Course Request Night: Counselor Workshop

Class of 2030

Agenda



Introduction to School Counselor



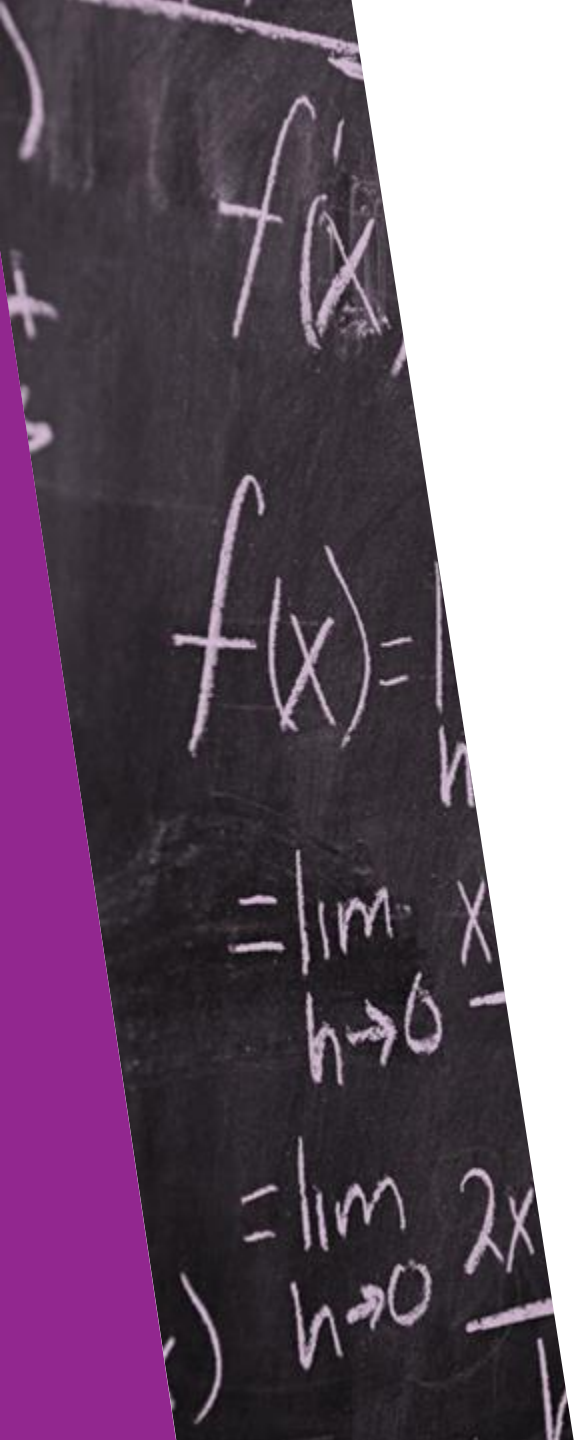
Graduation Requirements



Plan for selections!



Knowing your next steps/resources



Graduation Credit Requirements

Course Guide (lots of information!)

Minimum of 24 Credits – 7 classes x 4 years = 28 Credits

- 4.0 English
- 3.0 Social Studies (specific to WH; US; Civics)
- 3.0 Math (in grades 9-12)
- 3.0 Science (2 credits of lab science; 1 credit choice)
- 1.0 Career and Technical Education (CTE)
- 1.5 PE
- 0.5 Health
- 1.0 Art
- 2.0 World Language (or Personal Pathway)
- 5.0 Elective Credits (depending on Personal Pathway)

Additional Grad Requirements – Class of 2030

- Graduation Pathway: Multiple options to meet, including but not limited to state testing (SBA), SAT/ACT/AP test/ASVAB, Dual Credit classes
- High School and Beyond Plan: completion of core lessons each year in the new state high school and beyond platform
- WA State History: typically met in MS, if not course req. at HS



Scheduling Basics for a 7 period day

- Students need a full schedule = 7 credits
- Semester long courses = ½ year course = 0.5 credits
- Yearlong courses = full year course = 1.0 credits (.5 credit each semester)
- Students earn these credits by passing their courses with a D or higher



