

Please Sign In



SCAN ME

Monta Vista High School Course Selection

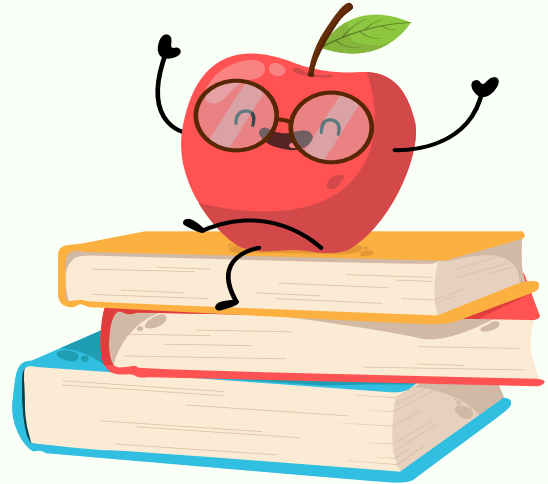
**8th Grade/Incoming 9th
Class of 2030**

WiFi:

**Fuhsd_guest
visitfuhsd2024**

Agenda

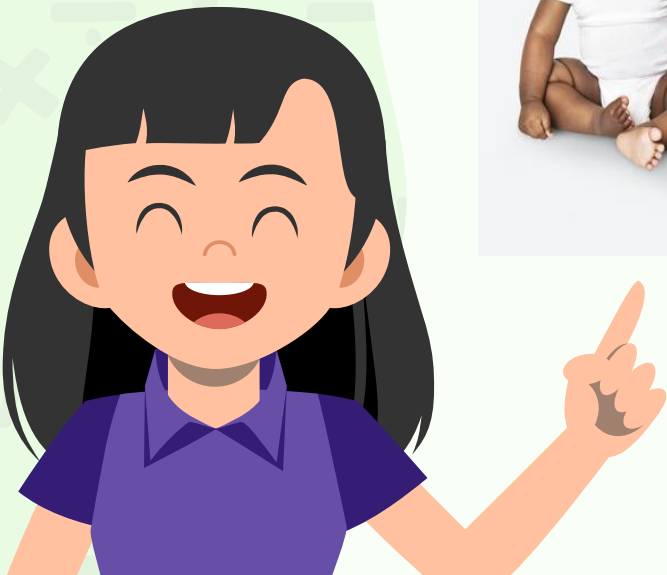
- Introductions
- Graduation and college requirements
- Course Selection process
- Things to consider when entering high school
- Reminders
- Q&A



Alpha Teams

School Counselor Team	Assistant Principal Team
<u>Last Names A to Ga:</u> Ashley Voigt Ashley_Voigt@fushd.org (Substitute for Term 2: Maribel Sanchez)	<u>Last Names A to H:</u> Anthony Nguyen Anthony_Nguyen@fuhdsd.org
<u>Last Names Gb to Lin:</u> Belinda Olson Belinda_Olson@fuhdsd.org	<u>Last Names I to Pe:</u> Brian Dong Brian_Dong@fuhdsd.org
<u>Last Names Lio to Sg:</u> Sylvia Lam Sylvia_Lam@fuhdsd.org	<u>Last Names Pf to Z:</u> Mike White Mike_White@fuhdsd.org
<u>Last Names Sh to Z:</u> Clay Stiver Clay_Stiver@fuhdsd.org	

Mindfulness Reflection



Academics



Life

Activities

4-Year Timeline

Grade 9

Getting to know yourself & MV

- Transitioning into high school
- Identifying your learning style & building study habits
- Developing self-advocacy & independence
- Naviance – interest inventories

Grade 10

Exploration

- Exploring new opportunities
- Discovering new interests
- Adventuring out into areas of curiosity and passion
- Naviance — career & major exploration

Grade 11

Centering your focus

- Centering in on your areas of interest (academic & activities)
- Seek balance – school, activities, life
- Naviance – college exploration and crafting a manageable college list
- Tests – AP, PSAT, SAT/ACT

