



Class of 2025 Senior Course Request Presentation

2024-2025 SY



Counselors

Ms. Lucas (A – Ce)



Mr. Mesh (L – O)



Ms. Lisi (Ch-Gi)



Ms. Smith (P – Sn)



Ms. Morais (Gj – K)



Ms. Cash (So – Z)



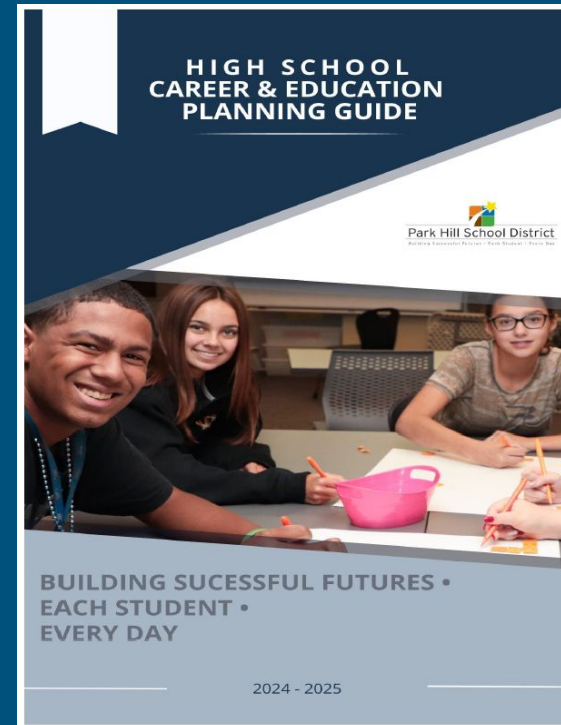
Senior Course Request Meeting Schedule Class of 2025



- Individual meetings in month of January
 - Bring blue course request form to your individual meeting
 - Sign up on your counselor's Calendly invite
 - **CHECK YOUR EMAIL FOR THE CALENDLY LINK!**
- All forms due ASAP, but no later than February 6 to homeroom teacher.

Important Materials

- High School Career and Educational Planning Guide
 - <https://www.parkhill.k12.mo.us/fs/resource-manager/view/0b6183a1-970c-4552-b446-f6a87ed8ff04>
- Blue course request forms
- Copy of the Individual Career and Academic Plan (ICAP) and/or credit audit/transcript
 - will receive during individual meeting with counselor



Course Request Form Expectations

- Circle 8 course selections
 - Recommend taking at least one of each of the 4 core areas
 - English
 - Math
 - Science
 - SS
 - One AP Course (if appropriate)
- Optional: select 5th block credit option
- Write alternates on the back
 - 1. One core
 - English, Math, Science, Social Studies
 - 2. Two electives
 - Any class front/back
- Teacher/Counselor/Parent signatures where needed
- Turn in by deadline

SENIOR COURSE REQUEST FORM 2024-2025

STUDENT'S NAME _____ ID# _____

Refer to the High School Career and Education Planning Guide for specific course information. Students should follow their individual Career and Academic Plan (ICAP) when making course selections. Select EIGHT courses. Also choose one alternate core course and two alternate elective courses and write the course names in the spaces on the back of this form. The Career and Education Planning Guide is available on the District website at www.parkhill.k12.mo.us.

| CORE COURSES | ELECTIVE COURSES |
|--|--|
| 1. ENGLISH LANGUAGE ARTS (p. 21) <i>Seniors are required to take at least one ELA course below.</i> English Language Arts 4 Composition and Reading AP English Language AP English Literature AP Research | 5. BUSINESS (p. 18) Personal Finance – ½ CR <i>*This course is coupled with Health – ½ CR</i> Personal Finance – ½ CR-Online Offsite <i>*This course is coupled with Health – ½ CR-Online Offsite</i> Introduction to Business Business Finance Innovate. Real. Entrepreneurship. Marketing Concepts Marketing Concepts-Online Offsite Sports and Entertainment Marketing Marketing Education Internship* <i>(*Must also request a Marketing course to enroll this course.)</i> |
| 2. MATHEMATICS (p. 34) Algebra IA Geometry Algebra IB Algebra IIA Algebra IIB Accelerated Algebra II Intermediate College Algebra College Algebra Trigonometry Statistics AP Statistics Math Analysis AP Calculus AB AP Calculus BC | 6. ENGINEERING (p. 20) PLTW Intro to Engineering Design PLTW Principles of Engineering PLTW Civil Engineering and Architecture |
| 3. SCIENCE (p. 44) Biology Chemistry Accelerated Chemistry Biology I Forensic Science Human Anatomy Materials Science & Engineering Physics Principals of Biomedical Science (PLTW) Human Body Systems (PLTW) AP Biology AP Chemistry AP Environmental Science AP Physics 1 AP Physics 2 | 7. ENGLISH LANGUAGE ARTS (p. 23) ACT / College Prep Broadcast Journalism Advanced Broadcast Journalism Creative Writing Creative Writing-Online Offsite Debate Debate* <i>(*Select twice to request both 1st and 2nd semesters.)</i> Film Studies Journalism / Mass Media Newspaper Photojournalism Speech Yearbook Yearbook* <i>(*Select twice to request both 1st and 2nd semesters.)</i> AP Seminar |
| 4. SOCIAL STUDIES (p. 46) Constitutional Govt / Econ Constitutional Govt /Econ-Online Offsite AP Government and Politics: U.S. World History American History American History-Online Offsite AP United States History African American History American Civil War and Reconstruction Asian American Studies Current Events Emerging Leaders Humanities: Classics Psychology Psychology-Online Offsite Philosophy Sociology AP African American Studies AP Human Geography AP Macroeconomics AP Psychology AP World History: Modern | 8. FAMILY AND CONSUMER SCIENCE (p. 26) Child Growth & Development Fashion & Apparel I Fashion & Apparel II Housing & Interior Environment Interpersonal Relationships Nutrition & Foods ProStart I ProStart II |
| | 9. FINE ARTS ART COURSES (p. 27) Art History Design and Draw Ceramics & Sculpture Graphic Design Intermediate Drawing Mixed Media Painting AP Art and Design |
| | MUSIC COURSES (p. 28) Music Appreciation AP Music Theory Bass Clef Choir Concert Choir Treble Clef Choir A Cappella Choir Chamber Singers Concert Orchestra Symphonic Orchestra Concert Band Symphonic Band Jazz Ensemble |

