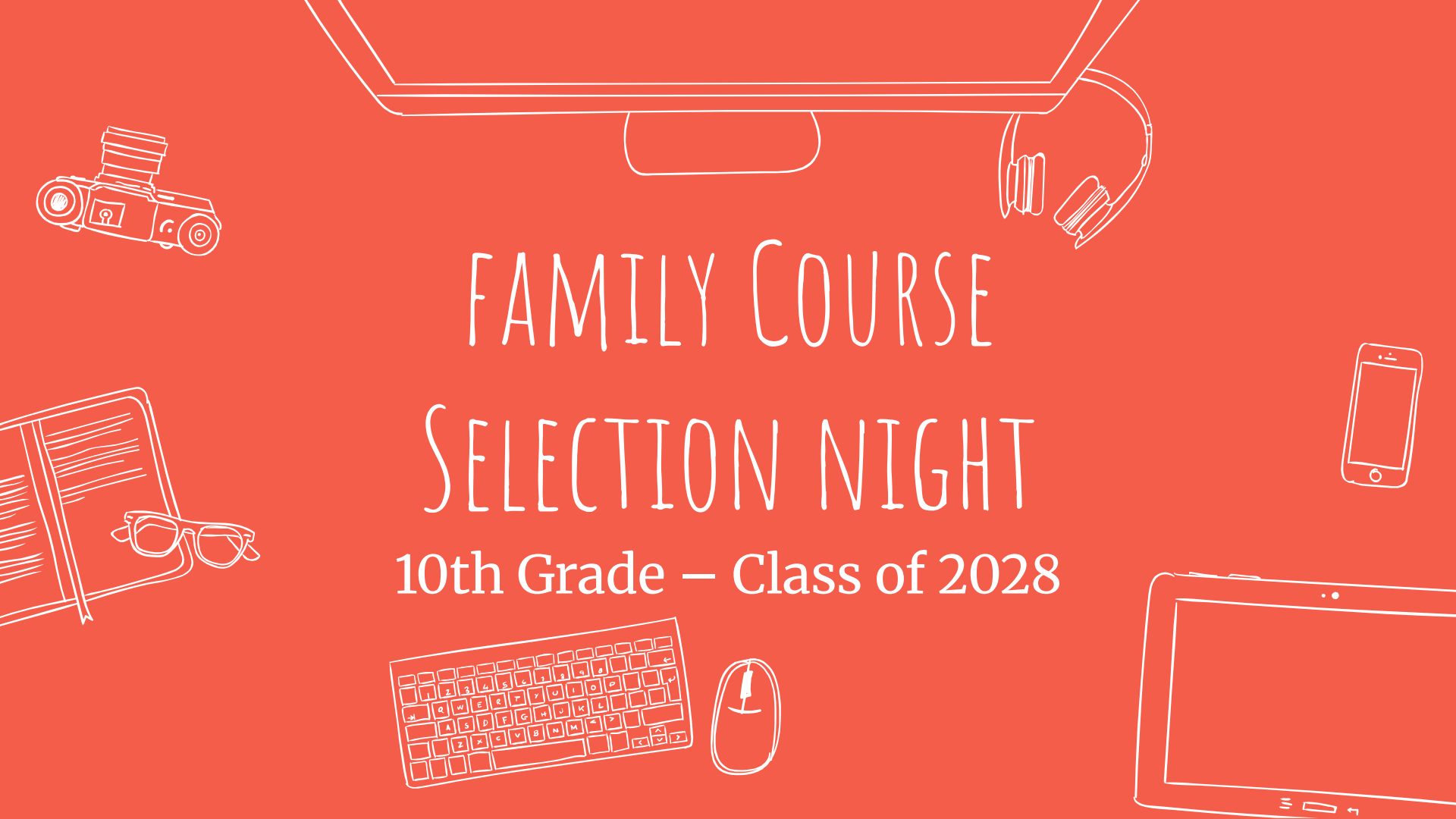
Family Course Selection Night

10th Grade – Class of 2028



Meet Your School Counseling Team



Mrs. Woosley
Last Names A-C



Mrs. Goulart
Last Names A-C



Mrs. Fazzio
Last Names D-Hur



Mrs. Franco
Last Names Hus-Mek



Mr. Amezquita
Last Names Mel-Rom



Mx. Medeiros
Last Names Ron-Z



Mrs. Rocha
Assistant Principal

Tonight's Agenda:

6:00-6:30

Overview of course selection process presented by school counselors

6:30-7:15

Brief presentations by teachers from each department about 11th grade course options



Course Selection Timeline

- School Wide Conversations - **This week**
- Choose courses for next year (English class) - **February -10th & 11th**
- Course Verification Forms will be sent via Informed K12 -
- Any requests to change must be submitted by **April 3rd**

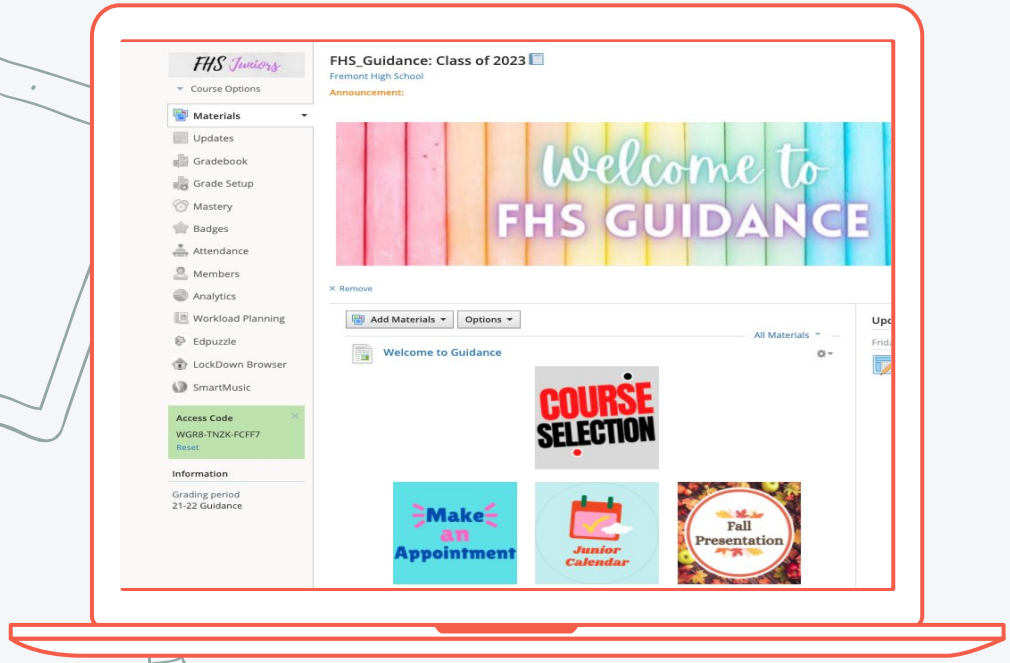
Junior year schedule

1. Amer. Lit **or** Am. Lit Honors **or** APLAC
2. US History **or** APUSH
3. Math
4. Science
5. Elective (PE*, fine art, applied academic, World Language)
6. Elective (PE*, fine art, applied academic, World Language)