Grade 12

Putting it all together

- Synthesize your experiences and pursue your discovery
- Seek balance – college applications, school, senior activities
- Naviance – fine tune your college list
- Tests — AP, SAT/ACT

Graduation & A-G Requirements

Requirement	High School Graduation	UC/CSU eligibility (A-G)
Social Science (A)	30 credits	2 years
English (B)	40 credits	4 years
Math (C)	20 credits (through Geometry)	3 years (through Algebra II) <i>**Need 1 full year Geometry course</i>
Science (D)	20 credits	2 years
PE	20 credits	
Electives (G)	70 credits <u>In addition to 2 out of 3:</u> 10 credits Applied Academic 10 credits Fine Art 10 credits World Language	1 year Fine Art (F) 2 years World Language (E) 1 year College Prep Elective (G)
Total Credits	220 total credits required for graduation	* 1 year course = 10 credits * UC min GPA= 3.0 * CSU min GPA= 2.5

Class of 2030 – Ethnic Studies/Health will be a New State Graduation Requirement. Your student has the option to take the course in either 9th or 12th grade.

UC/CSU: math, science, World Language recommends one additional year



Example 2 out of 3 Elective Requirements to be completed by 12th grade

Applied Academics examples	Fine Arts examples	World Language examples
JAVA Intro to Engineering Writing for Pub Principles of Business	Art 1 3D Sculpture & Design A Choir B Choir Concert Band String Orchestra Drama	Chinese French Spanish

**These are just some example electives; not an exhaustive list*

Middle School Math Trends

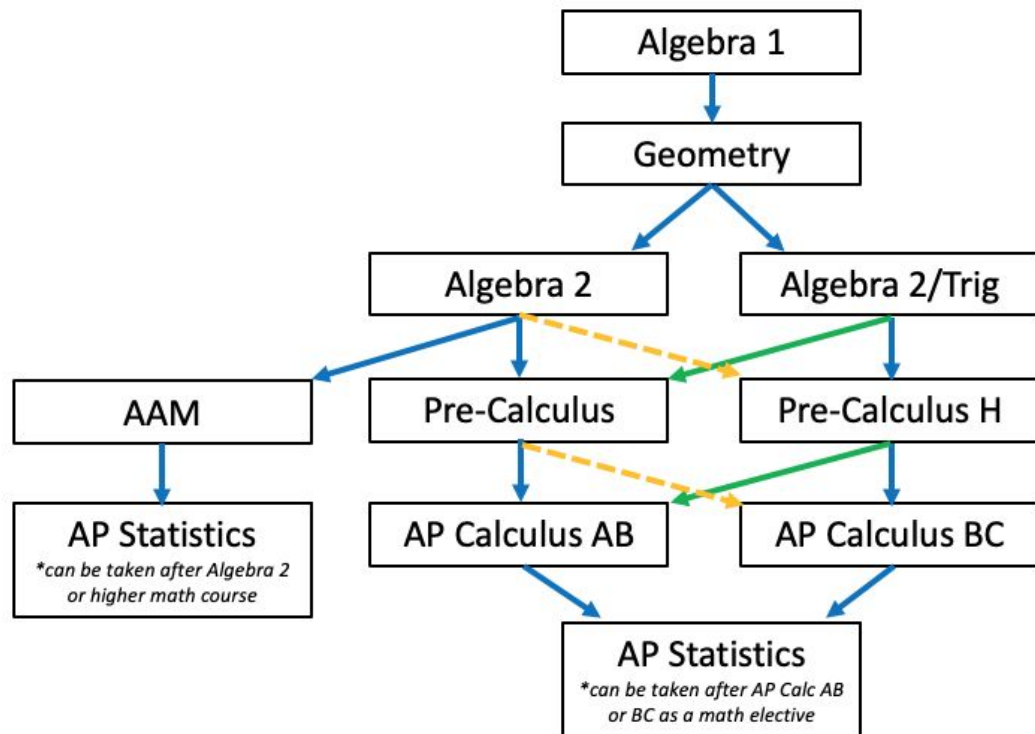
If you passed...	Then you should take...
Common Core Math 8	Algebra 1
Common Core Math 8-Algebra 1	Geometry
Common Core Math-Geometry	Algebra 2 or Algebra 2/Trig
Summer school math for acceleration is NOT ADVISED!	