Revised 1/8/2024

FINE ARTS (CONTINUED)
THEATRE COURSES (p. 30)
Drama
Acting
Stagecraft (Note: This is not a Fine Art credit.)
Tournament Forensics
Tournament Forensics*
*(*Select twice to request both 1st and 2nd semesters.)*

10. **WORLD LANGUAGE** (p. 31)
German I
German II
German III
German IV
AP German Language
Spanish I
Spanish II
Spanish III
Spanish IV
AP Spanish Language

11. **INDUSTRIAL TECHNOLOGY** (p. 33)
Home Maintenance

12. **MATHEMATICS** (p. 37)
PLTW Computer Science Essentials
PLTW/AP Computer Science Principles
PLTW/AP Computer Science A

13. **PHYSICAL EDUCATION** (p. 38)
Health – ½ CR
**This course is coupled with Personal Finance – ½ CR*
Health – ½ CR-Online Offsite
**This course is coupled with Personal Finance – ½ CR-Online Offsite*
Foundations of Fitness
Sports and Recreation
Water Sports & Conditioning
Hunting, Camping & Fishing
Weight Training / Conditioning
Advanced Weight Training / Conditioning

14. **PROFESSIONAL PROGRAMS** (p. 39)
I understand that applications for all Professional Studies Programs are due Friday, February 9th: Yes No

NORTHLAND CAPS COURSES (NCAPS) (p. 40)
Apply at www.ncaps.k12.mo.us. Each semester enrolled in 2 credits. Full Semester Only- 2 Credits or Full Year- 4 Credits.

| | | |
|-----------------------------|-----------|-----------|
| Digital Media & Design | Fall Only | Full Year |
| Engineering & Manufacturing | Fall Only | Full Year |
| Global Bus. & Logistics | Fall Only | Full Year |
| Medicine & Healthcare | Fall Only | Full Year |
| Technology Solutions | Fall Only | Full Year |

NORTHLAND CAREER CENTER (NCC) (p. 40)
Apply at <https://forms.office.com/Sv5H2V9UUTL3H2G9V6>. Each program is a Full Year- 4 Credits.

| | |
|-----------------------------------|--|
| Agricultural Sciences | |
| Aviation Technology | |
| Construction Technology | |
| Culinary Arts | |
| Diesel Technology | |
| Health Sciences | |
| Heating/Cooling & Climate Control | |
| Industrial Welding | |
| IT Professionals | |
| KC Tech Academy | |
| Law Enforcement / CS | |
| Teaching Professions | |

PARK HILL SCHOOL DISTRICT (PHPS) (p. 41)
Apply at <https://forms.office.com/EPH523-26>

| | |
|---|--|
| Aspiring Educators – 2 Credits | |
| Aspiring Professionals | |
| Aspiring Medical Professionals | |
| Advanced Aspiring Professionals | |
| Advanced Aspiring Medical Professionals | |

15. **OTHER**
Credit Recovery Lab*
**Counselor's Approval Required*

16. **AVID**
AVID Elective – Ms. Capra*
AVID Elective – Ms. McKnight-Miles*
**Teacher's Signature Required*

TEACHER SIGNATURE: _____

17. **MIDYEAR GRADUATE***
Students requesting to be a Midyear Graduate should only select four credits of coursework. *Counselor Approval Required

18. **ALTERNATE COURSES**
Students must select three alternate course requests: one core course and two elective courses. Students will be scheduled into their alternative courses if their primary course requests cannot be fulfilled.

