

Please consider the following your ESTIMATES when planning your course schedule. Actual times and workloads will vary by teacher and/or student ability.



NOTRE DAME™
Preparatory High School

SOCIAL STUDIES	min/night	nights/wk	hrs/week
Freshman Seminar	15	2	0.5
World Geography H	30	3	1.5
World Geography	45-60	3	2.6
World History	15	2	0.5
H World History	15	4	1.0
AP World History	45	4	3.0
US History DE	15	4	1.0
H US History	30	3	1.5
AP US History	30-40	5	2.9
US Government	25-30	3	1.4
AP US Government	45-60	5	4.4
Economics	20	2	0.7
DE Economics	45	3	2.3
AP European History	30-60	5	3.5
AP Comp. Government	45-60	5	4.4
Psychology	15	2	0.5
Sociology	15	4	1.0
Evol. Pop Culture	15	1	0.3
Street Law	15	4	1.0
H Philosophy	15	1	0.3
Peer Mentoring	12	5	1.0

MATH	min/night	nights/wk	hrs/week
Algebra 1	30	4	2.0
H Algebra 1	45	4	3.0
Algebra 1 Gonzaga	15	5	1.3
Geometry	25	4	1.5
H Geometry	30-40	5	2.9
Geometry Gonzaga	25	4	1.5
Algebra 2	45	3	2.3
H Algebra 2	45	4	3.0
College Algebra	40	3	2.0
Probability & Statistics	15-20	3	1.5
AP Statistics	30	5	2.5
Precalculus	40	3	2.0
DE H Precalculus	60	4	4.0
H Calculus	30	5	2.5
AP Calc AB	42	5	3.5
AP Calc BC	42	5	3.5
Math & Money Mgmt.	15	4	1.0

SCIENCE	min/night	nights/wk	hrs/week
Foundations of Applied Physics	30	3	1.5
Biology	30	3	1.5
H Biology	45	4	3.0
AP Biology	45	5	3.8
Applied Chemistry	30-45	5	3.1
Chemistry	30-45	5	3.1
H Chemistry	45-60	5	4.4
AP Chemistry	45	5	3.4
Physics	30	4	2.0
H Physics	60	4	4.0
AP Physics 1	80	4	5.3
Anatomy & Physiology	30	4	2.0
H Anatomy & Physiology	40	4	2.7
AP Environmental Science	90	4	6.0
Astronomy	30	3	1.5
DE Intro to Engineering	30	3	1.5

ENGLISH	min/night	nights/wk	hrs/week
English 1	30	4	2.0
H English 1	30	5	1.7
English 1 Gonzaga	30	5	2.5
English 2	30	5	2.5
H English 2	30	5	2.5
English 2 Gonzaga	30	5	2.5
English 3	20-30	3	1.3
DE English 3	45	2	1.5
AP English 3	30-45	3	1.9
English 4	45	4	3.0
DE English 4	15	5	1.3
AP English 4	60	2	2.0
H Argumentation & Rhetoric	15	2	0.5
H Focus Seminar	30-45	2	1.0
H Focus Research: Academic	45	2	1.3
H Focus Research: Visual Arts	15	4	3.0
Great Books	0	4	1.0
Creative Writing	0	0	0.0
Non-Fiction Creative Writing	0	0	0.0
Media Studies	10	3	0.5

WORLD LANGUAGES	min/night	nights/wk	hrs/week
French 1	15-20	5	1.5
French 2	15-20	5	1.5
H French 2	15-20	5	1.5
French 3	20	5	1.5
H French 3	30-35	5	2.7
H French 4	30-35	5	2.7
Spanish 1	10-30	3	1.0
H Spanish 1	10-30	3	1.0
Spanish 2	10-30	3	1.0
H Spanish 2	10-30	3	1.0
Spanish 3 Conversational	15-20	5	1.5
H Spanish 3	30	5	2.5
SSpanish 4 Conversational	15-20	5	1.5
AP Spanish Language	30	5	2.5
AP Spanish Literature	60	5	5.0
American Sign Language	30	5	2.5
Basic American Sign Language	30	5	2.5

THEOLOGY	min/night	nights/wk	hrs/week
Theology 1	15	4	1.0
Theology 2	18	5	1.5
Theology 3	15	4	1.0
H Theology 3	30	3	1.5
Theology 4	30	3	1.5
H Theology 4	30	3	1.5
H History of Christian Arts	30	5	2.5
Search for Happiness/Meaning	18	5	1.5
Intro to Logic	15	4	1.0
H Biblical Archaeology	30	3	1.5