Mathematics

Graduation Requirement = 20 credits or 2 years in high school (Algebra and Geometry minimum)

College entrance requirement = 3 years minimum (thru Algebra 2), 4 years recommended



Arrow Key:

Blue = the expected course progression assuming student is doing well academically

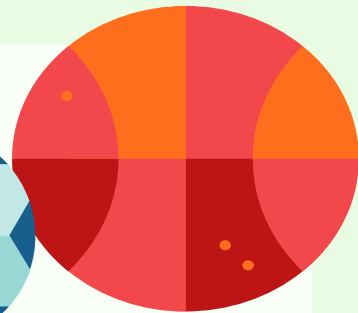
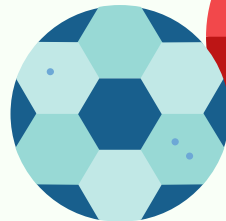
Green = students who may have found their previous course too challenging

Orange = alternative paths, not recommended without first consulting with current teacher



Skipping levels is NOT recommended and summer study is not considered sufficient preparation for high level math courses

PE 9 and Sports



- PE 9 is required for all freshmen
- Athletics/Sports are after school and outside of your MV schedule.
As a 9th grader you will earn elective credit for your sport.
- 10–12th grade you can earn 5 PE credits per sport
- Sports information can be found at matadorathletics.org
All Fall sports begin August 7th. Football will begin August 3rd (recommend students to complete their physical exam in July). Winter sports begin Nov 2nd and Spring sports begin Feb 1st.
- Outdoor sports are most impacted due to early game times (may want to request No Class 6th or 7th – specify on the iK12 course selection form)

After School Athletics

Fall

- Girls Basketball
- Girls Volleyball
- Marching Band
- Dance Team
- Color Guard
- Field Hockey*
- Girls Golf
- Girls Tennis
- Football*
- Water Polo*
- X-Country*
- Girls Flag Football*

Winter

- Basketball
- Boys Soccer
- Winter Guard
- Winter Percussion
- Team Spirit
- Dance Team
- Girls Soccer*
- Wrestling*

Spring

- Badminton
- Boys Golf
- Track*
- Baseball*
- Softball*
- Swimming*
- Boys Tennis
- Boys Volleyball

[Matadorathletics.org](https://matadorathletics.org)

*Indicates No cuts

Athletic Director: Nick__Bonacorsi@fuhsd.org

World Language

- Chinese, French & Spanish:
 - Level 1 is most appropriate
 - It's OK to repeat
 - Minimum **A-G** requirement is Level 2 completion
- Chinese Diagnostic Test (Level 2+)
 - Link to Google Form sign-up is on 2nd page of iK12 Course Selection Form
 - Testing dates: **Feb 25 & 26** at MV Library at 3:30 – 5:30 pm

Typical 9th Grade Course Schedule

- Literature and Writing (English)
- Biology (Life Science)
- PE 9 (Physical Education)
- Math (select VERY wisely)
- Elective 1
- Elective 2



Summer Courses

- Summer courses do not count towards high school graduation requirements!
- Grade 9/High school transcript begins on August 17



Striking Balance

- Consider all opportunities and associated time commitments carefully!
- Engage in a conversation at home about:
 - **Daily living demands**
Family, friends, social media, unscheduled time
 - **Academic workload**
Balcony view of your cumulative academic workload
 - **Extra-curricular activity expectations**
Performing Arts, Sports, Clubs, Job