1. CORE: _____

2. ELECTIVE: _____

3. ELECTIVE: _____

OPTIONAL 5th CREDIT OPPORTUNITIES
Students may request these online courses in addition to their 8 course requests.

| |
|---|
| Constitutional Govt/Econ – Online Offsite |
| American History – Online Offsite |
| Creative Writing – Online Offsite |
| Health/Personal Finance – Online Offsite |
| Marketing Concepts – Online Offsite |
| Psychology – Online Offsite |
| Marketing Education Internship* – Online Offsite <i>(*Must also request a Marketing course to enroll this course.)</i> |

REQUIRED SIGNATURES
Students should carefully consider course selections. Student course requests provide input for creating the master schedule and determining teacher assignments. Please see the High School Career and Education Planning Guide, page 16, for rules regarding schedule changes. The Career and Education Planning Guide is available on the District website at www.parkhill.k12.mo.us.

STUDENT SIGNATURE: _____

DATE: _____

PARENT SIGNATURE: _____

DATE: _____

Dual Credit (pg. 6 in CEPG)

- Dual Credit Requirements:
 - Complete college admission application and other required documents (will be provided at start of semester that class is being taken)
 - GPA requirement
 - 11/12th grade - 2.5 GPA
 - 10th grade - 3.0 GPA
 - Placement test score
 - ACT or Accuplacer
 - Tuition
 - Pay tuition by due date
- Earn HS credit even if you choose to not pay for the college dual credit

Advanced Placement (pg. 6 in CEPG)

- Advanced Placement courses provide students a rigorous college-level curriculum as defined by the College Entrance Examination Board.
- Students in AP courses will sit for the exam for their course in May.
 - All exams are given the same date/time all across the country - Park Hill does not determine those dates.
- Students will register for their AP examinations during their AP course.
- Earn weighted high school credit as long as pass the class.
- Exam scores range between 1-5. Typically a 3 or higher will earn a student college credit depending on the college the choose to attend.
 - <https://apstudents.collegeboard.org/getting-credit-placement/search-policies>

A+ Scholarship Program (pg. 10 in CEPG)

- Signed A+ Letter of Intent
- Grade Point Average – 2.5 over 4 years
- 95% attendance average over 4 years
- 50 hours tutoring/mentoring over 4 years
- Score Proficient or Advanced on the Algebra I EOC exam
- Good Citizenship outlined in the Park Hill School District Policy JG in Student/Parent handbook
- Two Years of Consecutive Attendance at a Missouri A+ High School ending with graduation
- Some 4-year colleges and universities offer scholarships for A+ completion
- **Examples:**
 - Park University - \$3,000/year
 - Truman State - \$500/year
 - Northwest Missouri State - \$1,500/year
 - Missouri Western - \$500/year

Questions???

Mrs. Reys – A+ Coordinator
A+ office outside upper gym
816-359-6734
reyse@parkhill.k12.mo.us

Xello (pg. 12 in CEPG)

Online College and Career Readiness Tool



- Request Transcripts
- Search for scholarships
- Search for colleges
- Explore career options based on interests
- Assess personal strengths
- Set personalized goals

TO LOG IN:

Click on the Xello Icon on the Park Hill Portal.

If not automatically logged in, use your school login credentials to log in.

NCAA Requirements (pg. 12 in CEPG)



REGISTER THROUGH NCAA ELIGIBILITY CENTER IF THIS APPLIES TO YOU!!!
[HTTPS://WEB3.NCAA.ORG/ECWR3/](https://web3.ncaa.org/ecwr3/)



- Division I

- Eligible for competition: 2.3 core GPA
- Academic redshirt: 2.0 GPA
- Not eligible: below 2.0 GPA
- Use a sliding scale to match test scores and core GPA

- Division II

- 2.0 core GPA to be eligible
- Requires ACT sum score of 68

| DIVISION I (16 Core Courses) | DIVISION II (16 Core Courses) |
|--|--|
| 4 years of English | 3 years of English |
| 3 years of math (Algebra I or higher) | 2 years of math (Algebra I or higher) |
| 2 years of natural/physical science | 2 years of natural/physical science |
| (1 year of lab if offered by high school) | (1 year of lab if offered by high school) |
| 1 year of additional English, mathematics or natural/physical science | 3 years of additional English, mathematics or natural/physical science |
| 2 years of social science | 2 years of social science |
| 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy) | 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy) |

Online Learning (pg. 14 in CEPG)

- These are scheduled either 1st or 4th block. Must have transportation to come late or leave early.
- Online course options:
 - Health/Personal Finance
 - Psychology
 - Marketing Concepts
 - Constitutional Government/Econ
 - Creative Writing



Graduation Requirements (pg. 15 in CEPG)

| Classes of 2020 & Beyond | |
|------------------------------------|--------------------|
| English Language Arts (prescribed) | 4 |
| Social Studies (prescribed) | 3 |
| Science | 3 (Bio & Chem req) |
| Mathematics | 3 (Algebra II min) |
| Physical Education | 1 |
| Fine Arts | 1 |
| Practical Arts | 1 |
| Health | 0.5 |
| Personal Finance | 0.5 |
| Electives | 11 |
| Total | 28 |

Schedule Change Policy (pg. 16 in CEPG)

A student's schedule will be changed for the following reasons:

1. Computer Error
2. Prerequisite not met
3. Duplicate Credit
4. Increase level of rigor

*Please also note that a request to change one class might cause other courses to have to move as well.

