

Old Rochester Regional High School 5-Year Plan

Name _____ Class/YOG _____ Counselor _____

Graduation Requirements (120 credits)					
	Total Credits		Total Credits		
English	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20	The Arts	<input type="checkbox"/> <input type="checkbox"/>	5
History	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15	Health	<input type="checkbox"/> (9) <input type="checkbox"/> (10)	5
Math	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20	Phys Ed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10
Lab Science	<input type="checkbox"/> <input type="checkbox"/>	10	World Language	<input type="checkbox"/> <input type="checkbox"/>	10
		Electives	<input type="checkbox"/>		
		(Assign credit value)	<input type="checkbox"/>		

Recommended – 4 years Science, 3 – 4 years World Language for competitive schools

Sample Schedule (E – Elective)							
<u>9th</u>		<u>10th</u>		<u>11th</u>		<u>12th</u>	
Eng	Health/PE	Eng	Health/PE	Eng	PE/E	Eng	PE/E
Alg	World Lang	Geom	World Lang	Alg II	World Lang/E	Math	E
Bio	The Arts	Science	E	Science	E	E	E
World Hist	E	US Hist I	E	US Hist II	E	E	E

Student Worksheet							
Grade 9		Grade 10		Grade 11		Grade 12	
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Credits earned _____ Credits earned _____ Credits earned _____ Credits earned _____

Post High School Plans: College-4yr College-2yr Military Tech/Voc School Apprenticeship Work

Student Signature: _____

Suggested Elective Courses for Specific Career Paths

Business

Psychology
Sociology
Economics
World Language
Highest Math Possible
Physics
Global Issues
Modern American Politics
Local History
Law & Legal
Seminar/Research

Science/Health/Medicine

Biology
Chemistry
Anatomy and Physiology
Forensic Science
Highest Math Possible
Physics
Honors Organic Chemistry
World Language
Marine Biology
Environmental Interactions
Weight Training
Genealogy
Epidemiology
Fitness for Life/PE Electives
Psychology/Sociology
Genethics

Art (Journalism/Broadcasting)

English
Creative Writing
Media Literacy
World Language
Global Issues
Multimedia Design
Sports Media
History Through Film

Social Services/Education

Psychology/Sociology
World Language
AP European History
Seminar/Research
Child Dev & Parenting

Social Services/Education cont.

Intro to Early Education
Early Childhood Education
Child Growth & Development
Highest Math Possible
Economics
Forensic Science
Law & Legal System
Modern American Politics
Philosophy
Global Issues
Genealogy
Cyber Security

Engineering/Technology

Highest Math Possible
Physics
Multimedia Design
Engineering Design
Architectural Design
Computer Science for All
Robotics Engineering
AP Computer Science A
AP Computer Science Principles
Game Design
3D Design
CAD Design
Web Design
Cyber Security

Fine Arts

Art I, II, III
Drawing & Painting
Ceramics
Photography
Visual Design
AP Studio Art
Art History
Band/Jazz Band
Chorus/A Capella
Music Comp & Theory
Popular American Music
Guitar
Theater
Movement Arts

**Students interested in majoring in Art must remember that to be accepted into a competitive college that offers an Art Major one must maintain a competitive academic schedule in addition to art courses. (ex. high level math classes, etc.)