Sample 9th Grade Schedule

Period	Semester 1	Semester 2
1st	Literary Analysis & Composition 1A 0.5 credit	Literary Analysis & Composition 1B 0.5 credit
2nd	PE 0.5 credit	Studio Art 0.5 credit
3rd	World History 1 0.5 credit	World History 2 0.5 credit
4th	Algebra 1A 0.5 credit	Algebra 1B 0.5 credit
5th	Biology A 0.5 credit	Biology B 0.5 credit
6th	Graphic Design 0.5 credit	Future Ready 0.5 credit
7th	Spanish 1A or Guided Studies 0.5 credit	Spanish 1B or Guided Studies 0.5 credit

Changes to requests in the fall of next year are very limited!

Allowed Level Changes (if space permits)	*Preference Changes not allowed*
Honors WH → World History	Yoga ---- Ceramics
Honors Geometry → Geometry	Studio Art 1 ---- Health
Spanish 2 → retake Spanish 1	*Dropping 2nd semester PE b/c you have a new plan for finishing PE credits*

Only course **LEVEL CHANGES** will be made after CRP. Elective preference changes will **NOT** be made.

Rationale: Staffing decisions & schedules are made based on your course requests. Requesting a class now means you are asking for a spot in that class; there is no reserved seat to switch to if you didn't request a class.

Humanities Options for 9th grade

- Lit and Comp 1 EN100A/B
- Honors Lit and Comp 1 EN109A/B

- World History 1&2 SS100A/B
- Honors World History 1&2 SS120A/B
- AP Human Geography SS611A/B

Considerations…

- Balance between course load, extracurricular activities
- Previous/Current performance in humanities course
- Discussions with current teachers
- Learning recommendations for Honors: B+ or higher in current course

Math

- Students **MUST** follow the math sequence provided in the course catalog. **This flow chart** is your guidance to understand the sequence and learning recommendations guidelines – please follow them!
- **FAQs:** Families often have questions about math sequence and recommendations. This link can help families through the reflection process on math pathways, when there are decision points, and what is required for your unique post-secondary plan.
- **Extra support**: If you would benefit from extra support in math, we recommend adding a **Math Lab class** to your schedule (available for Algebra 1, Geometry, Algebra 2).
- Questions about the math sequence can be directed to your middle school counselor or math teacher.

Science Options for 9th grade

- ***Biology*** ***SC200A/200B***
  (Most 9th graders take this)
- Phys/Chem Lab Methods SCI125/SCI126
- Chemistry SC300A/300B ***

Considerations:

- Math level: see learning recommendations in the course guide ***
- Current science course and teacher recommendation

World Language Options for 9th grade

Consider you post-high school plan . . .

- 4-year colleges: 2 credits of the same world language required for 4 yr college admission; some highly selective schools recommend 3
- consider your current performance before deciding to advance or select honors
- 2 year colleges, technical schools, military, work: world language not required

If you are fluent in a language other than English, it is possible for you to take a World Language Proficiency exam for credit in place of or in addition to WL classes.

French 1 FO110A/B	French 2 FO120A/B
Spanish 1 FO310A/B	Spanish 2 FO320A/B
Japanese 1 FO410A/B	Japanese 2 FO420A/B
Mandarin Chinese 1 FO165 A/B	Mandarin Chinese 2 FO166 A/B
ASL 1 FO510A/B	ASL 2 FO520A/B

All PE & Health Options:

PE:

- Dance
- Hiking Fitness
- Lifetime & Community Sports
- Team Sports
- Walking Fitness
- Weight Training & Conditioning
- Weight Training for Women
- Weight Training for Men
- Yoga