*sports count for PE credits

(*For 4-year university, must take World Lang (2 yr) and 1 year of a Fine Art)*

Course Selection Folder



SCHOOLOGY FOLDER

FILL OUT - DO NOT SUBMIT:

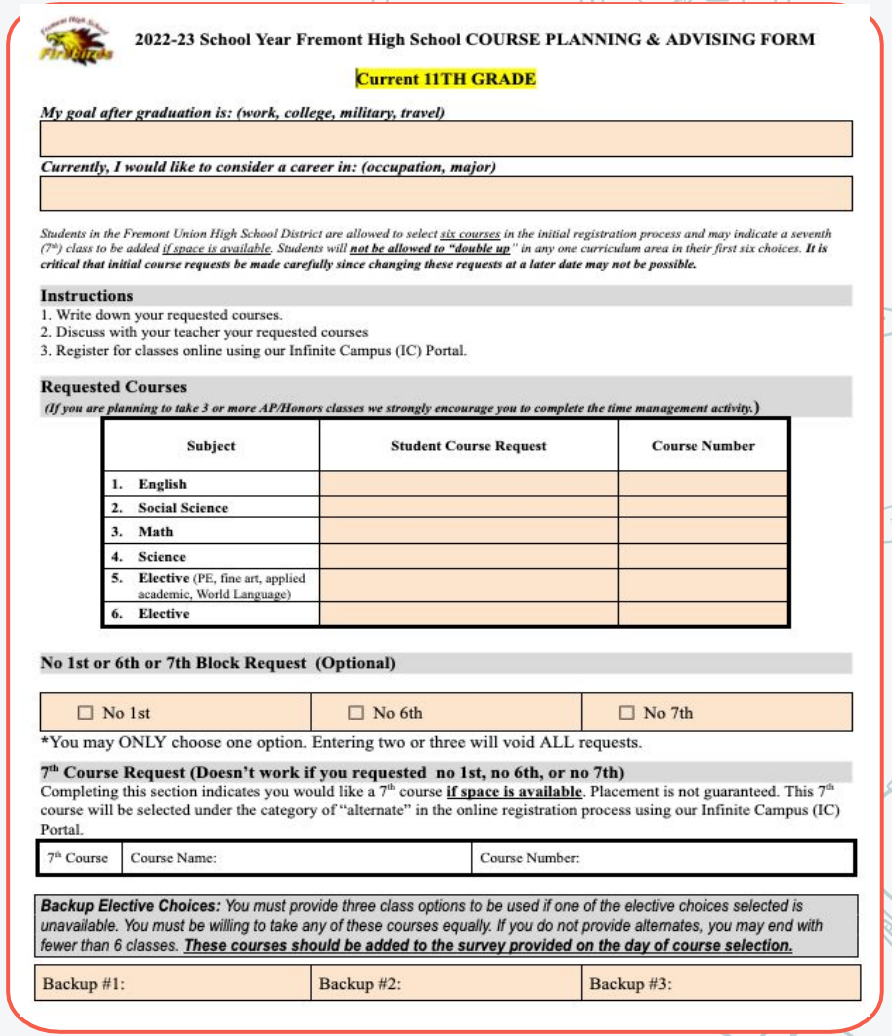
- Course Advising Sheet
- Time Management Activity & Homework Calculation Guide

RESOURCES:

- FHS Course Offerings
- Math Course Sequence
- AP/Honors Agreement

Course Advising Sheet

- This is what students can use to prepare for course selection and to have conversations with teachers.
- **10th grade students are completing this in their World Literature classes**



2022-23 School Year Fremont High School COURSE PLANNING & ADVISING FORM

Current 11TH GRADE

My goal after graduation is: (work, college, military, travel)

Currently, I would like to consider a career in: (occupation, major)

Students in the Fremont Union High School District are allowed to select six courses in the initial registration process and may indicate a seventh (7th) class to be added if space is available. Students will ***not be allowed to "double up"*** *in any one curriculum area in their first six choices.* ***It is critical that initial course requests be made carefully since changing these requests at a later date may not be possible.***

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. **English**		
2. **Social Science**		
3. **Math**		
4. **Science**		
5. **Elective** (PE, fine art, applied academic, World Language)		
6. **Elective**		

No 1st or 6th or 7th Block Request (Optional)

☐ No 1st	☐ No 6th	☐ No 7th

*You may ONLY choose one option. Entering two or three will void ALL requests.

7th Course Request (Doesn't work if you requested no 1st, no 6th, or no 7th)

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course	Course Name:	Course Number:

Backup Elective Choices: *You must provide three class options to be used if one of the elective choices selected is unavailable. You must be willing to take any of these courses equally. If you do not provide alternates, you may end with fewer than 6 classes.* ***These courses should be added to the survey provided on the day of course selection.***

Backup #1:	Backup #2:	Backup #3:

School-Wide Conversations

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. **English**		
2. **Social Science**		
3. **Math**		
4. **Science**		
5. **Elective** (PE, fine art, applied academic, World Language)		
6. **Elective**		

Teachers give recommendations, but ultimately it is a student/family decision.

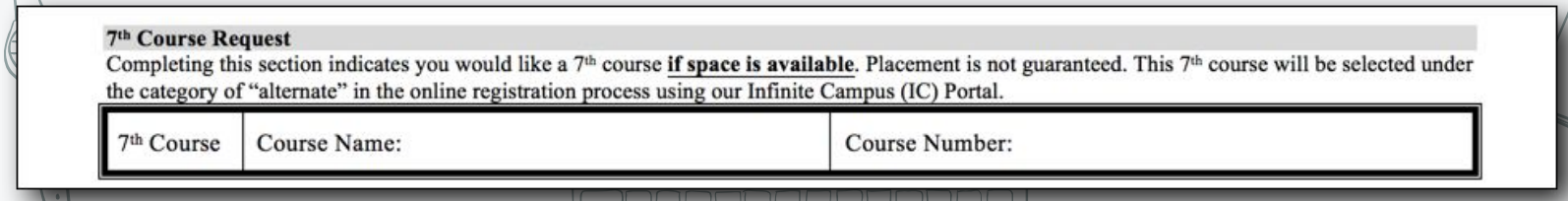
Summer Classes

- **FUHSD Summer School-For Credit Recovery**
  - -Term 1: 6/15-7/2 (no class 6/19)
  - -Term 2: 7/6-7/23
  - Complete one semester of one class per term (10 total credits possible for both terms)
  - Classes meet daily and attendance is critical
  - Counselors will be signing students up for Summer School in February/March

Summer Classes

- **Summer Classes for Advancement**
  - Typically these courses do not go on the FHS transcript
  - Students need to communicate with us if summer plans change. We will be holding a spot for you in the requested class, and changes may not be possible.
  - You need to research where to take these classes - we will not make recommendations for outside courses
  - Be sure to check the UC A-G Course List for UC/CSU approved courses

- There are no guarantees to add a 7th class
- If you don't receive a 7th class, you will have an opportunity to add one during the add lottery (2nd week of school)
- Your 7th class could be one of your alternates
- No department "double-ups" (ex. Chem & Physics)
- AVID or Band could potentially be your 7th class
- Student Tutor can be your 7th class



