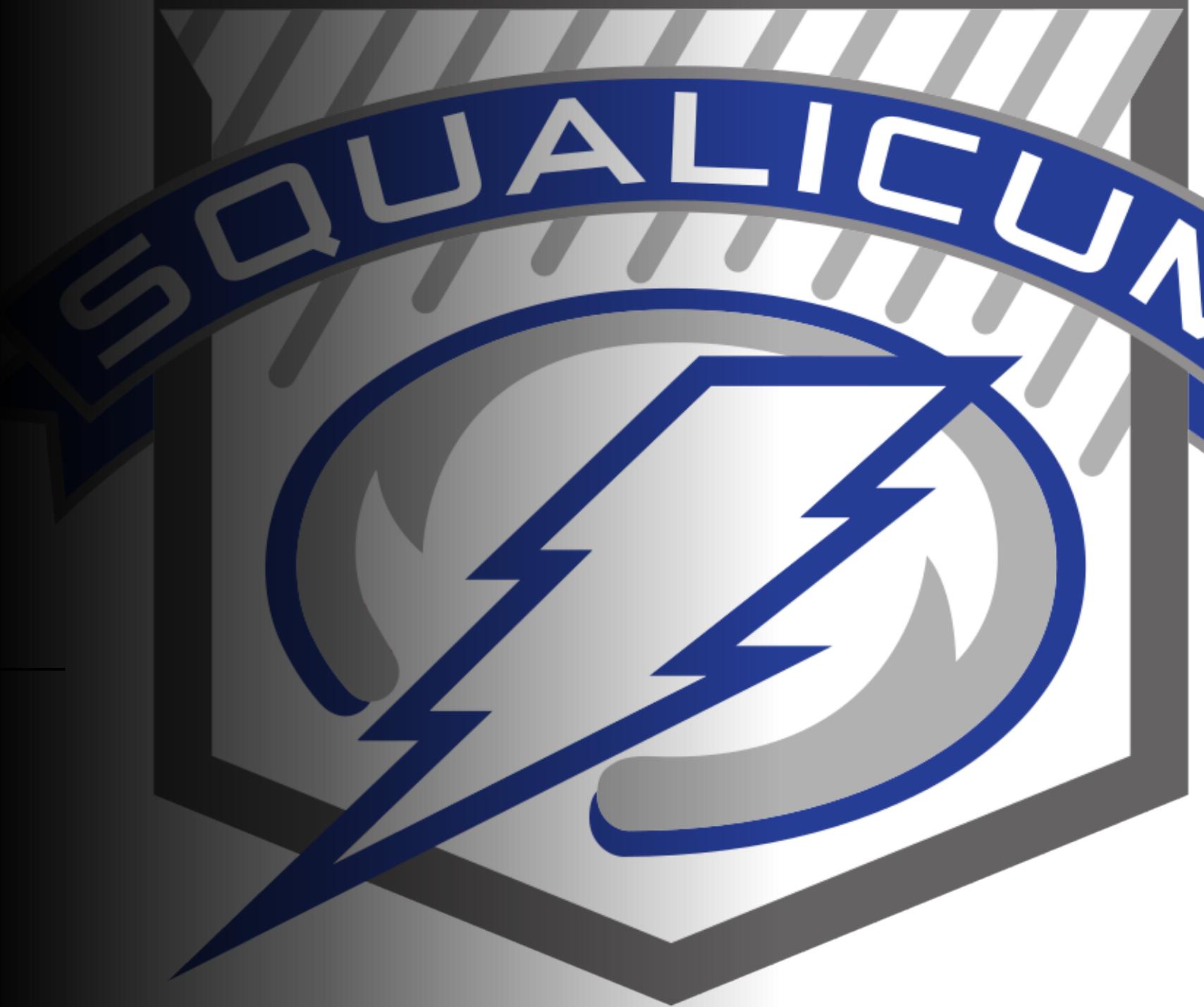




**SQHS  
STORM  
SLIDES**





# February 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Storm: Academic STUDENT INTEREST SURVEY	3	4	5	6 Storm	7	8
9 STORM SENIOR MEETING	10	11	12 EARLY RELEASE	13 1-Hour Strom REGISTRATION: 9 <sup>th</sup> grade class meeting	14	15
16 HOLIDAY NO SCHOOL	17 1-Hour Strom REGISTRATION: 10 <sup>th</sup> grade class meeting	18 1-Hour Strom REGISTRATION: 11 <sup>th</sup> grade class meeting	19 EARLY RELEASE	20 Regular STORM FINALIZE REGISTRATION	21	22
23 STORM: School Links	24	25	26	27 Storm: 1 Hour BSU Assembly	28	

# 2026-2027 COURSE REGISTRATION

Students, it is time to start preparing for the 2026-2027 school year!

You will have the opportunity to register for 7 courses (with up to 7 alternates) in skyward.

Here is an overview of the process:

Friday, February 13: 1-hour Storm	Tuesday, February 17: 1-hour Storm	Wednesday, February 18: 1-hour Storm	Friday, February 20: Regular Storm
<ul style="list-style-type: none"><li>• Registration opens in skyward</li><li>• 9<sup>th</sup> grade mini-assembly to learn about course offerings</li><li>• 10<sup>th</sup>-11<sup>th</sup>: Review course requirements AND start signing up classes in Skyward.</li></ul>	<ul style="list-style-type: none"><li>• 10<sup>th</sup> mini-assembly to learn about course offerings</li><li>• 9<sup>th</sup> and 11<sup>th</sup>: Review course requirements AND start signing up classes in Skyward.</li></ul>	<ul style="list-style-type: none"><li>• 11<sup>th</sup>: Mini-Assembly to learn course offerings.