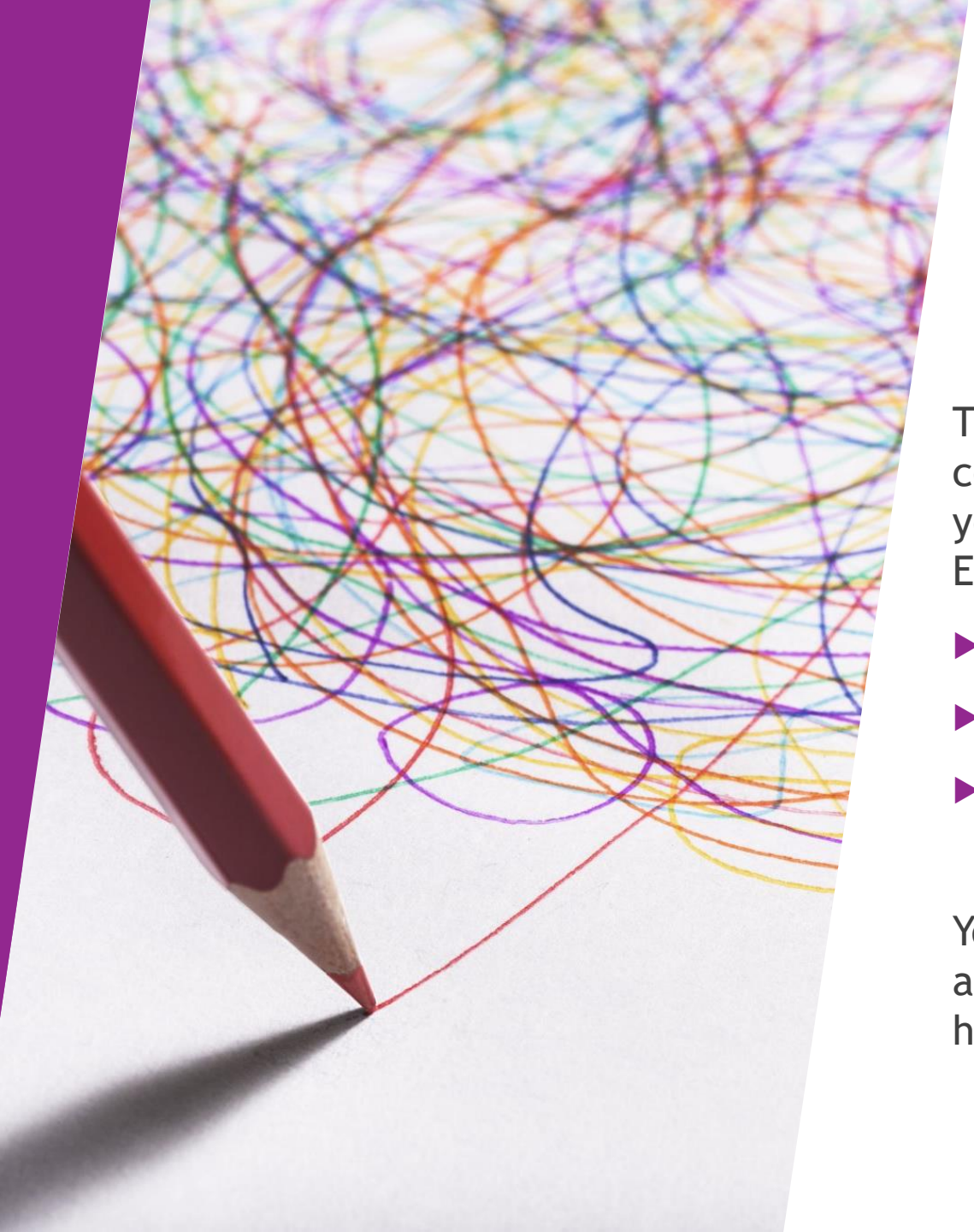
Health: There is **only one course option at IHS to satisfy the health requirement**. This class is available to you every year in high school and as an online class through ISD summer school. It is also available to juniors and seniors through Running Start.

Students MUST earn 1.5 PE credits to graduate

Students MUST take at least 0.5 of those PE credits through an ISD PE Class (in the school day, summer PE or running start)

Students MAY choose to waive 1.0 of those PE credits through ISD sports or an outside PE option (see website)

TIP: Consider only requesting ONE semester of PE in 9th grade as you explore all the ways to earn credit



Art/CTE/Electives for 9th grade:

The following categories in the course guide will show you classes you can take to fulfill Art, CTE and Elective credits.