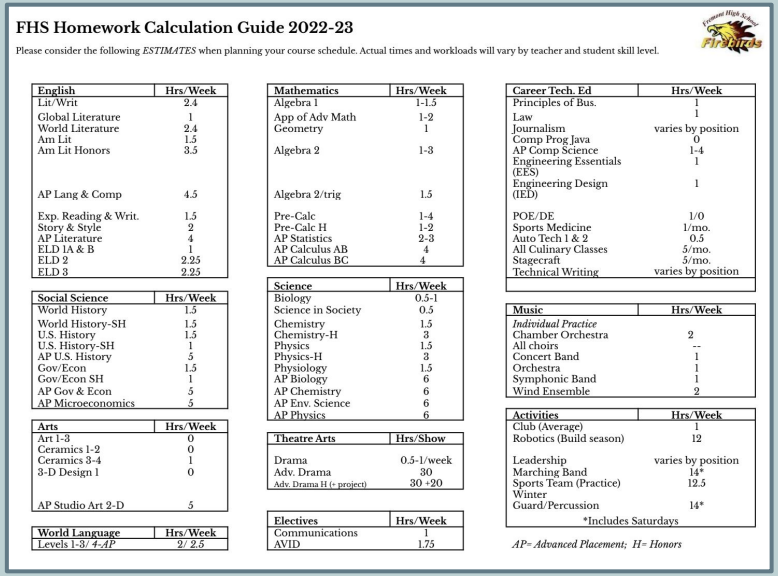
7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course	Course Name:	Course Number:

Course Selection Resources

Homework Calculation Guide & Time Management Activity



FHS Homework Calculation Guide 2022-23

Please consider the following *ESTIMATES* when planning your course schedule. Actual times and workloads will vary by teacher and student skill level.

English	Hrs/Week
Lit/Writ	2.4
Global Literature	1
World Literature	2.4
Am Lit	1.5
Am Lit Honors	3.5
AP Lang & Comp	4.5
Exp. Reading & Writ.	1.5
Story & Style	2
AP Literature	4
ELD 1A & B	1
ELD 2	2.25
ELD 3	2.25

Social Science	Hrs/Week
World History	1.5
World History-SH	1.5
U.S. History	1.5
U.S. History-SH	1
AP U.S. History	5
Gov/Econ	1.5
Gov/Econ SH	1
AP Gov & Econ	5
AP Microeconomics	5

Arts	Hrs/Week
Art 1-3	0
Ceramics 1-2	0
Ceramics 3-4	1
3-D Design 1	0
AP Studio Art 2-D	5

World Language	Hrs/Week
Levels 1-3/ *4-AP*	2/ 2.5

Mathematics	Hrs/Week
Algebra 1	1-1.5
App of Adv Math	1-2
Geometry	1
Algebra 2	1-3
Algebra 2/trig	1.5
Pre-Calc	1-4
Pre-Calc H	1-2
AP Statistics	2-3
AP Calculus AB	4
AP Calculus BC	4

Science	Hrs/Week
Biology	0.5-1
Science in Society	0.5
Chemistry	1.5
Chemistry-H	3
Physics	1.5
Physics-H	3
Physiology	1.5
AP Biology	6
AP Chemistry	6
AP Env. Science	6
AP Physics	6

Theatre Arts	Hrs/Show
Drama	0.5-1/week
Adv. Drama	30
Adv. Drama H (+ project)	30 +20

Electives	Hrs/Week
Communications	1
AVID	1.75

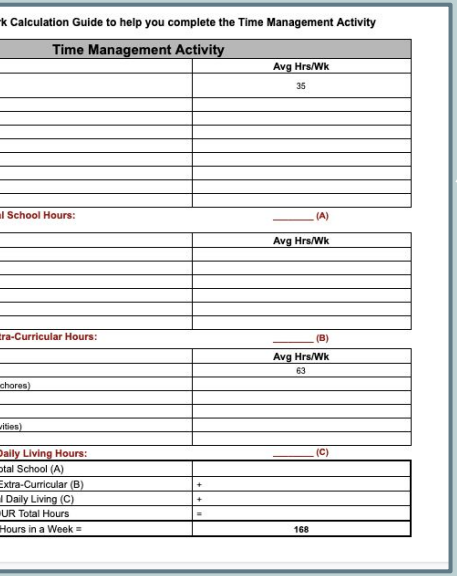
Career Tech. Ed	Hrs/Week
Principles of Bus.	1
Law	1
Journalism	varies by position
Comp Prog Java	0
AP Comp Science	1-4
Engineering Essentials (EES)	1
Engineering Design (IED)	1
POE/DE	1/0
Sports Medicine	1/mo.
Auto Tech 1 & 2	0.5
All Culinary Classes	5/mo.
Stagecraft	5/mo.
Technical Writing	varies by position

Music	Hrs/Week
Individual Practice	
Chamber Orchestra	2
All choirs	--
Concert Band	1
Orchestra	1
Symphonic Band	1
Wind Ensemble	2

Activities	Hrs/Week
Club (Average)	1
Robotics (Build season)	12
Leadership	varies by position
Marching Band	14*
Sports Team (Practice)	12.5
Winter Guard/Percussion	14*

*Includes Saturdays

AP= Advanced Placement; H= Honors



Use the Homework Calculation Guide to help you complete the Time Management Activity

Time Management Activity

In Class & Homework	Avg Hrs/Wk
In class 5 days per week x 7 hours per day	35
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective:	
Elective:	
PE:	

Total School Hours: _____ (A)

Extra-Curricular Activities	Avg Hrs/Wk
Paid job	
Hobbies/Interests	
Community Service	
Non-School Sports	
School-Related Activity	
School-Related Activity	

Total Extra-Curricular Hours: _____ (B)

Daily Living Activities	Avg Hrs/Wk
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores)	
Family time	
Free time (friends, etc.)	
Travel time (to/from school, activities)	
Faith/Religious Activities	

Total Daily Living Hours: _____ (C)

Total School (A)	
Total Extra-Curricular (B)	+
Total Daily Living (C)	+
YOUR Total Hours	=
Total Hours in a Week =	168

- **Time Management Activity found on the Homework Calculation Guide.**
- **This will help you make class choices while maintaining balance.**

Promoting student wellness

- Sleep (8-9 hours ideal)
- Social time with friends (preferably in person)
- Limits on technology (especially around bedtime)
- Physical activity for mental health (3-5 times/week)
- Time for family connection
- Healthy communication (listening, validating, joint problem solving)