</li><li>• 9<sup>th</sup>-10<sup>th</sup>: Review course requirements AND start signing up classes in Skyward</li></ul>	<ul style="list-style-type: none"><li>• 9<sup>th</sup>-11<sup>th</sup>: Finalize course requests!</li></ul>

# How to Register For Classes

- Log-in to skyward.
- On left side menu, click “schedule”.
- At top of “schedule” page, click on 26/27 school year.

Add courses! Choose 14 total classes and 9 alternates.

Want more information  
about classes?

Registration 2026-2027

[Squalicum: Elective Videos - BSD 501](#)

Does a program  
require an  
application?  
Learn more  
Friday, 2/20!



## Teacher Academy 1 & Teacher Academy 2

**\*\*No Application\*\*** (Year-Long class)

-2<sup>nd</sup> Semester is internship at local elementary school

-Info Meeting: Friday, Feb 20<sup>th</sup> (10:15-10:30 in B101)

## Latinos in Action Class

**\*\*Application required\*\*** (Year-Long class)

-Info Meeting: Friday, Feb 20<sup>th</sup> (9:50-10:10 in C203)

## Leadership Class

**\*\*Application required\*\*** (Semester-Long class)

-Register NOW. (Pick-Up Application *this week* in D205)

## Mentoring & Link Class

**\*\*Application required\*\*** (Semester-Long class)

-Info Meeting: Friday, Feb 20<sup>th</sup> (9:50-10:10 in D205)

## Yearbook

**\*\*Application required\*\*** (Year-Long class)

-Application sent to all students who sign up.

# SENIORS: 1 HOUR STORM

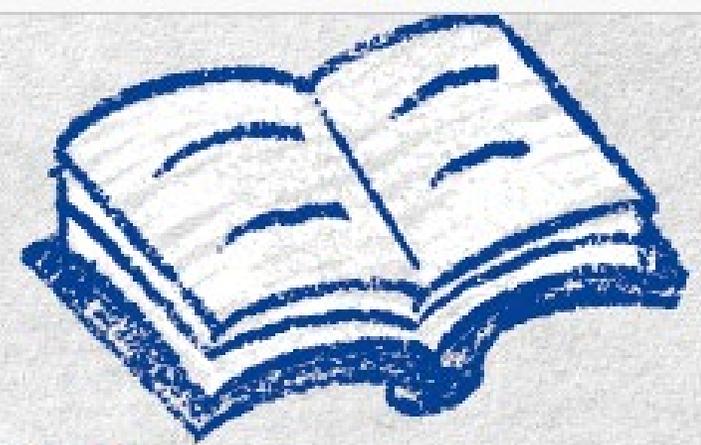
What can you do during the 1 HOUR STORM?