- Fine/Visual/Performing Arts
- Career and Tech Education
- Leadership

You can look for both semester long and yearlong options under these headings in the course catalog.

Guided Studies

- Structured support class focused on study skills and self-awareness as a learner
- Instruction in organization, note-taking, planners, and academic reading strategies
- Emphasis on applying effective learning strategies across classes
- Development of self-advocacy skills for success in general education
- Grading based on in-class work, assignments, participation, and progress in other classes (students earn a Pass, not a letter grade)
- Designed for students seeking support with organization and homework completion

Available as a semester or yearlong course for elective credit.

- For a semester add code WGS100
- For a full year add codes WGS100 and WGS101

Math Lab Classes

- Support lab for students concurrently enrolled in Algebra 1 (also Geometry and Algebra 2 in future)
- Focused on improving success and confidence
- Reinforces content through review, re-teaching, extra practice, and skill-building
- Includes review of prior skills and preview of upcoming concepts to strengthen understanding

Available as a semester or yearlong course for elective credit.

- **Algebra 1 Lab: add code MT101A/B**

Online Learning District Program: Online Learning website

2.0 credits per year allowed through the ISD Online Learning.

8.0 credits allowed in high school through ISD Online Learning.

Registration for Summer/Fall 2026 **opens in March**

Online classes taken 1st or 7th period **off campus** are available at no additional cost. (no school transportation provided)

Online classes can be taken **in addition to a student's 7 period day** (8th period) for a **fee ($)**.

If you are considering an online class for your student, you and your student should **meet with the Middle School Counselor** during CRP timeline to discuss.

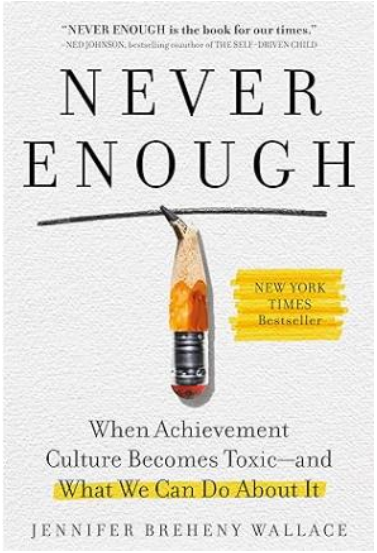
High School credits from Middle School

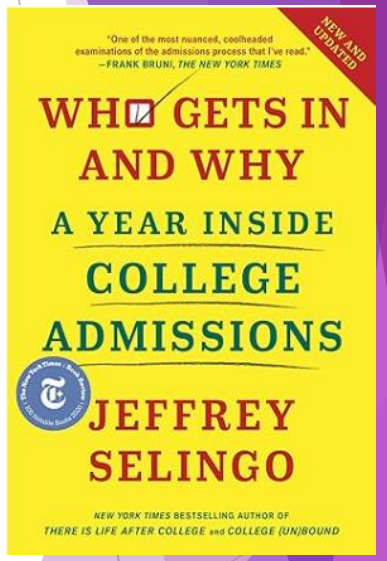
- High school level courses taken **in one of our middle schools** are automatically transcribed to the high school transcript.
- There is an **OPT OUT** process your student can complete once they begin attending classes at the high school. This would be if they DO NOT want the grade and/or the credit to be showing. School Counselor can advise.
- Keep in mind that although students earn credit, grad requirements still require certain credits be earned while in high school (ex: 3.0 of math)
- Example of Courses:
  - First year of world language
  - Algebra 1, Geometry, Algebra 2
  - Biology

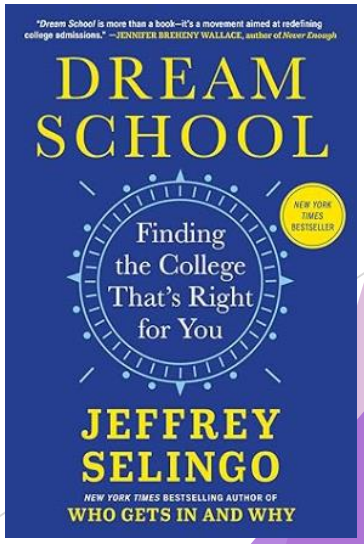
If you took a High School level class and struggled, it would be best to re-take in 9th grade to ensure a solid foundation!