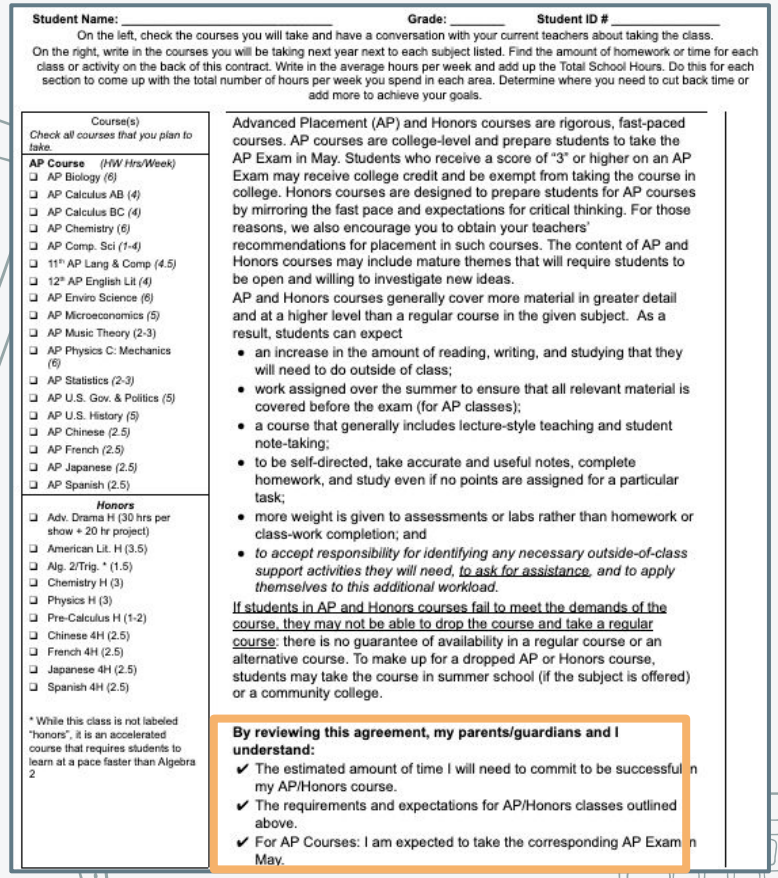
AP/Honors Informational Meetings

Week 1	Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
TUTORIAL			Chemistry (Rm 93)		Chinese (Rm C209)
LUNCH				2D Art and Design (Rm 162)	

Week 2	Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
TUTORIAL	MLK DAY		Am Lit Honors (Student Center) AP Eng Lang (Student Center) AP Eng Lit (Rm A211)		Env Science (132)
LUNCH	MLK DAY	US History (Student Center)	Physics (Fair Oaks)	Calculus AB Calculus BC Statistics (Student Center)	Gov't/Econ. (Student Center)

Week 3	Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
TUTORIAL	CLOSED		Japanese (Rm C206) French (Rm C211)		Rally
LUNCH	Biology (Rm 91)	Spanish (Student Center)	Computer Science (Student Center)		

AP/Honors Agreement



Student Name: _____ **Grade:** _____ **Student ID #** _____

On the left, check the courses you will take and have a conversation with your current teachers about taking the class.
On the right, write in the courses you will be taking next year next to each subject listed. Find the amount of homework or time for each class or activity on the back of this contract. Write in the average hours per week and add up the Total School Hours. Do this for each section to come up with the total number of hours per week you spend in each area. Determine where you need to cut back time or add more to achieve your goals.

Course(s)
Check all courses that you plan to take.

AP Course *(HW Hrs/Week)*

- ❑ AP Biology *(6)*
- ❑ AP Calculus AB *(4)*
- ❑ AP Calculus BC *(4)*
- ❑ AP Chemistry *(6)*
- ❑ AP Comp. Sci *(1-4)*
- ❑ 11th AP Lang & Comp *(4.5)*
- ❑ 12th AP English Lit *(4)*
- ❑ AP Enviro Science *(6)*
- ❑ AP Microeconomics *(5)*
- ❑ AP Music Theory (2-3)
- ❑ AP Physics C: Mechanics *(6)*
- ❑ AP Statistics *(2-3)*
- ❑ AP U.S. Gov. & Politics *(5)*
- ❑ AP U.S. History *(5)*
- ❑ AP Chinese *(2.5)*
- ❑ AP French *(2.5)*
- ❑ AP Japanese *(2.5)*
- ❑ AP Spanish (2.5)

Honors

- ❑ Adv. Drama H (30 hrs per show + 20 hr project)
- ❑ American Lit. H (3.5)
- ❑ Alg. 2/Trig. * (1.5)
- ❑ Chemistry H (3)
- ❑ Physics H (3)
- ❑ Pre-Calculus H (1-2)
- ❑ Chinese 4H (2.5)
- ❑ French 4H (2.5)
- ❑ Japanese 4H (2.5)
- ❑ Spanish 4H (2.5)

* While this class is not labeled "honors", it is an accelerated course that requires students to learn at a pace faster than Algebra 2

Advanced Placement (AP) and Honors courses are rigorous, fast-paced courses. AP courses are college-level and prepare students to take the AP Exam in May. Students who receive a score of "3" or higher on an AP Exam may receive college credit and be exempt from taking the course in college. Honors courses are designed to prepare students for AP courses by mirroring the fast pace and expectations for critical thinking. For those reasons, we also encourage you to obtain your teachers' recommendations for placement in such courses. The content of AP and Honors courses may include mature themes that will require students to be open and willing to investigate new ideas.

AP and Honors courses generally cover more material in greater detail and at a higher level than a regular course in the given subject. As a result, students can expect

- an increase in the amount of reading, writing, and studying that they will need to do outside of class;
- work assigned over the summer to ensure that all relevant material is covered before the exam (for AP classes);
- a course that generally includes lecture-style teaching and student note-taking;
- to be self-directed, take accurate and useful notes, complete homework, and study even if no points are assigned for a particular task;
- more weight is given to assessments or labs rather than homework or class-work completion; and
- *to accept responsibility for identifying any necessary outside-of-class support activities they will need, to ask for assistance, and to apply themselves to this additional workload.*

If students in AP and Honors courses fail to meet the demands of the course, they may not be able to drop the course and take a regular course: there is no guarantee of availability in a regular course or an alternative course. To make up for a dropped AP or Honors course, students may take the course in summer school (if the subject is offered) or a community college.

By reviewing this agreement, my parents/guardians and I understand:

- ✔ The estimated amount of time I will need to commit to be successful in my AP/Honors course.
- ✔ The requirements and expectations for AP/Honors classes outlined above.
- ✔ For AP Courses: I am expected to take the corresponding AP Exam in May.

- AP Agreement must be reviewed to understand the expectations and demands of AP/Honors classes.
- Choose AP/Honors courses carefully and understand that there may not be space available for you to change your schedule once school starts.

Course selection questions:

Should I ask my teacher or my counselor?

Teacher Questions

Specific subject/ course questions

- Am I ready to take an Honors or AP class?
- What's the content difference between an Honors or AP class?
- What am I going to do & learn in this class?
- How much homework is given? Class expectations?

Counselor Questions

Overall transcript & scheduling questions

- Based on the rest of my schedule, does it make sense to take this class?
- Outside commitments, am I taking on too much?
- Am I on track for graduation and A-G eligibility?