- Common App- scholarships!
- College Applications
- FASFA
- Class assignments
- Work on School Links and High School and Beyond Plan
  - Check your school email for instructions (and/or see slides below!)

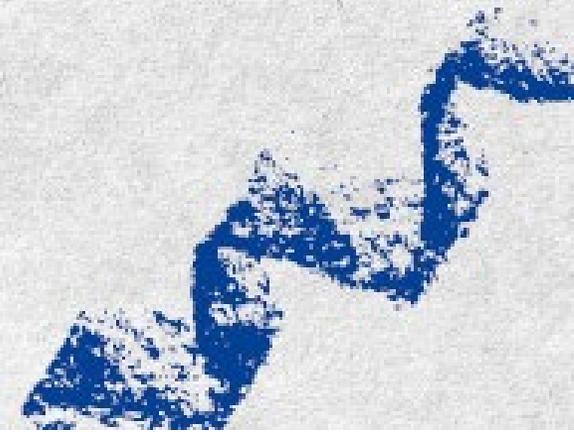
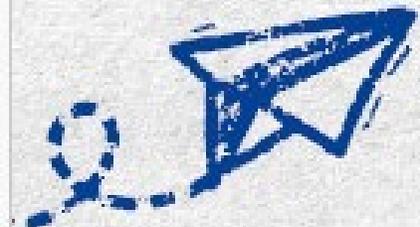


CLASS OF 2026



# HIGH SCHOOL AND BEYOND PLANS

Xello and Schoolinks crosswalking

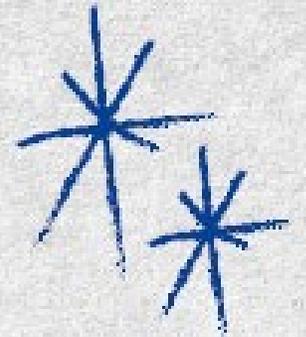




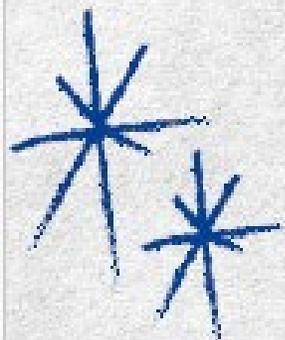
# WHY IS THIS IMPORTANT?

- Your HSBP is your ticket to getting your cap and gown in June
  - Your counselor will need to sign off and will do so if all areas say "Yes"
  - A state requirement and one of the final steps to graduation
- 
- 

# WHAT ARE WE ACCOMPLISHING TODAY?



- Completing all activities that relate directly to your HSBP
- Creating a to do list of focused activities in Schoolinks



# STEP 1: DOCUMENTS

If you have no documents, you will need to create a new plan!



You have no documents.

Richardson



View Documents

If you have completed work in Xello, you should have a document available



Plan

Goals



Course Planner

Engage



District Pathways

Career

High School & Beyond Plan

*all*



## STEP 2: CROSSWALKING

- Each aspect of your Xello Doc is connected to a lesson in Schoolinks.
- If an area of your Xello Doc says "No" it is incomplete and a lesson in schoolinks needs to be done

# CAREER

**Career:** Identification of your career goals using a career interest inventory.

- Career Goals:
- Interest/Skills Inventory:

1

## CAREER GOALS

In SchoolLinks, students need to set their **Career Goal** in the "My Story" section of their **Profile**.

2

## INTEREST/SKILLS INVENTORY

In SchoolLinks, students need to complete the "Find Your Path" assessment and **favorite at least 2 careers**.