Honors & AP Considerations

- **Start strong, not stressed.** Ninth grade is about building confidence, habits, and skills for long-term success.
- **Balance matters.** A healthy schedule leaves time for sleep, interests, and relationships alongside academics.
- **Rigor should match readiness.** Choose courses that challenge without overwhelming.
- **Avoid the "everyone else is doing it" trap.** The right path is personal, not competitive.
- **High school is a four-year journey.** There is plenty of time to take honors and AP courses later.
- **Capability isn't the same as capacity.** Students may understand the material, but the workload and pace can still be overwhelming—especially in ninth grade.





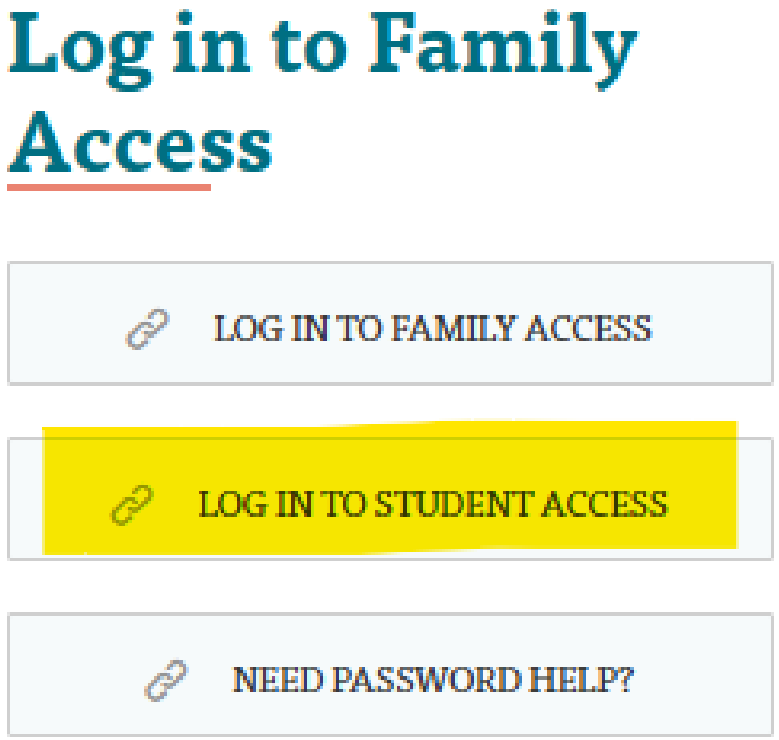


Other helpful reminders:

- Create a plan to meet graduation requirements over the next 4 years. Students can use **Course Planner** in Xello to create a 4 year-plan.
- Students cannot change courses in the fall, so it is important to think carefully about all course request, including elective choices, PE, etc.
- Be sure to **include alternate options** that students **do want** to have as back up choices. We rely on these back up choices regularly. Without alternates we choose elective or PE classes for students.
  - Some classes may not run if not enough students request so alternates are VERY important!