*Efforts will be made to keep class sizes balanced.

E-mail _____
Phone _____

DATE _____ REQUEST FOR CLASS CHANGE SCHOOL YEAR _____
(PLEASE PRINT)

LEGAL NAME _____ GRADE _____ STUDENT I.D. _____

Incomplete forms will not be considered

| SCHEDULED or REQUESTED COURSES (List All Courses) | CIRCLE THE CORRECT TERM | | |
|--|-------------------------|-----|---------|
| | 1st | 2nd | 3rd/4th |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |
| | 12 | 34 | 1234 |

COURSE(S) TO BE DROPPED:

COURSE(S) TO BE ADDED:

ALT. COURSE:

Circle the Reason for Request:
(1) Computer or Data Entry Error (2) Prerequisite Courses Not Met (3) Duplicate Credit (4) Increase Rigor
Other (provide detailed explanation):

Student Signature _____ Parent/Guardian Signature _____
Counselor Signature _____ Teacher Signature _____
Principal Signature _____ Other Signature _____

For Complete Explanation of the Course Change Guidelines Refer to the Career & Education Planning Guide

COMPUTER CORRECTED _____

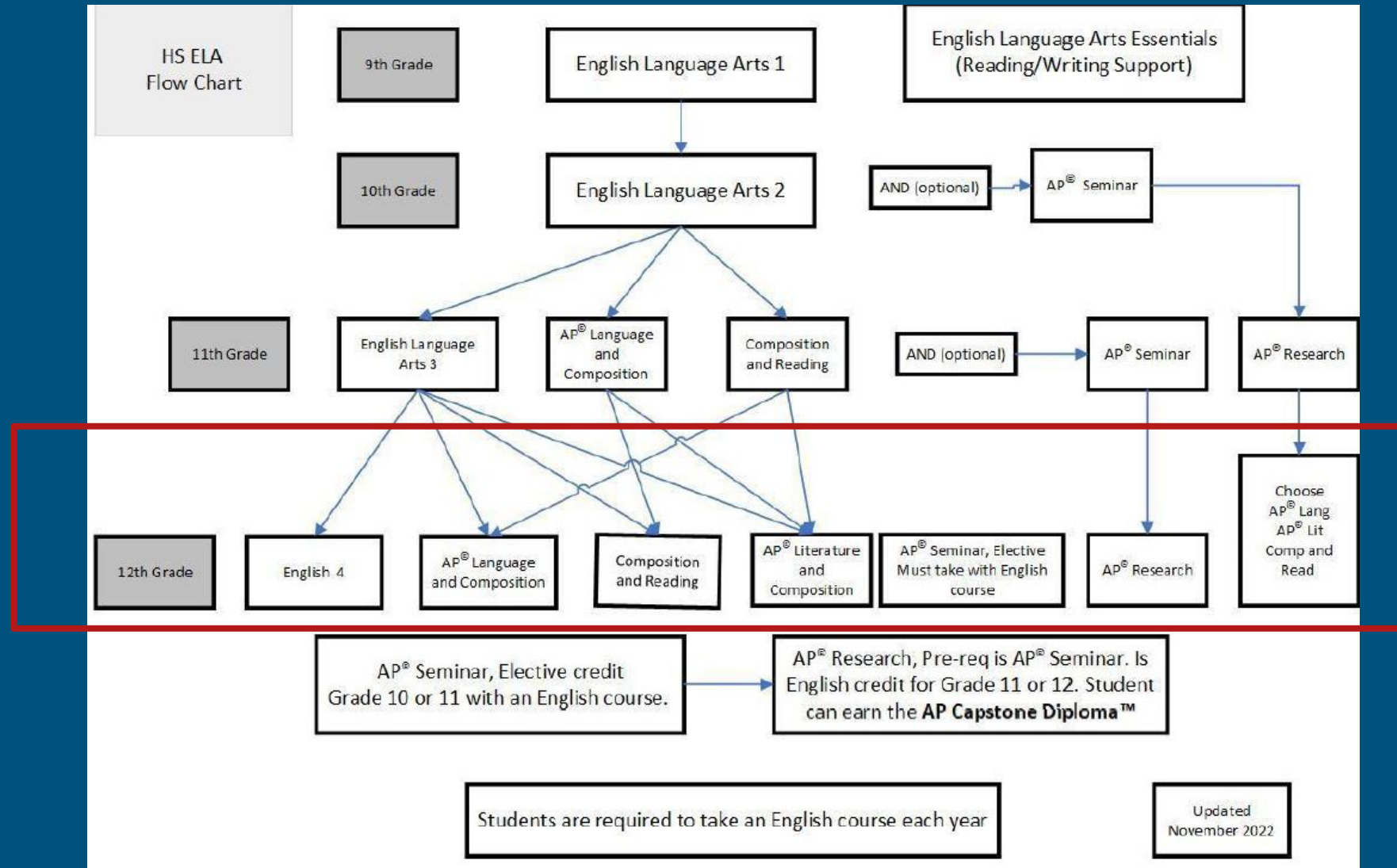
May 2016 White Copy – Administrator Yellow Copy – Counselor Pink Copy – Parent/Student