My Story

Career Goal

College Goal

No goal chosen

No goal chosen

September 2025

30th | Complete the "Find Your Path" Assessment

## Top cluster matches

Hospitality, Events, & Tourism

Healthcare & Human Services

Public Service & Safety

Set a career and college goal

Explore the clusters and favorite 2 or more careers

# EDUCATION

**Educational Goals:** Identification of your educational goals.

- Educational Goal:

3

## EDUCATIONAL GOAL

In SchoolLinks, students need to set/update their **Post-Secondary Goal** in the "My Goals" section of their plan.

TUDENT  
Profile

Exit Student Demo X



Elizabeth Richardson



About me

My story

Experience

Bragging rights

Academics

P >



My Story

Post-Secondary Goal



No goal chosen

Career Goal



No goal chosen

College Goal



No goal chosen

Major/Training Goal



No goal chosen

Change goals →

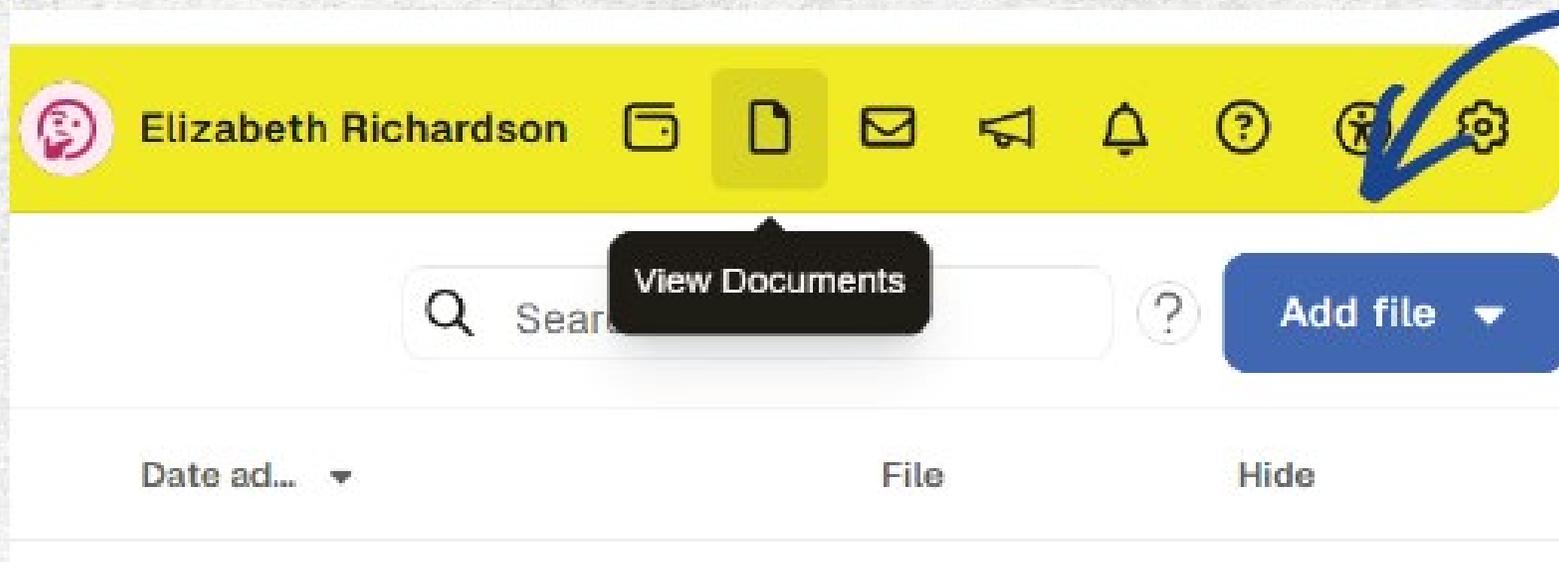
# RESUME

**Resume:** Completed by the end of 12<sup>th</sup> grade, a current resume or activity log.

- Resume:

4

**RESUME** A student can create a resume using the HSBP too or can upload a resume to their Document Center in SchoolLinks.



Resumes should include

- work/ volunteer experience
- skills
- education

Please email Ms. Cantu if you need help building a resume!