Reminders & Online Resources

- Course Selection must be completed in Student Access
- Online entry directions are available on the Counseling Website for resources
  - You will also find Course Guide, sample schedules, videos, FAQs
- District Resources for families new to US HS system
- **Deadline** to enter 7.0 credits + alternates is – **March 6th at 8am**
- Counselors will be at MS lunches to answer student questions on **February 27th**

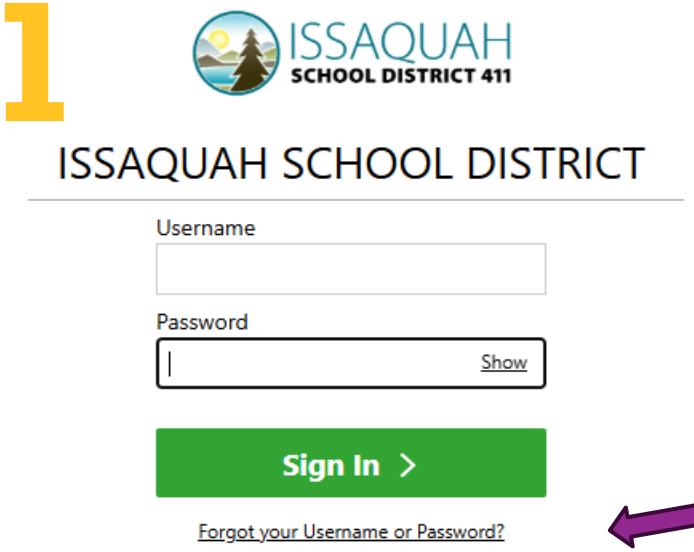


CRP OPENS AFTER MID-WINTER BREAK

- Current ISD Students:
  - You will have access to Skyward to enter your requests beginning on Wednesday 2/25 at 8am
- New to ISD:
  - Counseling Assistant Maureen Lipsen will email you information the week of 2/23 (or once your enrollment has been approved)
- NOTE: This is requests ONLY – there is no rush to turn anything in on the first day. Request numbers are used to determine the number of sections that will be offered, but the schedules are not run until the summer.
- All students will receive their core classes – electives may be filled by upper classes first, however students generally have success getting in one or more of their elective choices (add Alternates!)

Entering Course Requests in Skyward

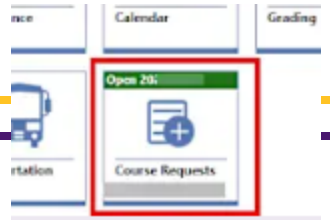
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Log in to **Student Access**

first 4 letters of last name + first 3 of first name + 2 digit grad year (SmitJan27)

Password reset



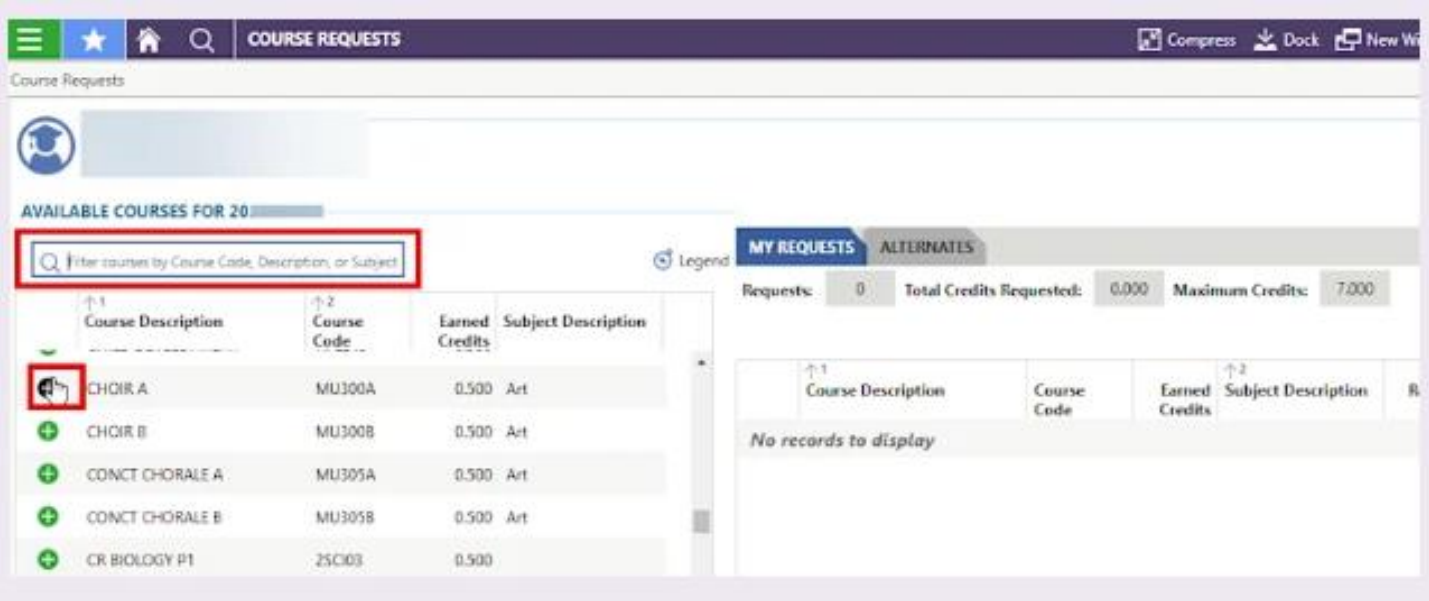
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Enter Future Requests & Alternates