Things to consider when choosing classes:

- Graduation & College Requirements (A-G's)
- Post Secondary Goals/Plan
- Teacher Advice
- Other Time Commitments
- Honors/AP classes*
- Student interest
- 4-Year Plan in Schoology

Next steps:

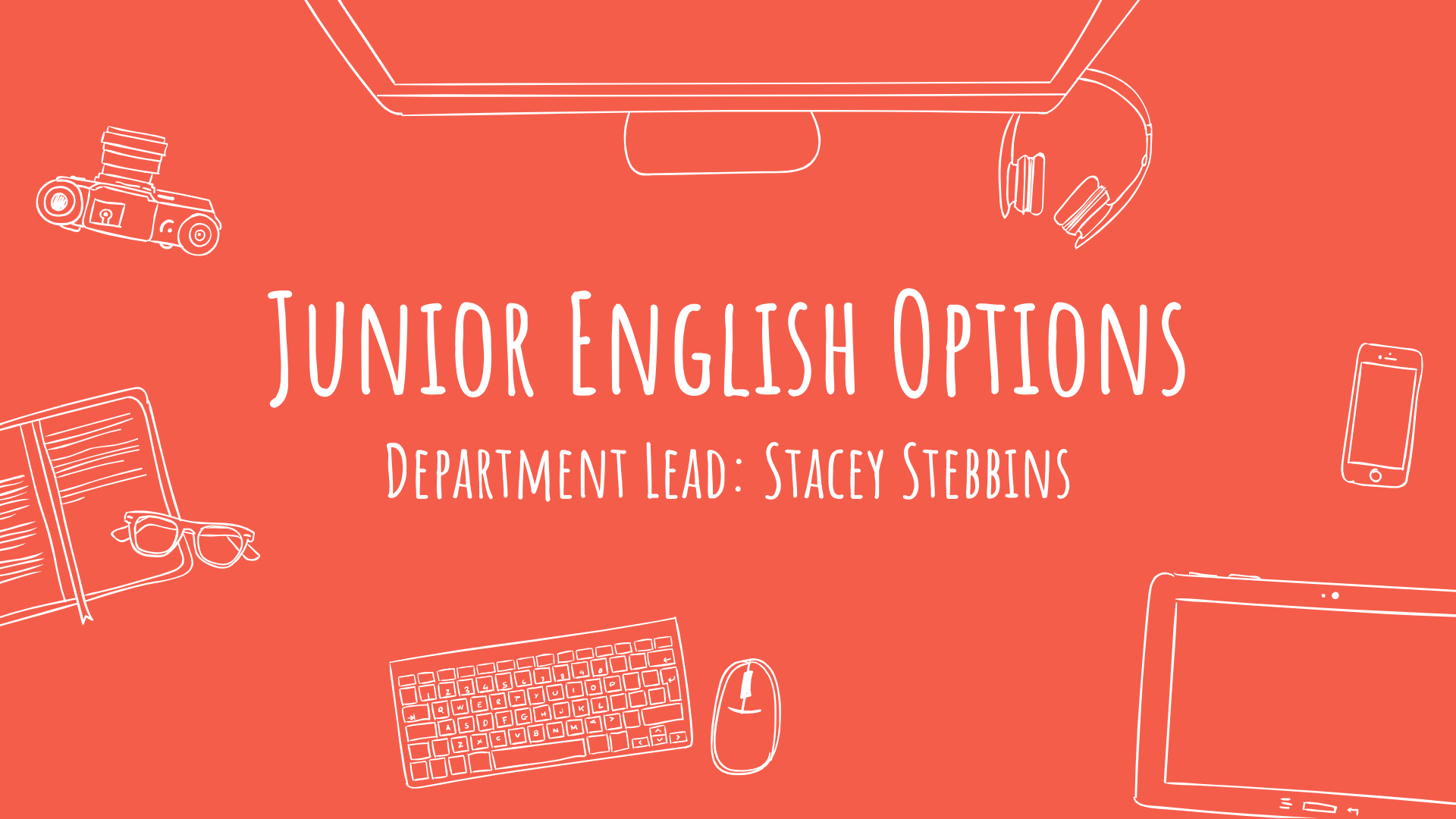
1) Students will input course requests on **February 10th & 11th** (during English classes)

2) Students should fill out the Course Advising Sheet and Time Management Activity found in Schoology to prepare for course selection

3) Students will receive course verification list by **March 31st**, which will give them an opportunity for requesting changes if needed.

Junior English Options

Department Lead: Stacey Stebbins





American Literature

American Literature Honors

***

AP Language and Composition



AP Language and Composition
APLaC

APLaC focuses on…

Social & Political Themes

Historical/Current
National/International
Non-Fiction

- Reading texts and analyzing for the big ideas of each **rhetorical** situation
- **Identifying** claims/evidence, reasoning/organization, and style.
- **Writing responses** on current topics – **rooted heavily on organized EVIDENCE and CLEAR reasoning.**

Sample Topics of Study/Skills

- Community/Collaboration
- Claim, Evidence, and Commentary
- Reading and writing effectively
- Creativity, the art and science of good writing
- Synthesis
- Controversy: Argument and Storytelling

AP Exam in May

- **50-55 Multiple Choice Questions**
  - 1.5 hour s
- **3 Essay Questions**
  - 2 hours

Collegeboard: Course + Test

General notes...

- College level rigor
  - Equivalent to a first-semester college-level class
- Fast-paced (not much time to work on assignments & several skills/assignments overlap)
- You will write 5-8 pages a week outside of class.

American Literature



American Literature focuses on…

Literature created by American Authors

Poems, stories, novels, plays, film, etc.

- Improving academic skills
  - Listening, speaking, reading, and writing
- Understanding the complexity of the American identity and perspective
- Becoming active and engaged citizens

Core texts and units

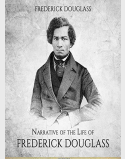
- American Voices
  - Short texts
- The Builders of America
  - *The Book of Unknown Americans*
- Remembering Veterans
  - *The Things They Carried*
- Empowered Voices
  - *The Crucible*
  - *A Raisin in the Sun*

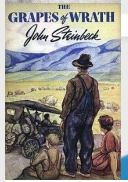
American Literature Honors

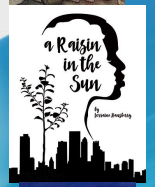


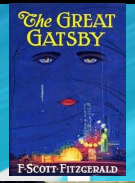
In American Literature Honors you will focus on...

- Practice and refine **analytical writing**
- Showcase **critical thinking** in a variety of mediums
- Apply text to **ourselves** and our context/world
- Build **academic discussion stamina**
- Practice and refine **reflective writing**

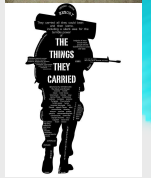












Sample units and texts...

- **American Voices**(short stories)
- **American Philosophy** (Transcendentalism)
- **The Fight for Justice** (*Frederick Douglass* and *The Grapes of Wrath*)
- **The American Dream** (*A Raisin in the Sun* and *The Great Gatsby*)
- **Standing Against Injustice** (*The Crucible*)
- **Truth and Storytelling** (*The Things They Carried*)



American Literature

American Literature Honors

***

AP Language and Composition

Junior Social Studies Options

Eric Summers
eric_summers@fuhsd.org



Junior Year:

US History

A **brief** review of United States history from 1750-1860. Then a **closer look** at the eras and issues from the Civil War through contemporary times.