# FAFSA/ WAFSA

**FAFSA/Scholarship:** Confirmation that you have received information regarding FAFSA financial aid and scholarships.

- Student electronically identified the available Financial Aid opportunities:

**5 FINANCIAL AID** Students need to complete the Financial Aid learning unit in SchoolLinks and update their FAFSA/WAFSA status.

## November 2025

1st	12th Grade Financial Aid Lesson	<input checked="" type="checkbox"/>	Not Done <input checked="" type="checkbox"/>
31st	Complete FAFSA / WASFA	<input type="checkbox"/>	Not Done <input checked="" type="checkbox"/>



- Even if you are not completeing FAFSA/WAFSA you must input your filing status
- If you complete FAFSA/WAFSA upload a screenshot (I check these images)
- Everyone must complete the Finacial Aid Lesson



**Leadership Class Projects:**

- Back to School Assembly
- Heritage Months Recognition
- Positive Vibe/School Culture
- Birthday Recognition
- Activity/Club/Sport Spotlight
- Veteran's Day/MLK Assemblies

**Leadership Class: \*Register NOW!\***

- General/CTE Elective
- No Experience Necessary
- 9<sup>th</sup>/10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Graders
- Diversity Encouraged!
- Individual/Group Projects
- FREE College Credit through WWU!

**Leadership Class Projects:**

- Homecoming/Spring Spirit Weeks
- Staff Appreciation
- Bring Joy to a Child Shopping
- Mental Health Support
- New Student Welcome Committee
- New Project Ideas Encouraged!

**\*PICK-UP an APPLICATION in D205 TODAY!\***





**Current 10<sup>th</sup> / 11<sup>th</sup> Graders:**  
**Be a Link Crew Storm Mentor!**  
**→ Info Meeting: Friday, Feb. 20<sup>th</sup>**  
**→ STORM (9:50-10:10) in D205**





## Latinos In Action (LIA)

A year-long elective course that empowers Latino youth to lead and strengthen their communities through college and career readiness.

We accomplish this by focusing on four pillars: leveraging personal and cultural assets, excelling in education, serving the community, and developing leadership skills.



- School Assemblies
- Community Service
- Fundraisers
- School events
- Elementary Tutoring



# PEER TUTOR

If you are a strong student who likes to help others succeed, sign up to be a peer tutor.

You will typically work with 9th and 10th graders to support their challenging classes.

(ex. AP Human, Biology, Math, Chemistry, English, World Language).

- This class is great to:
- Develop leadership and service-learning skills.
- Put on your resume for college & scholarship applications.
- Open to 11th & 12th graders. Requires counselor approval.

# TSUNAMI PRESS YEARBOOK

NOW RECRUITING  
FOR 26-27!

## Reasons to Join:

- Learn Photography
- Serve Your Community
- Resumé Building
- Make Friends
- Attend Events