Comprehensive HS Experience

MVHS is a comprehensive high school! This is a time to:

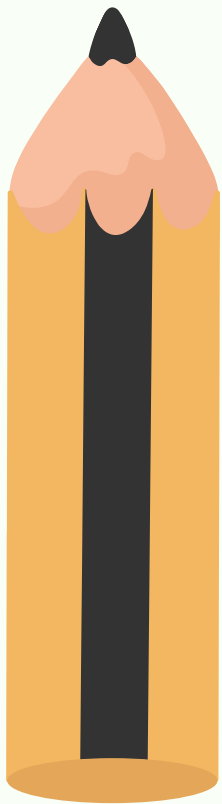
- Explore deeply into the areas of interest
- Learn with purpose
- Have fun and try new things!

Activities:

- Clubs
- Leadership
- Music
- Theater
- Spirit/Cheer
- Dance
- Marching Band
- Color Guard
- Athletics



Selecting Courses



- Get information about electives before making your final decision. *Note that some electives will have more homework than others. (Use [Time Management Worksheet](#))*
- Keep *overall balance, rigor* and *grade expectations* in mind
- Choose wisely! Your Top Six choices should be the classes you want the most *If you are absolutely in need of an open 1st, 6th, or 7th period, then you should put it in your top six choices.*
- You do NOT have to choose a 7th class – placement into a 7th class is based on space availability
- No two classes within the same curricular department

iK12 Course Selection Form

TOP SIX COURSE REQUESTS (this is NOT the order your classes will be in)

Students are guaranteed 6 classes, but not necessarily the Top 6 requests

T O P S I X	Subject	Course Number / Name
	English	1010 Lit/Writing
	Science	3110 Biology
	PE	2510 PE 9
	Math	Select... ▾
	Elective	Select... ▾
	Elective	Select... ▾

Current 8th Grade Math

Course Name:

*guarantee 6 classes
(not necessarily top 6
requests)

*7th only if there's
space

*do our best to give
students their top 6
choices

OPTIONAL: 7th Course Request

The **majority** of 9th graders take **six courses** at Monta Vista.

Optional 7th Course	Select... ▾
If an optional 7 th course is selected above, I understand the optional 7th course request is NOT GUARANTEED and only added based on availability and <u>I can live without this course.</u>	

OPTIONAL: Audition/Application Courses

Please select any courses you are applying/auditioning for. Because students are only guaranteed six classes, you must indicate which course from your **above TOP SIX course requests** you will drop if selected into the application/audition course(s).

I am applying for	Select... ▾	If I am accepted, I want to drop the following course from my TOP SIX :	Select... ▾
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Information for No Class 1st, 6th OR 7th Request

- Students may **not request more than one unscheduled period.**
- **Academic courses take priority over open period requests.**
- Selecting No Class 1st/6th/7th in the "7th Course Request" location gives the open period request the lowest priority, and **does not guarantee the open period request.**

OPTIONAL: After School Athletics/Activities

Please complete the Google Form if you are planning to participate in after-school athletics/activities next school year: [Click Here](#)

For more information on requirements to play a sport and athletic clearance: [MV Athletic Info](#)

If you play a sport and want an open period, please consider the open period based on the following:

9996 No class 6th (JV Football, swimming/diving)

9997 No class 7th (JV soccer, tennis, water polo, field hockey, badminton, golf, baseball, softball)

If you are a multi-sport athlete who plays on both Tu/Th & Wed/Fri, then choose the open period that will benefit you the most.

Information for Math and Chinese Placement

Math Course Placement

Monta Vista High School strongly recommends that students select the next course in sequence per the information received during 8th Grade Info Night and course selection presentations. If you have questions about your student's math course, please contact our Math Department Lead Alan Wong at Alan_wong@fuhsd.org. Click here:

Chinese Level Placement

Incoming 9th-grade students with any working knowledge of Chinese (reading and writing) are strongly encouraged to participate in the Diagnostic Language Assessment to assist in identifying the appropriate level of placement. If you have questions about Chinese level placement, please contact I-Chu Chang at ichu_chang@fuhsd.org. Please do the following:

1. Select Chinese 2 level or above as an elective on this course request form. |

AND

2. Sign up for the Chinese Diagnostic Test by completing the survey link: [Click Here](#)
You will be notified with a confirmed testing date, time, and location at a later date.

