a discussion based class and will cover a variety of issues that can be seen as controversial; all students are required to be respectful of their peer's opinions/thoughts and should be ready to share their own opinions on the topics presented in class.

Psychology (6090)
1st or 2nd Semester

Gr. 11, 12
.5 Credit

NCAA

Why do we have dreams when we sleep? Is our brain capable of rewinding and replaying the information we have previously learned? This elective course attempts to address these questions and more as students investigate selected topics within the diverse field of psychology. The primary topics of study include: learning, intelligence, language, sleep and dreams, memory, personality, and mental disorders. An overall view of the field of psychology, as well as a research methodology unit is included. Demonstrations, simulations, case studies, and video clips will provide students with an opportunity to evaluate psychological theory.

AP Psychology (6091)

Gr. 11, 12
1 Credit

All Year

NCAA

AP Psychology is a rigorous and challenging college-level class that encourages students to understand more about themselves and their peers. This study of behavior and mental processes will require student mastery of technical reading and writing as it relates to key course concepts. Course content includes research methods, consciousness, motivation and emotion, personality, and much more! Students in this course are required to take the AP exam in Psychology for possible college credit. There is an additional fee for this examination. **Prerequisite: B+ average in Social Studies classes and a Pre-ACT Reading score of 25 or above.**

Program for Advanced College Credit (PACC)

Saint Mary's University of Minnesota's Program for Advanced College Credit (PACC) is partnering with Lourdes to bring Saint Mary's undergraduate-level courses into our high school. Earning college credit for a fraction of the cost of tuition, participating students can expect the same workload, learning activities, projects, and exams as the courses taught to first-year students at Saint Mary's. PACC courses will be taught by Lourdes faculty on the Lourdes campus. Students selecting the PACC option for these courses will be required to pay a fee of \$75 per college credit.

College Writing/AP Language and Composition (2111)

Gr. 11, 12
1 Credit

SMU Equivalent: E130: First Year Writing

4 College Credits OR Advanced Placement Option

All Year

College Writing/AP Language and Composition is offered as a concurrent enrollment course through Saint Mary's University and focuses on advancing the writing ability of students by developing their analytical processing of information as well as crafting personal, stylistic choices. Students will encounter highly regarded works of non-fiction from various sources, implement similar practices in their own writing, and strive to refine their created content. The course will be broken into four main units, each comprised of reading and writing within the category: rhetoric and persuasion, claims and evidence, reason and logic, style and prose. Upon completion, students will possess the skills to research, argument, and revise their writing at a collegiate level and/or meet the requirements to complete the AP Language and Composition exam. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$300. **Prerequisites: 25 on ACT in English and Reading, B+ in English first two/three years, teacher recommendation.**

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Advanced Fiction/AP Literature (2101)

Gr. 12
1 Credit

SMU Equivalent: E175: Introduction to Literature

3 College Credits or Advanced Placement Option

All Year

Advanced Fiction/AP Literature and Composition is offered as a concurrent enrollment course through Saint Mary's University and focuses on a rigorous study of imaginative literature across different mediums and historical periods. Students will survey fiction through novels, short stories, dramas, and poetry. They will build on writing skills and textual analysis from previous courses to unfold the ways authors command language and derive meaning within their work. In

addition, students will demonstrate their understanding of figurative language, literary elements, and comprehension through various essay formats. Upon completion, students will possess the skills to analyze, reflect, and provide insight into fictional works at a collegiate level and/or meet the requirements to complete the AP Literature exam. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisites: 25 on ACT in English and Reading, B+ in English first three years, teacher recommendation**

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Reasoning with Statistics/AP Statistics (3800)

Gr. 11, 12

SMU Equivalent: ST132-Reasoning with Statistics

1 Credit

3 College Credits

All Year

Reasoning with Statistics (ST132), a course that runs concurrently with Saint Mary's University is designed to develop student facilities in the use of statistical methods and the understanding of statistical concepts. The course takes a practical approach based on statistical examples taken from everyday life. Covered topics will include: descriptive and inferential statistics, an introduction to probability, discrete and continuous random variables, sampling distributions, estimation, hypothesis testing, chi-squared tests, and regression and correlation. Appropriate technology is used to perform the calculations and draw conclusions for many applications, and correspondingly an emphasis is placed on interpreting the results of statistical procedures. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisite: Completion of Algebra II, at least a 3.0 GPA, and teacher recommendation.**

*Students have the option of either enrolling through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Calculus II/AP Calc BC (3700)

Gr. 10, 11, 12

SMU Equivalent: M152-Calculus II

1 Credit

4 College Credits

All Year

Calculus II (M152)/AP Calculus BC, a course that runs concurrently with Saint Mary's University is a continuation of Calculus I/AP Calculus. Several topics are revisited at a higher mathematical level to further develop student mathematical conceptual understanding. Topics include: applications of the definite integral, techniques of integration, improper integrals, introduction to differential equations, numerical methods for integration and approximation, curves in the plane given parametrically, polar coordinates, and vectors in 2-space and 3-space. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$300.