PHYSICAL EDUCATION	min/night	nights/wk	hrs/week
Personal Health & Fitness	0	0	0.0
Team Sports	0	0	0.0
Weight Training	0	0	0.0
Stretching & Pilates	15	2	0.5
Sports Medicine 1-2	30	2	1.0
Sports Medicine 3-4	30	2	1.0

FINE ARTS	min/night	nights/wk	hrs/week
Drawing 1	5	2	0.5
Drawing 2	15	2	0.5
Painting 1	15	2	0.5
Painting 2	15	2	0.5
Advanced Studio Art	15	2	0.5
Ceramics 1	15	2	0.5
Ceramics 2	15	2	0.5
Advanced Ceramics	15	2	0.5
Mosaics	15	2	0.5
Digital Photography	15	2	0.5
Digital Painting	15	2	0.5
Digital Media Studies	12	5	1.0
Broadcasting & Journalism Prod.	24	5	2.0
Photojournalism	20	3	1.0
Guitar 1	15	4	1.0
Guitar 2	15	4	1.0
DE Guitar 1	15	4	1.0
DE Guitar 2	15	4	1.0
Advanced Guitar	15	4	1.0
Guitar 4	15	4	1.0
Guitar Orchestra	15	4	1.0
Jazz Ensemble	15	4	1.0
Brass Ensemble	15	4	1.0
Pep Band	15	4	1.0
String Orchestra	15	4	1.0
Dance 1	15	2	0.5
Dance 2	15	2	0.5
Dance Company	15	2	0.5
Intro To Theatre Arts	15	1	0.3
Advanced Theatre Arts	15	1	0.3
Basic Staging & Tech Design	15	1	0.3
Advanced Staging & Tech Design	15	1	0.3
Concert Choir	15	5	1.3
H Women's Choir	15	5	1.3
Acappella Ensemble	15	5	1.3
DE Music Theory	20	4	1.3
DE Rock Music & Culture	20	4	1.3

TECHNOLOGY	min/night	nights/wk	hrs/week
Intro to Coding	15	2	0.5
AP Computer Science Principles	30	5	2.5
AP Computer Science A	36	5	3.0
Intro To Tech Drawing	15	2	0.5
Animation and 3-D Design	15	4	1.0

COMMUNICATION	min/night	nights/wk	hrs/week
Journalism	10	2	0.3
Public Speaking	15	2	0.5
Intro to Graphic Design	15	2	0.5
Yearbook/Desktop Publishing 1	0	0	0.0
Yearbook/Desktop Publishing 2	0	0	0.0
Christian Leadership	15	2	0.5

BUSINESS	min/night	nights/wk	hrs/week
Intro to Entrepreneurship	0	0	0.0
Personal Finance	15	2	0.5
Intro to Accounting	15	4	1.0
General Business Studies	15	3	0.8

OTHER ELECTIVES	min/night	nights/wk	hrs/week
Gonzaga 9	0	0	0.0
Gonzaga 10	0	0	0.0
Office Aide	0	0	0.0
Organizational & Planning	0	0	0.0
Leadership-House Captains	30-45	4	3.0

Time Management Activity

Student Name: _____

SCHOOL HOURS	
List your courses for the upcoming school year below and then use the estimates on page 2 to calculate homework time	
Time spent in school (5 days x 7 hours)	35
English:	
Social Studies:	
Math:	
Science:	
Theology:	
Language:	
Electives:	
Electives:	
Electives:	
Electives:	
Total school hours:	

EXTRA-CURRICULAR ACTIVITIES – School and Community	
Paid job	
Hobbies/Interests	
Community/Volunteer Services	
Non School Sports (i.e., club team)	
School Related Activity	
School Related Activity	
Total extra-curricular hours:	

DAILY LIVING ACTIVITIES	
Sleep (7 days x 8 hours)	56
Necessities (eating, showering, chores, etc.)	
Family time	
Free time (friends, TV, phone, internet, video games, etc.)	
Travel time (to/from school, practices, activities, etc.)	
Faith/Religious Activities	
Total daily living hours:	

Total Hours	
School hours =	
Extra-Curricular hours =	
Daily Living hours =	
Your total hours:	

**THERE ARE
168
HOURS
IN A WEEK**