English Language Arts (ELA) (pg. 21 in CEPG)

- Seniors: (Must choose 1, can choose 2.)
 - ELA 4
 - Composition and Reading
 - AP English Language
 - AP English Literature
 - AP Research (if took AP Seminar as junior)



English Language Arts (ELA) (pg. 21 in CEPG)



English Language Arts (ELA) Electives (pg. 21 in CEPG)

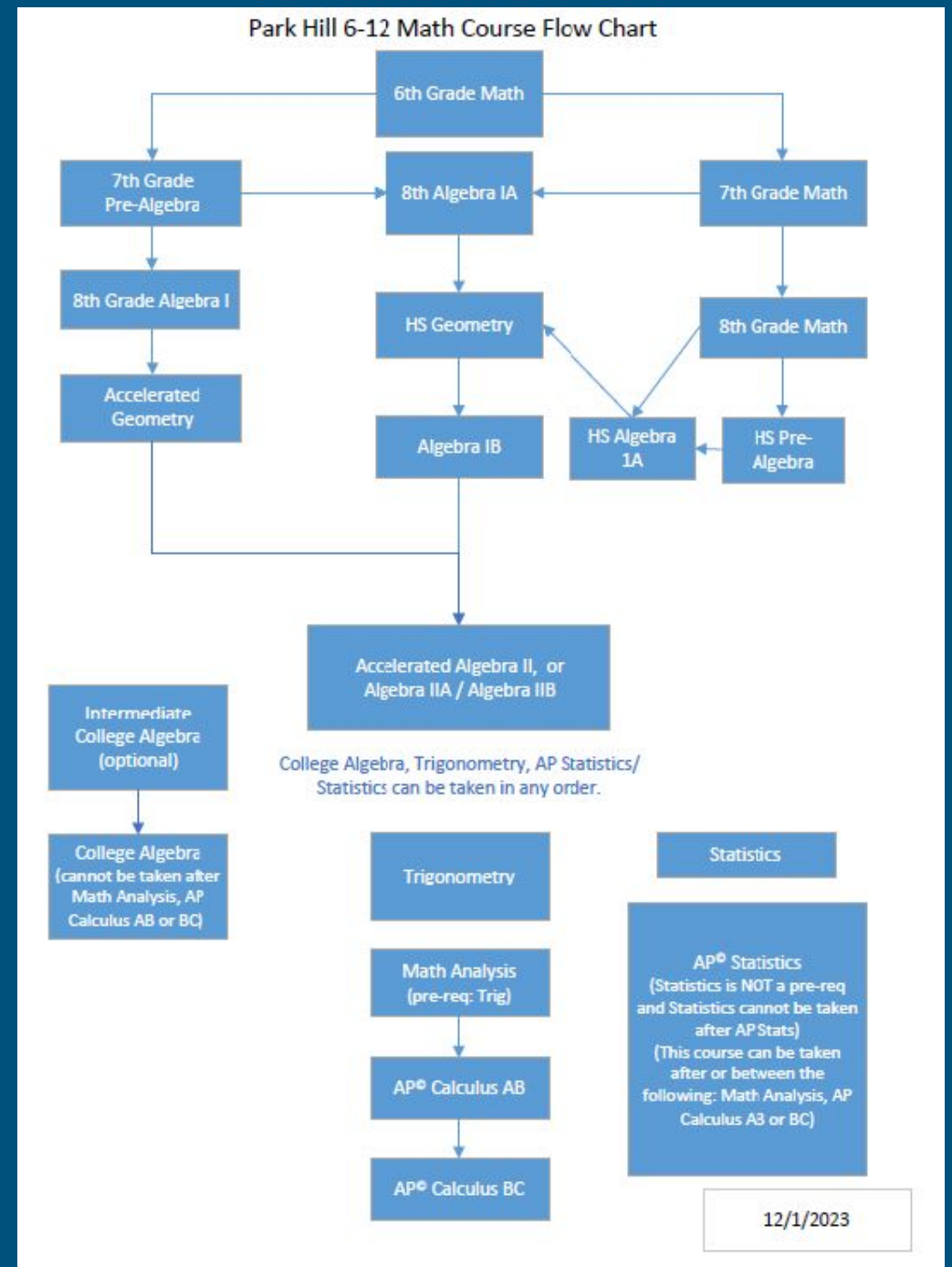
- ACT/College Prep
- Creative Writing (in person OR online)
- Debate
- Film Studies
- Speech
- AP Seminar