Prerequisite: B Average in Math (80% in Calculus I/AP Calculus AB) or a score of at least 3 on the AP Exam.

*Students have the option of either enrolling in the course through Saint Mary's and assuming the cost associated with the University, or opting to pay for the AP exam.

Thinking Theologically (5065)

Gr. 12

SMU Equivalent: TH 111-Thinking Theologically

.5 Credit

3 College Credits

1st or 2nd Semester

This course wonders at a fundamental question throughout the long history of human beings: *How do we make sense out of our experience of the Presence of God?* We are challenged to think carefully and rigorously in pursuit of truth and knowledge; to notice how great thinkers have challenged themselves and others in suggesting answers to the question. We will observe the ways that human experience causes us to ask questions, and the ways that our questions are shaped and focused as we navigate the human relationship to God as it is described especially in Judeo-Christian tradition, but by comparison with some other traditions as well. In order to take this course for college credit, when registering with Lourdes, students must also register through Saint Mary's PACC and make a check payable to Lourdes High School for \$225. **Prerequisite: 3.0 Cumulative GPA and course instructor recommendation.**

*This course is only offered through PACC. Students must also enroll through Saint Mary's and assume the cost associated with the university.

Supplemental Programs

Student Success Center

As Needed

Gr. 9, 10, 11, 12

No Credit

The primary purpose of the Student Success Center is to help students develop learning strategies and to work on individual assignments. Teachers staff the learning center each day and students may request to be scheduled in or be referred by teachers. Any of these students may use the Student Success Center to study, use a computer or to read. Students with a LHS Diocesan Learning Plan are required to come in as scheduled.

Post Secondary Enrollment Option (8970)

1st or 2nd Semester

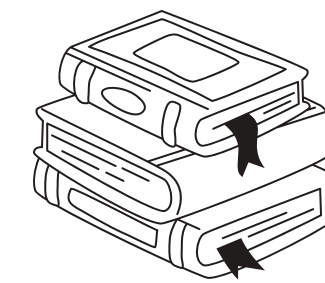
Gr. 9, 10, 11, 12

Credit Varies

The Post Secondary Enrollment Options Program allows juniors and seniors to take courses at a liberal arts, community, or technical college in Minnesota for high school credit. If a student is taking a PSEO course, that student must be enrolled in a minimum of 7 total classes between the college and Lourdes High School. If a course is offered at Lourdes or through PACC, students cannot take that course through PSEO. There is no extra cost for students to take a PSEO course. Seniors must have a 2.5 cumulative GPA, juniors a 3.0 GPA, and the course(s) must fit into the student's schedule at Lourdes. All PSEO course grades will appear on the student's Lourdes transcript and academic eligibility rules apply.

Students considering this option are expected to be responsible, motivated and independent learners. Students who are planning on doing PSEO for the 2021-2022 school year must have their paperwork to the Counseling Office by May 14, 2021. A PSEO Lourdes high school agreement form is required for all requests to be considered. For more information contact your student's counselor. **The Lourdes deadline to register is May 14, 2021.**

English Sequence



Students are required to earn 4 English credits

9th Grade

English I: Introduction to Literature and Rhetoric I & II



10th Grade

English II: Drama/Poetry I & II
OR Honors English II: Honors Drama/Poetry I & II



11th Grade

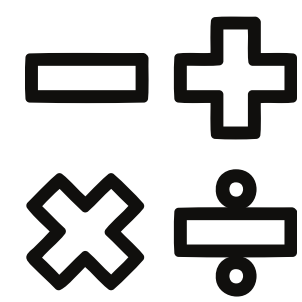
English III: Novel/Short Story I & II OR
College Writing/AP Language & Composition