Step by Step Guide

Entering Course Requests in Qmlativ

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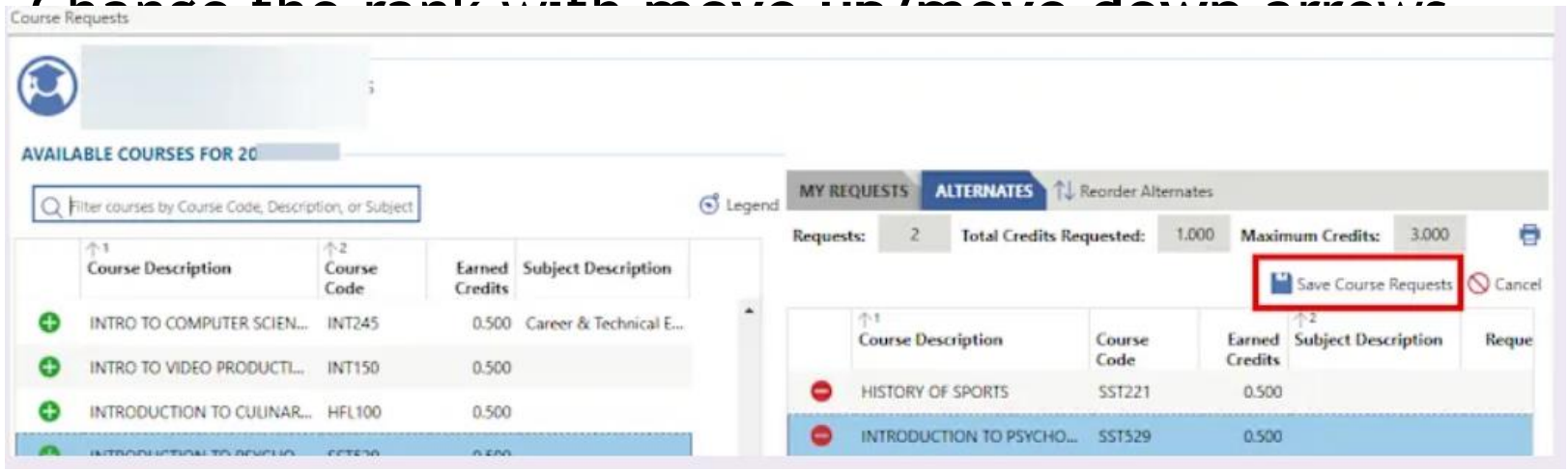


- Use the scroll bar or search box to find a course.
- Click the plus sign next to the title to **Add Course**.
- Add your requests until the **Total Credits** count is 7.0.
- To remove a course, click minus sign in **My Requests** to remove.
- Continue until your credit count equals 7.0