Math (pg. 33 in CEPG)

Seniors:

- Choose at least one math
- Must complete through Algebra II

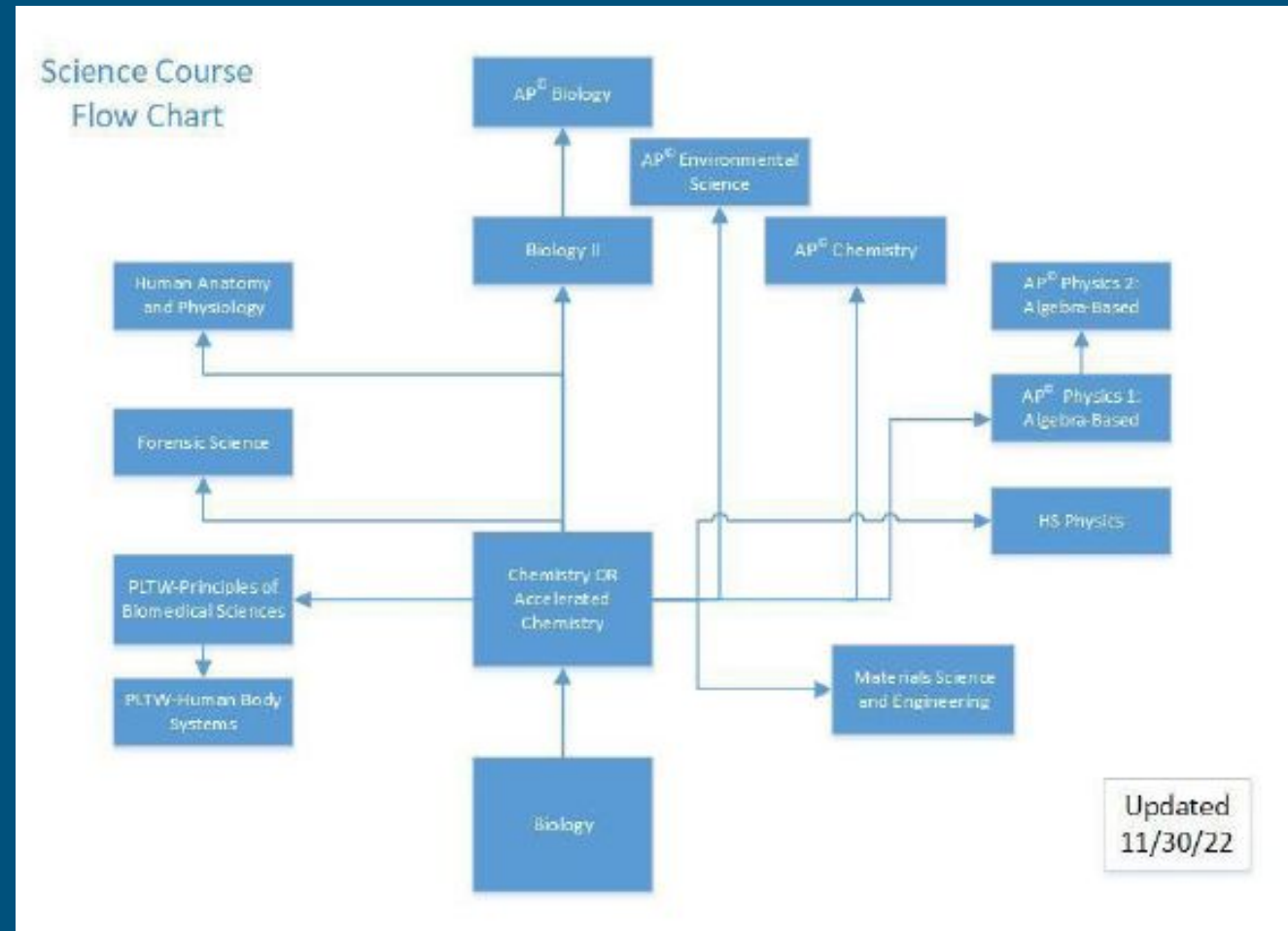


Science (pg. 47 in CEPG)

Requirements - 3 credits

All students take:

- Biology
- Chemistry or Accelerated Chemistry
- One elective (see next slide)



Science, continued (pg. 47 in CEPG)



After Biology and Chemistry/Acc. Chemistry Students May Choose:

- Biology II
- Forensic Science
- Human Anatomy and Physiology
- Materials Science and Engineering
- Physics
- PLTW Principles of Biomedical Sciences
- PLTW Human Body Systems (prerequisite is PLTW Principles of Biomedical Sciences)
- AP Biology (prerequisite is Biology II)
- AP Chemistry (prerequisite is Accelerated Chemistry)
- AP Environmental Science
- AP Physics 1
- AP Physics 2 (prerequisite is AP Physics 1)