Steps to submit:

Student initiates form/fills it out



Click Continue button at bottom



Student enters parent/guardian email address to
send to parent/guardian



Parent/guardian reviews, signs, and submits form
to Nicole Hirvonen



MVHS receives form
(no confirmation email after submitting)

Parent/Guardian Approval

It is important that your student carefully considers their academic and extracurricular commitments when selecting courses. Students are encouraged to utilize a variety of resources to plan and select courses such as current academic performance and interests, college and career plans, teacher recommendations, online course selection materials, course selection events and presentations.

Student
Initial

Parent/Guardian
Initial

I understand that **school staffing and scheduling decisions are made based upon my student's course requests above.**

I have thoughtfully selected courses and am **committed to the courses selected above.** I understand that **course changes may not be possible due to staffing and scheduling restrictions.**

I understand that I am **not guaranteed unscheduled 1st/6th/7th period** unless it is selected as an **ELECTIVE in my top 6 choices.** (This includes MV student athletes.) **Schedules will not be changed to accommodate any extracurricular activities** (lessons, non-MV classes, activities, volunteering, internships, jobs, etc.). I understand to schedule any extracurriculars after the school day (M/Tu/Th after 3:50 pm and W/F after 3:05 pm), unless I requested no class 6th or 7th in my top 6 choices.

Your signature indicates that you've had a conversation between parent/guardian and student, have carefully considered the overall academic load and extracurricular commitments, reviewed the resources provided, and are committing to the above courses for the 2025-26 school year.

Student signature: _____ Date: 1/23/2025

Parent/Guardian signature: _____ Date: _____

Click to sign here

Continue

Time Management Worksheet

MVHS Time Management Worksheet

DAILY LIVING ACTIVITIES	AVERAGE HOURS/WEEK
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.)	
Other Living Activities	
Total Daily Living Hours:	
REQUESTED COURSES 2026-2027	AVERAGE HOURS/WEEK
In school for 5 days x 7.5 hours (including brunch/lunch)	37.5
English Workload	
Social Studies Workload	
Math Workload	
Science Workload	
World Language Workload	
P.E. Workload	
Electives Workload	
Total School Hours:	
EXTRA-CURRICULAR ACTIVITIES	AVERAGE HOURS/WEEK
School Sports	
School Related Activities	
Hobbies/Interests	
Paid Job	
Outside Class/Lessons	
Community/Volunteer Services	
Non School Sports (i.e. club team)	
Other Extra-Curricular Activities	
Total Extra-Curricular Hours:	

Hours Per Week	-	Total Daily Living Hours	-	Total School Hours	-	Total Extra-Curricular Hours	=	Hours Left In Week
168	-	_____	-	_____	-	_____	=	_____

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

Time Management Worksheet

MVHS Time Management Worksheet

Consider the following weekly workloads, which include homework and studying, with times reported by MVHS students in a 2022-23 survey. Note that actual times may vary by student and teacher.