AP US History

This class covers **all of American history** from Pre-Columbian times to the Present Day. The year culminates with the national AP test in May, for which students can earn college credits.

Classwork / Homework

US History

- High school level reading
- Up to three assignments per week
- Average of 1.5 hours of homework per week

APUSH

- College level reading
- Advance primary source analysis
- Time writing (short answer and essays) in response to complex prompts
- Average of 5 hours of homework per week

Both Classes

- Primary Source Analysis, Historical Thinking Skills, Organization, presentations, simulations, critical thinking, memorization, group work, note taking from reading and lectures, discussions.

Math Department

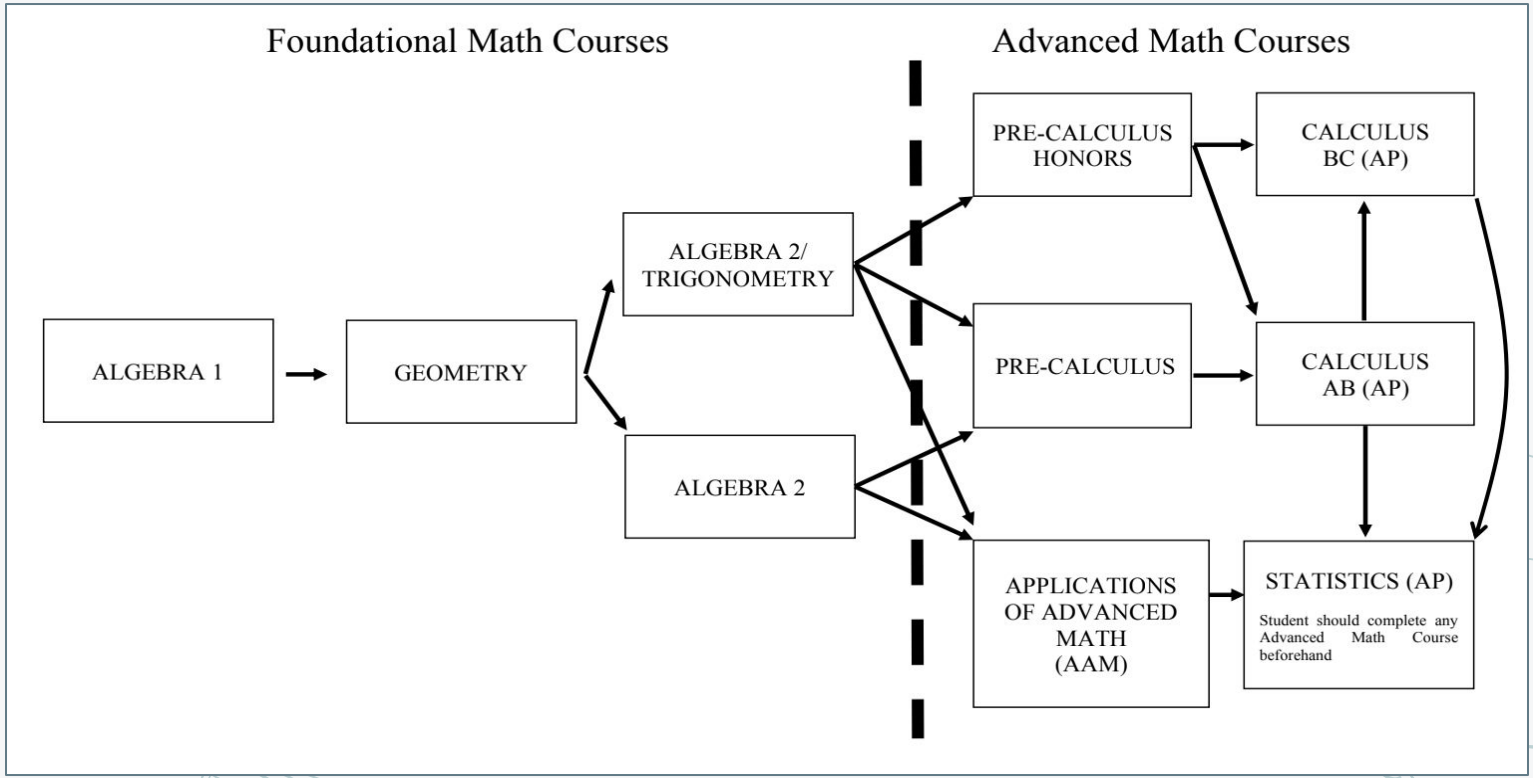
Micaela Kaye and Bob Capriles

Contact:

Math → micaela_kaye@fuhsd.org

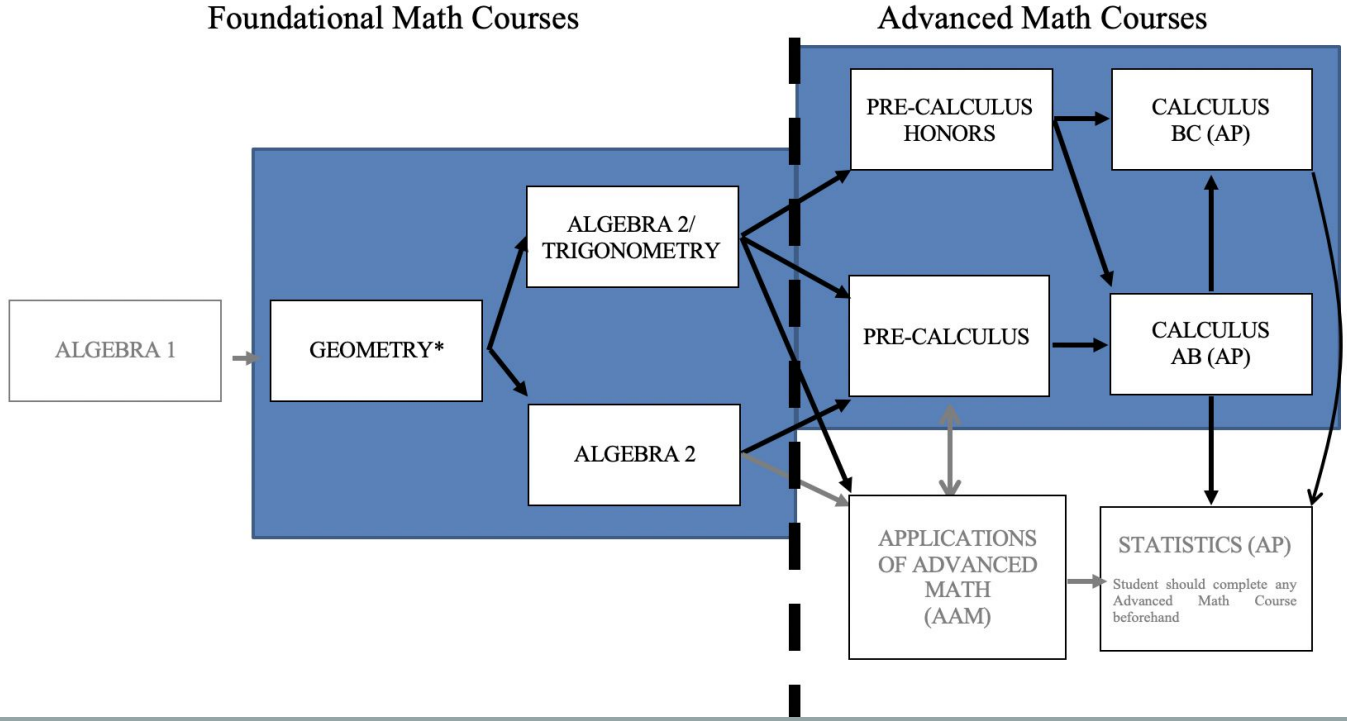
Engineering → bob_capriles@fuhsd.org

Math Course Sequence 2024-2025



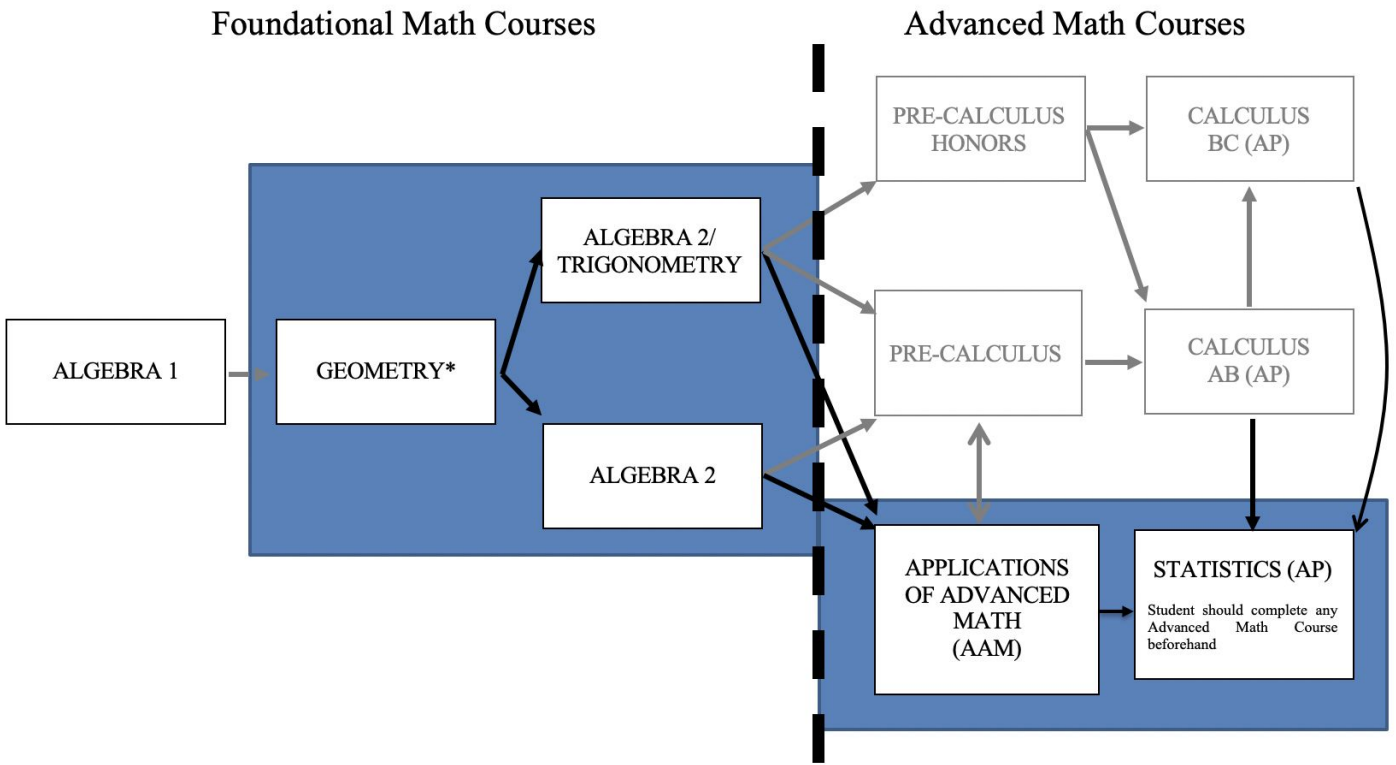
AP Calculus Track

The standard course sequence for students interested in taking AP Calculus.