Social Studies (pg. 50 in CEPG)

Seniors:

- Required to take
 - Constitutional Government/ Economics (in person OR online)or
 - AP US Government and Politics

or

Electives:

- African American History
- American Civil War and Reconstruction
- Asia and Asian Studies
- Current Events
- Emerging Leaders
- Humanities: Classics
- Philosophy
- Psychology (in person OR online)
- Sociology
- AP African American Studies
- AP Human Geography
- AP Macroeconomics
- AP Psychology
- AP World History: Modern



Practical Arts

1 credit required

- Business/Technology (pg. 18)
 - Introduction to Business
 - Business Finance
 - Innovate. Real. Entrepreneurship
 - Marketing Concepts (in person OR online)
 - Sports and Entertainment Marketing
 - Marketing Education Internship
 - must also be enrolled in Marketing Concepts or Sports and Entertainment Marketing to take this course
- Engineering (pg. 20)
 - PLTW Intro to Engineering Design
 - PLTW Principles of Engineering
 - PLTW Civil Engineering and Architecture
- English Language Arts (pg. 23)
 - Broadcast Journalism
 - Advanced Broadcast Journalism
 - Journalism/Mass Media
 - Photojournalism
 - Newspaper (prerequisite Journalism/Mass Media or Photojournalism)
 - Yearbook (prerequisite Journalism/Mass Media or Photojournalism)
 - Stagecraft

Practical Arts, continued

1 credit required

- Family & Consumer Science (pg. 25)
 - Child Growth and Development
 - Fashion and Apparel I
 - Fashion and Apparel II
 - Housing and Interior Environment
 - Interpersonal Relationships
 - Nutrition and Foods
 - ProStart I
 - ProStart II
- Industrial Technology Education Courses (pg. 32)
 - Home Maintenance
- Mathematics (pg. 36)
 - PLTW Computer Science Essentials
 - PLTW/AP Computer Science Principles
 - PLTW/AP Computer Science A

Practical Arts, continued

Additional options for **JUNIORS** and **SENIORS** only.

- **Park Hill Professional Studies (pg. 39)**
 - Aspiring Educators
 - Aspiring Medical Professionals
 - Aspiring Professionals
- **Northland CAPS Courses (pg. 41)**
- **Northland Career Center (NCC) (pg. 42)**

- **Applications for these programs can be found at:**
<https://phhs.parkhill.k12.mo.us/student-support>
 - **Click on Counselors > Enrollment > Special Applications**



**APPLICATIONS
FOR THE
2024-2025
SCHOOL YEAR
ARE DUE ON
FEBRUARY 9.**

PH Professional Studies

JUNIORS and SENIORS only

Check out the capstone projects from some former Park Hill Professional Studies students:

<https://sites.google.com/parkhill.k12.mo.us/professionalstudies/capstone?authuser=0>



APPLICATIONS
DUE
FEBRUARY 9.

PH Aspiring Educators (pg. 38 in CEPG)

JUNIORS and SENIORS only

- This course will immerse the students in a project-centered field of study in the area of teacher education.
- Students in this program will be participating in internships, mentorships, networking, and futuristic modeling.
- Facilitated at English Landing Elementary in the Park Hill School District, as well as other learning environments throughout the PHSD to experience a wide range of teaching and training opportunities.
- This course takes up 2 blocks.
- Please keep in mind that although you may request a particular semester, we can't guarantee which semester you will be placed in the course.
- May be required to be at internship placement past the regular school day time.
- Application (due February 9):
 - <http://tiny.cc/zfusvz>

PH Aspiring Medical Professionals (pg. 39 in CEPG)

JUNIORS and SENIORS only

- Students participating in Aspiring Medical Professionals must fill out an application and complete an interview process prior to being accepted into the internship course.
- Designed for students that want to participate in a professionally-based work experience within a business context at a healthcare site.
- Students will spend the majority of their semester at an area medical facility shadowing different departments and learning about the inner workings of the healthcare industry.
- 1st or 4th block (1 credit earned)
- Please keep in mind that although you may request a particular semester, we can't guarantee which semester you will be placed in the course.
- May be required to be at internship placement past the regular school day time.
- Application (due February 9):
 - <http://tiny.cc/zfusvz>

PH Aspiring Professionals (pg. 40 in CEPG)

JUNIORS and SENIORS only

- Students participating in the Professional Studies Internship must fill out an application and complete an interview process prior to being accepted into the internship course.
- Designed for students that want to participate in a professionally-based work experience within a business context.
 - Examples of career paths chosen are Fashion, Culinary Arts, and Business plus other areas.
- 4th block only (1 credit earned)
- Please keep in mind that although you may request a particular semester, we can't guarantee which semester you will be placed in the course.
- May be required to be at internship placement past the regular school day time.
- Application (due February 9):
 - <http://tiny.cc/zfusvz>