The following courses have an estimated workload of 0-2 hours per week:

3D Sculpture 1/2/3/4 A/B Choir Advanced Drama Adv. Treble Choir Advanced Woodworking Applications of Advanced Math Art 1/2/3/4	AVID 9/10/11/12 Chamber Orchestra Chinese 1 Commercial Art Concert Band Dance 1 Drama Economics Intro. to Engineering	Leadership P.E. 9 P.E. Basketball P.E. Racquet Sports Photography 1/2 Photo & Design Physiology Principles of Engineering Principles of Marketing	Science & Society Small Mixed Vocals Symphonic Band String Orchestra Studio Art Weight Training World History World Studies (SS/Eng)
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The following courses have an estimated workload of 2-3 hours per week:

Adv. Drama Honors Algebra 1 American Literature American Literature Honors AP English Literature	AP Macroeconomics Chemistry Chinese 2/3/4H ELD or Sheltered English Film & Animation	French 1/3/4H Government International Business Japanese 4H Law Literature & Writing	Money and Banking Mythology & Folklore Physics Spanish 1/2/3/4H U.S. History Wind Ensemble Writing for Pub.
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The following courses have an estimated workload of 3-4 hours per week:

AP Chinese AP CSP AP Government AP French	AP Spanish AP Stats French 2	Geometry Interdisciplinary Research Journalism Multimedia Design	Principles of Business Sheltered Science Sheltered Social Studies
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The following courses have an estimated workload of 4-5 hours per week:

Algebra 2 AP Environmental Science	AP Japanese Biology Chemistry Honors	Contemp. Literature JAVA	Media Production Management World Literature
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The following courses have an estimated workload of 5-6 hours per week:

Algebra 2/Trig AP Biology	AP Calc AB AP Chemistry	AP CSA AP Physics C	Pre-Calculus Yearbook
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The following courses have an estimated workload of 6+ hours per week:

AP Calc BC	AP Physics 1	AP U.S. History	Pre-Calculus Honors
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Course Selection Timeline

- iK12 Course Request Forms emailed to parents and posted to MV website on **February 5**
- iK12 Course Request Forms due: **February 13**
- Course verification mailed USPS: **Early March**
Request to change courses – DO IT NOW AS THE SCHOOL SCHEDULE IS BUILT ON THIS INFO
- Tentative student schedules emailed: **Early August**
Request to add (if available) or drop courses – NO GUARANTEES
- **Matador Retreat**/9th Grade Orientation: **Thursday, August 13**
- View final schedule in IC first day of school: **August 17**
Schedule changes are not entertained after the first day of school

COURSE SELECTION FOR 2026-27 SCHOOL YEAR

EVENTS AND DATES

For important events and dates for each grade level see the following:

Current 8th/ Incoming
9th Grade

Current 9th-11th/
Incoming 10th-12th

MSSAP TRANSFER PROGRAM

Application

COURSE SELECTION RESOURCES

2026-27 FUHSD
Course Selection
Guide

2026-27 MVHS Course
Offerings

Course Videos
For 2026-27

Graduation
Requirements

COURSE SELECTION FORMS

▶ CURRENT 8TH/RISING 9TH
GRADERS

▶ CURRENT 9TH/RISING 10TH
GRADERS

▶ CURRENT 10TH/RISING 11TH
GRADERS

▶ CURRENT 11TH/RISING 12TH
GRADERS

PRESENTATIONS AND Q&A

▶ MSSAP

▶ CURRENT 8TH/RISING 9TH



Helpful Resources

Presentation Slides posted on MVHS Course Selection Website

PRESENTATIONS AND Q&A

+ MSSAP

+ CURRENT 8TH/RISING 9TH
GRADERS

+ CURRENT 9TH/RISING 10TH
GRADERS

+ CURRENT 10TH/RISING 11TH
GRADERS

+ CURRENT 11TH/RISING 12TH
GRADERS

Reminders

- Course Videos Available on MVHS Course Selection Website
- Complete FUHSD Online Registration (do not need approval to select courses)
- Math Informational Webinar for Incoming 9th Graders
January 29 @ 6:00 – 7:00 pm via zoom
- Elective Night
February 2 @ 6:00 – 7:40 pm
- Course Selection iK12 forms
Feb 5 – Feb 13 registration window
Do not rush with forms



General Questions?

For questions about your student's course selection, please email the appropriate Alpha Team. We do not meet with 8th grade families or students until after their first day of school at MV, however, we are happy to answer questions regarding course selection via email.

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