REGISTER NOW, AND WE  
WILL SEND YOU AN  
APPLICATION

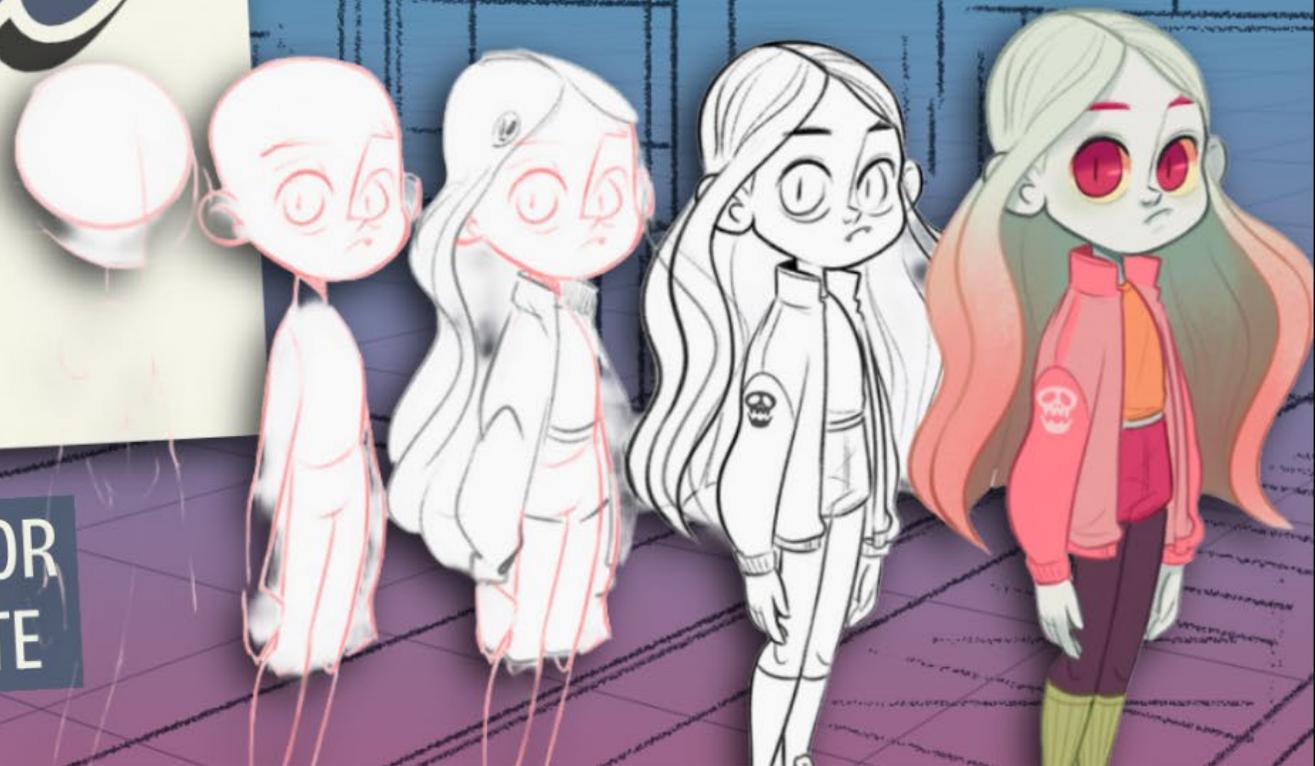


**REGISTER  
NOW**

# Digital Art

- ANIMATION
- CHARACTER DESIGN
- NARRATIVE ART
- PERSPECTIVE & MORE!

AN ENTRY LEVEL COURSE FOR  
DRAWING WITH PROCREATE



# ENGLISH

4.0 credits



## English Courses: Recommended Sequence

**FRESHMEN:** High School English 101/102 (1.0 credit = 1 full year)  
In addition to Eng. 101/102, students may take Speech & Debate or Your Literate Life as an English Elective.

**SOPHOMORES:** High School English 201/202 (1.0 credit = 1 full year)  
In addition to English 201/202, students may take any of these English Electives:  
Chicano/a/x Literature, Speech & Debate, and Your Literate Life (Reading for Fun).

**JUNIORS**  
English 301/302 (1.0)

**JUNIORS:**  
AP Language and Composition (1.0)  
or  
AP Literature and Composition (1.0)

OR

**SENIORS, 1<sup>st</sup> sem:** English Elective (.5)

**SENIORS:**  
AP Literature and Composition (1.0)  
or  
AP Language and Composition (1.0)

OR

**SENIORS, 2<sup>nd</sup> sem:** English Elective (.5)

**FYI: Juniors and seniors,** in addition to the recommendations above, you can also pursue a passion and take ANY other English electives at the same time!

# WHAT ENGLISH CLASS SHOULD I TAKE?

**AP LANGUAGE AND COMPOSITION (1.0 CREDIT):** WE LOVE TO ARGUE IN AP LANG! JOIN US AND REFINE YOUR ARGUMENT AND COMPOSITION STYLES AS YOU DEVELOP CRITICAL-READING AND WRITING STRATEGIES AND SKILLS. TOGETHER, WE WILL READ AND ANALYZE NONFICTION WORKS AND EXPLORE MULTIPLE PERSPECTIVES AND POSITIONS AROUND A TOPIC AND HOW VARIOUS ARGUMENTS CAN RELATE AND RESPOND TO ONE ANOTHER.