PH Advanced Professional Studies Courses (pg. 40 in CEPG)

SENIORS only

- Must have successfully completed:
 - Aspiring Educators
 - Aspiring Medical Professionals
 - Aspiring Professionals
- Builds upon professional skills through hands-on experiences directly working with a partner within an education/medical/professional setting.
- 4th block only (1 credit earned)
- Please keep in mind that although you may request a particular semester, we can't guarantee which semester you will be placed in the course.
- May be required to be at internship placement past the regular school day time.
- Application (due February 9):
 - <http://tiny.cc/zfusvz>

Northland Center for Advanced Professional Studies (NCAPS)

(pg. 41 in CEPG)

JUNIORS and SENIORS only

Areas of focus:

- Digital Media and Design
- Engineering and Advanced Manufacturing
- Global Business and Logistics
- Medicine and Healthcare
- Technology Solutions



- **Application (due February 9):**
 - [NCAPS Application](#)
- The NCAPS option is on the back of enrollment form. Be sure options selected on enrollment form match selections on online application!
 - First semester only = 2 blocks
 - Full year = 4 blocks





Northland Career Center (NCC) (pg . 42 in CEPG)

JUNIORS and **SENIORS** only



- Agricultural Sciences - Plant Systems
- Agricultural Sciences - Animal Systems
- Aviation Technology I & II
- Construction Technology I & II
- Culinary Arts I & II
- Diesel Technology - Truck Systems
- Diesel Technology - Engines and Electrical Systems
- Health Sciences I
- Heating/Cooling & Climate Control I & II
- Industrial Welding I & II
- IT Professionals I & II
- KC Tech Academy I & II
- Law Enforcement/Crime Scene Investigation I & II
- Teaching Professions I & II

Northland Career Center (NCC) (pg . 42 in CEPG)

JUNIORS and SENIORS only



- Steps to apply:
 1. Application
 2. Shadow Experience
 - Set up shadow experience in the counseling office with Mrs. Metzger
- NCC is listed on back of enrollment form. Each NCC course takes 4 credits per year (either 1st/2nd block or 3rd/4th block every day).
- Selection based on:
 - Completion of shadow
 - Attendance
 - GPA
 - Standardized test scores
 - An interest in career and technical education
 - Discipline

Fine Arts

1 credit required



- **Art Courses** (pg. 26)

- Design and Drawing (must take this first)
- Ceramics and Sculpture
- Graphic Design
- Intermediate Drawing
- Mixed Media
- Painting
- Art History
- AP Art and Design

- **Theatre Courses** (pg. 28)

- Drama
- Acting
- Tournament Forensics

- **Music Courses** (pg. 27)

- Music Appreciation
- AP Music Theory

- Bass Clef Choir
- Treble Clef Choir
- Concert Choir
- A Cappella Choir
- Chamber Singers

- Campus Orchestra
- Concert Orchestra
- Symphonic Orchestra

- Campus Band
- Concert Band
- Symphonic Band
- Jazz Ensemble

***Current
choir/band/
orchestra students
sign up for the
same course even if
you plan on
auditioning for
another course!

World Language (pg. 29 in CEPG)



- Languages offered
 - Spanish I, II, III, IV, AP
 - German I, II, III, IV, AP
- NOT REQUIRED FOR PHHS GRADUATION but recommended for college bound students
- Minimum of two terms of the same language are required for many college admissions

College Admission Requirements for World Language

- Dual credit may fulfill all or some of the language requirements at the college level
- Spanish III and Spanish IV are currently dual credit at PHHS
- Check each university's website for further language requirements in each program

Physical Education (pg. 37 in CEPG)

1 credit required

- Required:
 - Foundations of Fitness OR Weight Training and Conditioning required
- Additional Electives:
 - Sports and Recreation
 - Water Sports and Conditioning
 - Hunting, Camping and Fishing
 - Advanced Weight Training/Conditioning
- Other Options for obtaining PE credit
 - Summer School Foundations of Fitness



Health/Personal Finance

- Required
 - ½ credit Health
 - ½ credit Personal Finance
- Options for completing:
 - Face to Face
 - Online (remote)
 - Summer School
 - 5th Block Credit



Course Request Sheets

- Choose 8 courses
 - Recommend at least one of each of the four core areas and at least one AP course if appropriate.
- Optional: pick 5th block credit option
- List 3 Alternates (One CORE and two ELECTIVES)
- Parent/Student/Teacher signatures
- Students should return enrollment form to homeroom teacher before deadline.

Additional things to consider...

- Sign up for summer school [HERE](#)
- Prepare for the district ACT which will be on March 12. You do NOT need to sign up for this or pay for it - the district will take care of that. Free test prep materials available on [ACT Website](#).
- Use the college and career research tools in Xello to explore future plans.
- Pay attention to Junior Days at colleges this spring-pay attention to emails from colleges that you might be getting.
- Sign up for the mailing lists for colleges that you are interested in.