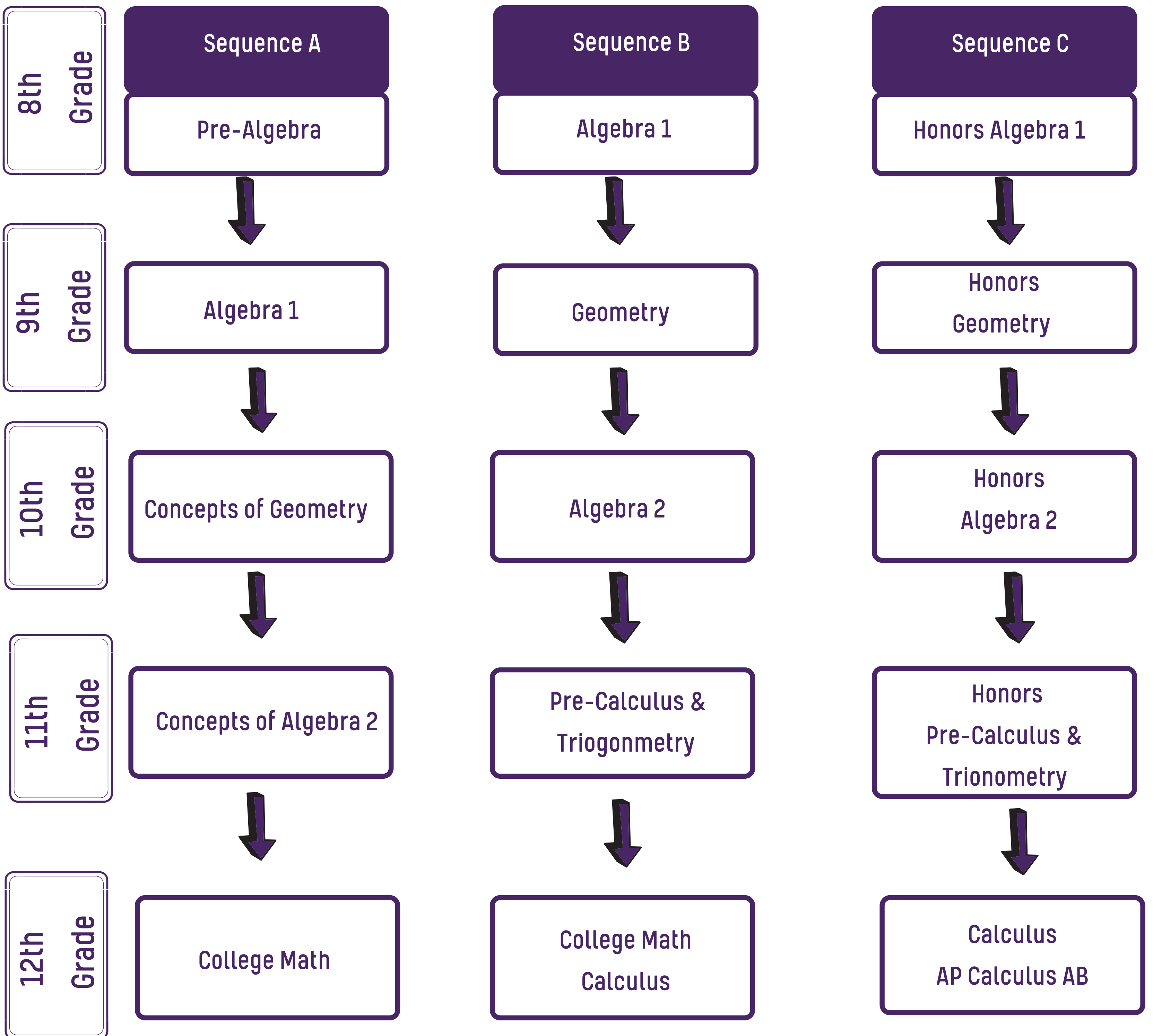
12th Grade

English IV: Epic Mythology OR
College Writing/AP Language & Composition OR
Advanced Fiction/AP Literature
Optional Elective: Creative Writing

Math Sequences



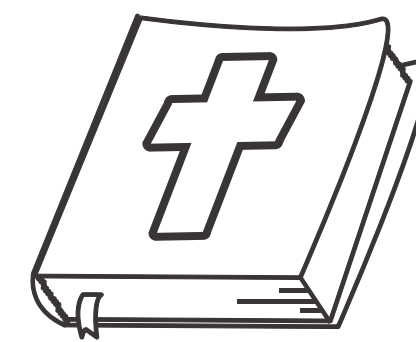
Students are required to earn 3 Math credits though most earn 4