**AP LITERATURE AND COMPOSITION (1.0 CREDIT) :** THIS CLASS IS FOR STUDENTS WHO LOVE TO READ AND DISCUSS LITERATURE. IN AP LIT, YOU WILL READ A POEM EVERY DAY, WRITE YOUR COLLEGE APPLICATION ESSAY, AND ENGAGE IN LOTS OF DISCUSSIONS ABOUT POWERFUL LITERATURE AND HOW IT CONNECTS TO OUR EXPERIENCES.

**CHICANO/A/X LITERATURE (.5 CREDIT) :** THIS COURSE WILL ENGAGE STUDENTS IN THE ANALYSIS OF THE INTERSECTION OF HISTORY, ART AND LITERATURE WITHIN THE REALM OF CHICANO/A/X LITERATURE. STUDENTS WILL EXPLORE AND DISCUSS CULTURALLY SIGNIFICANT LITERARY DEVICES AND STYLINGS, INCLUDING MAGICAL REALISM AND CORRIDOS. STUDENTS WILL ENGAGE IN THE POLITICAL PHILOSOPHY OF THE CHICANO MOVEMENT AND DRAW CONNECTIONS BETWEEN THOSE PHILOSOPHIES AND THE LITERATURE AND ART PRODUCED BY THE CULTURE.

# WHAT ENGLISH CLASS SHOULD I TAKE?

**COLLEGE WRITING (.5 CREDIT)** : THIS CLASS IS FOR STUDENTS WHO ARE SERIOUS ABOUT PRACTICING THE KINDS OF WRITING AND READING THEY'LL NEED TO BE FAMILIAR WITH BEFORE TAKING THE NEXT BIG ACADEMIC STEP TO COLLEGE. IN THIS CLASS YOU CAN EXPECT TO COMPLETE PRACTICAL AND NECESSARY COLLEGE PREPARATORY WRITING TASKS, SUCH AS COLLEGE APPLICATION ESSAYS AND COLLEGE EXPLORATIONS, AND TO DO SOME COLLEGE-LEVEL WORK!

**CREATIVE WRITING (.5 CREDIT)**: THIS CLASS IS FOR STUDENTS WHO LOVE TO EXPRESS THEMSELVES THROUGH WRITING AND WANT TO TRY A VARIETY OF CREATIVE FORMS. IN THIS CLASS YOU CAN EXPECT TO FREE WRITE IN EXPERIMENTAL STYLES THAT TAP INTO YOUR IMAGINATION, EXPLORE UNCONVENTIONAL FORMS, AND IMITATE GREAT WRITERS. YOU'LL READ BOOKS OF YOUR CHOICE AND CREATE ORIGINAL WORKS INSPIRED BY THE AUTHOR'S STYLE.

**ENGLISH 301/302 (1.0 CREDIT)**: IN THIS CLASS WE COMBINE A STUDY OF LITERATURE WITH MEANINGFUL PERSONAL REFLECTION. THE FIRST SEMESTER IS DEVOTED TO BIG IDEAS IN AMERICAN LITERATURE, AND THE SECOND SEMESTER WE GO BEYOND AMERICAN LIT AND PARTICIPATE IN BOOK CLUBS, EXPLORE LIFE AFTER SQUALICUM, AND ENGAGE IN A UNIT FULL OF MYSTERY.