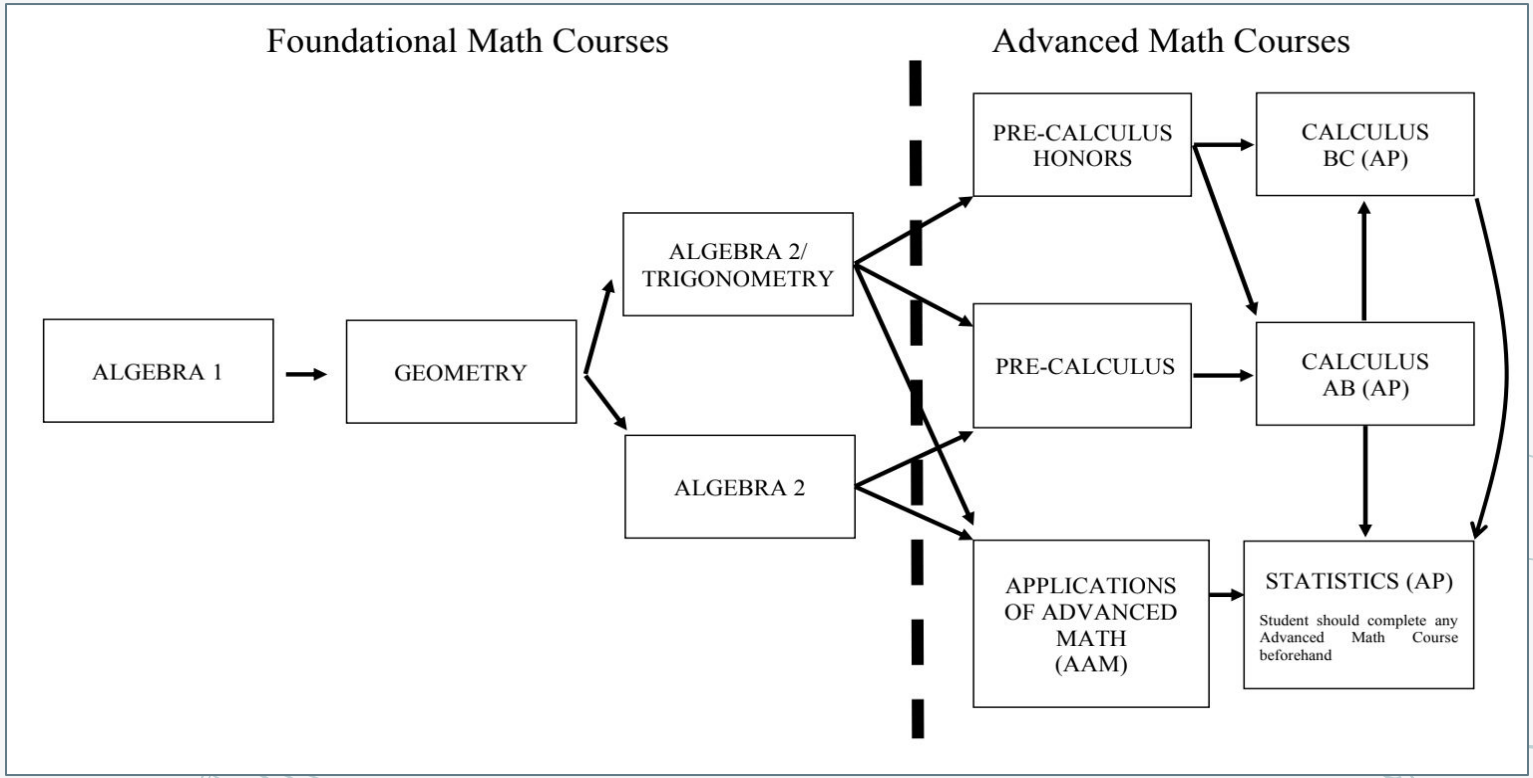


AP Statistics Track

The standard course sequence for students interested in taking AP Statistics.



Math Course Sequence 2024-2025



FHS Engineering Program

Engineering Essentials (EES)

**Must be enrolled in Algebra 1 (or higher)*

Engineering Design (IED)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

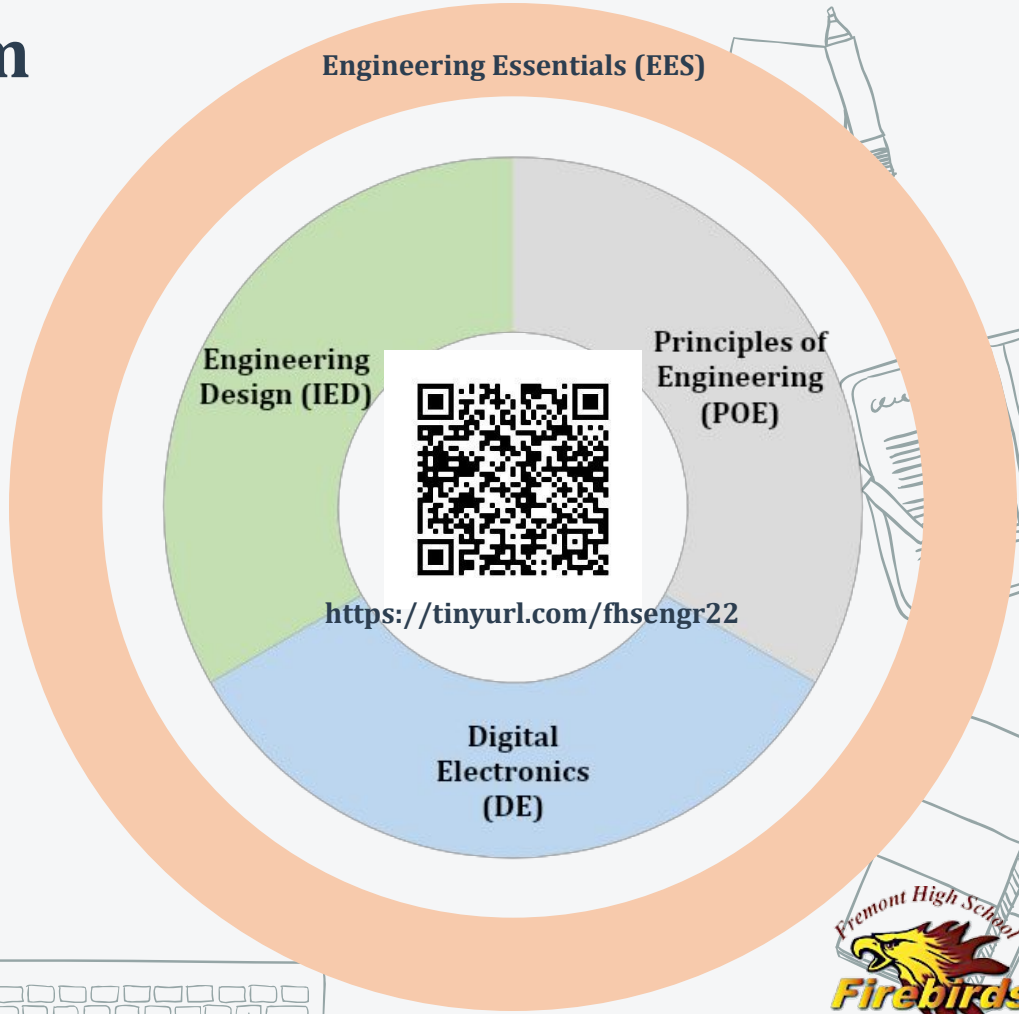
Principles of Engineering (POE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Digital Electronics (DE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Mr. Bob Capriles
bob_capriles@fuhsd.org



Fremont High School
Firebirds

Our message to rising Juniors..

Balance! Having 5 “hardest” classes isn’t particularly healthy.

There are a number of choices for you, make the one you’re ready for next. While it is ultimately up to you and your family, what are your teacher’s thoughts on the matter?

The math dept does NOT recommend advancing via a summer class.

IF you were to spend time on math this summer, it would be wiser to review than to look ahead.

Science Department Lead

Andree Heyneman

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Recommended Sequence:

9th grade	10th grade	11th grade	12th grade
Biology	Chemistry OR Chemistry Honors	AP Biology	
	Physics OR Physics Honors	AP Chemistry	
		AP Physics C	
		AP Environmental Science	
	Science and Society		
		Physiology	

What will I be learning?

Chemistry	Physics
Will your head explode if your helmet broke in space?	How is energy used in the design of roller coasters?
How do we know how old Earth is using nuclear chemistry?	How is the electricity I use on a daily basis generated?
CSI: How do we identify unknown chemicals?	What is light and how do we use it?
Why do fireworks have different colors?	How can we design devices to protect people during collisions?
What is the universe made of?	How can we use light to learn about stars and the universe?

What level should I take?

College Prep	Honors
Focus on concepts	Additional focus on problem solving and more depth
Math important, but not algebraically complicated	Math integral to class
30 min of HW per class	60 min of HW per class
More support in class to develop foundational skills & knowledge	More independent learning and faster pacing
	Strongly recommended prior to taking AP science courses

AP Science Courses

- A **second year course** in the topic (except APES)
- College-level work, taught in a supportive high school environment
- Independent reading and study required beyond classroom instruction; 90 min–2 hrs of HW per class
- AP examination in May (optional); some colleges may give credit for passing scores on exam

AP Science Courses

To be successful in AP science courses, we recommend the following prerequisites:

AP Biology

- High B or better in Biology **AND**
- B or better in Honors Chemistry OR an A in College Prep Chemistry

AP Chemistry

- B or better in Honors Chemistry OR an A in College Prep Chemistry

AP Physics C: Mechanics

- B or better in Physics Honors **AND** Precalculus Honors, **PLUS**
- Previous or concurrent enrollment in AP Calculus (AB or BC)

AP Environmental Science

- B or better in previous science courses **AND**
- Successful completion of any honors-level science course