Reasoning with Statistics/AP Statistics: Gr. 11 - 12 (1 credit)
Calculus II/AP Calculus BC : Gr. 10 - 12 (1 credit)

Electives

Religion Sequence



Students are required to earn 4 Religion credits

9th Grade

Sacred Scripture/Old Testament
AND Sacred Scripture/Christ Revealed in Scripture



10th Grade

Who Is Jesus and the Paschal Mystery AND Sacraments



11th Grade

The Mission of Christ Continues in the Church AND History of
the Catholic Church/World Religion

Optional Course: Franciscan Foundations - It takes the place of a regularly scheduled religion course for one semester Junior or Senior year. It is offered alternative years; not during the 2021-2022 school year



12th Grade

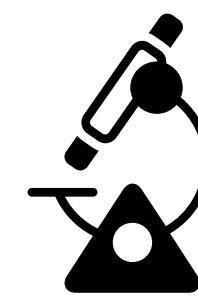
Life in Jesus Christ and Christian Morality
AND Catholic Social Justice: Living as a Disciple

OR

Thinking Theologically

Optional Course: Franciscan Foundations - It takes the place of a regularly scheduled religion course for one semester Junior or Senior year. It is offered alternative years; not during the 2021-2022 school year

Science Sequence



Students are required to earn 3 Science credits

Students who are interested in pursuing a career in a STEM-related field are encouraged to earn 4 credits.

Courses to consider include: Physics, AP Biology, and/or Honors Anatomy & Physiology.

9th Grade

Biology



10th Grade

Chemistry OR Honors Chemistry

Optional Electives: Astronomy, Forensics, and Introduction to Engineering Design



Required: One science credit to be completed during 11th OR 12th grade
*1/2 credit course

11th Grade Options

- Astronomy*
- AP Biology
- Civil Engineering
- Forensics*
- Introduction to Engineering Design
- Physics

12th Grade Options

- AP Biology
- Civil Engineering
- Ecology
- Honors Anatomy
- Introduction to Engineering Design
- Physics

Social Studies Sequence



Students are required to earn 3.5 Social Studies credits

Students who take AP Human Geography will earn 4.5 credits

9th Grade

World History



10th Grade

Human Geography OR AP Human Geogrpahy



11th Grade

US History OR AP US History

Optional Electives: Criminal Justice, AP Psychology, Psychology,
Philosophical Thought & Sociology



12th Grade

Economics AND Government

Optional Electives: Criminal Justice, AP Psychology, Psychology,
Philosophical Thought & Sociology

Lourdes High School

Post-Secondary Planning Guide



Counseling Department

Mrs. Sarah Groven,
Director of Counseling,
9th & 12th Grade
Counselor

Mrs. Jane Ness,
10th Grade Counselor

Ms. Melissa Pannell,
11th Grade Counselor

Freshmen

- Develop your high school and post-high school plan and discuss your goals with your counselor and parents
- Identify your areas of interests and strengths
- Develop good study habits and learn time management skills
- Understand the importance of grades, GPA, and transcript.
- Begin online college searches
- Get involved and make connections! Join extracurricular activities including fine arts, clubs, and sports

Sophomores

- Explore career interests and research careers
- Think about what you would like to do after high school. Review and make adjustments to your high school plan, if needed
- Take the PreACT and review results with your counselor. Start practicing for the ACT via the ACT free resources from the PreACT test
- Work with your counselor to learn test-taking strategies
- Document extracurriculars, sports, jobs, volunteer experiences for your future resume

Juniors

- Take the PSAT in October
- Attend a college fair (regional, national, or online)
- Take the ACT/SAT
- Do more career research and generate a list of potential options
- Conduct an informational interview or job shadow with someone in your desired career field
- Develop a list of college criteria (i.e. location, size, cost, majors, etc)
- Create a list of colleges that match your wants and needs
- Meet with college representatives in the College & Career Center
- Begin visiting colleges that you are interested in

Seniors

- Complete an educational resume
- Meet with your counselor to go over and complete the college application process
- Complete the Free Application for Federal Student Aid (FAFSA) - opens October 1st
- Visit your top choice colleges a second time
- Research and apply for scholarships and financial aid
- Make your college decision by May 1st
- Complete an exit interview to discuss your high school experience



Lourdes High School | 2800 19th Street NW | Rochester, MN 55901

(507) 993-3071 | rcsmn.org/lhs