Adding Alternates & Submitting

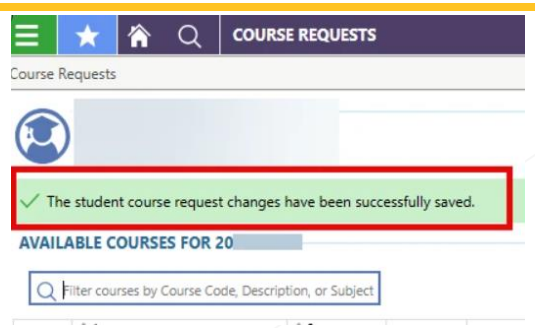
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- Select the **Alternates** tab and follow the same process to add.
- Add at least 4-8 alternates
- Change the rank with move up/move down arrows



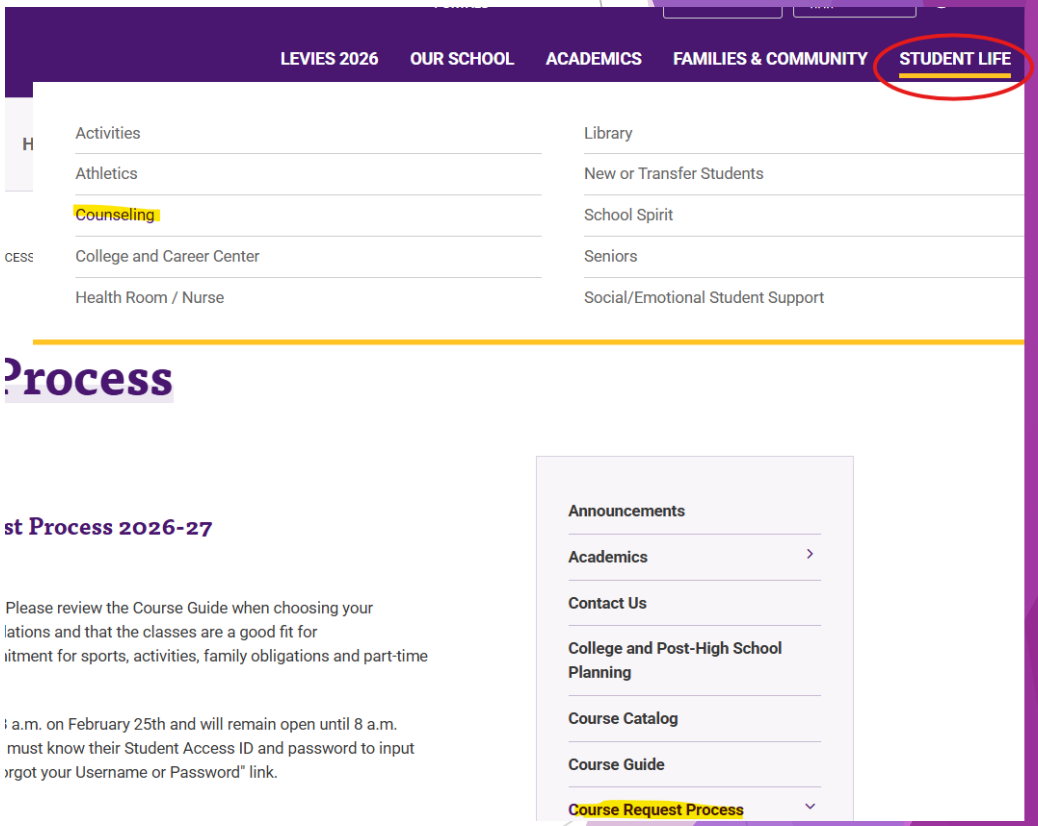
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- Review your course & alternate selections.
- Select Save Course Requests
- A message will appear saying that the course requests have been saved.



Where to find all the things!

- IHS Counseling website
- Resourses for CRP (including this presentation): https://issaquahhigh.isd411.org/student-life/counseling/course-request-process (scroll to Class of 2030)
- Course Catalog (read about each class, learning recommendations, etc)
- Course Guide (credits, graduation requirements, options, dual credit, and much much more!)
- Flow charts
  - Computer Science Flowchart
  - English Flowchart
  - Math Flowchart
  - Science Flowchart
  - Course Fees



Thank you!

Welcome

IHS Class of 2030