# WHAT ENGLISH CLASS SHOULD I TAKE?

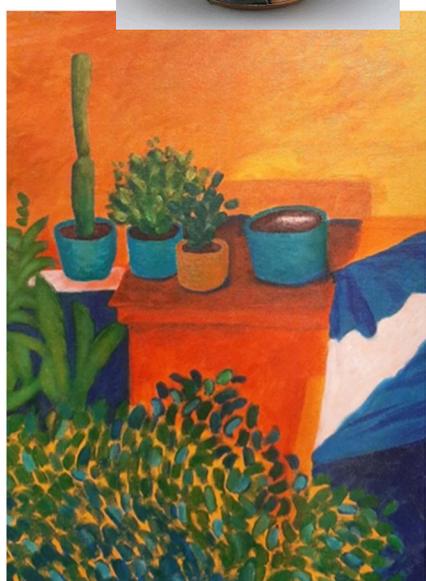
**SPEECH & DEBATE (.5 CREDIT):** GET OVER YOUR FEAR OF SPEAKING IN A SUPPORTIVE, LOW-RISK ENVIRONMENT. WITH FUN ACTIVITIES TO GET YOU SPEAKING EVERY DAY, IT DOES GET EASIER, AND STUDENTS GAIN MORE CONFIDENCE. TRUST US, THE FUTURE YOU WILL THANK YOU FOR THIS OPPORTUNITY!

**TECHNICAL WRITING (.5 CREDIT):** IN THIS CLASS YOU WILL LEARN HOW TO WRITE USING VARIOUS BUSINESS FORMATS. YOU'LL LEARN TO CREATE TECHNICAL DOCUMENTS, SUCH AS RESUMES, COVER LETTERS, EMAILS, MEMOS, BROCHURES, INSTRUCTIONS, FLIERS, GRAPHICS, AND MORE. THIS IS AN INTRODUCTORY CLASS TO PRACTICE DESIGN, AUDIENCE RECOGNITION, AND WRITING CONCISELY WITH CLARITY, ACCURACY AND CONSISTENCY.

**WORLD MYTHOLOGY, FOLKLORE AND FAIRYTALES (.5 CREDIT):** THIS CLASS IS FOR STUDENTS WHO ARE CURIOUS ABOUT OUR WORLD AND THE STORIES THAT HAVE SHAPED HUMANKIND. IN THIS CLASS YOU CAN EXPECT TO EXPLORE MYTHS, FOLKLORE AND FAIRY TALES FROM ALL OVER. YOU'LL BE ON THE HUNT FOR PATTERNS AND SYMBOLS THAT TRANSCEND BORDERS AND CROSS CULTURES. THIS CLASS IS AWESOME BECAUSE YOU WILL CREATE A MULTIMEDIA PRESENTATION ON A THEME OR REGION OF THE WORLD OF YOUR CHOICE.

**YOUR LITERATE LIFE/READING FOR FUN (.5 CREDIT) :** THIS CLASS IS FOR STUDENTS WHO WISH THEY HAD MORE TIME TO READ BOOKS OF THEIR CHOICE. IN THIS CLASS, YOU CAN EXPECT TO READ A LOT. YOU'LL SET READING GOALS AND HAVE CONVERSATIONS ABOUT YOUR READING. THIS CLASS IS AWESOME BECAUSE YOU GET TO READ BOOKS OF YOUR CHOICE!

# FINE ARTS 2026-2027

<b>LEVEL 1</b>	<b>ART 1</b>	<b>CERAMICS 1</b>	<b>DRAWING 1</b>	<b>VISCOM 1</b>	<b>DIGITAL ART</b>
<b>LEVEL 2</b>  <b>PAINTING</b> (take drawing 1 or art 1 first)	<b>ART 2</b> (may take Art 2 if you've taken Drawing 1)	<b>CERAMICS 2</b>	<b>DRAWING 2</b> (may take Drawing 2 if you've taken Art 1)	<b>VISCOM 2</b>	
<b>LEVEL 3</b>	<b>ART STUDIO AND CERAMICS STUDIO</b>				

SEMESTER LONG CLASSES (CERAMICS AND STUDIO ARE USUALLY TAKEN FOR A YEAR)

## Going into 10<sup>th</sup> Grade Science Recommendations

Students need 3 years of science to graduate, but many take more.

Going into 10th Most common path: Chemistry (usually coming from Biology)

- Quantitative – more math based
- Conceptual – less math but limits your options moving forward
- Other options: Biology (usually coming from environmental science)
- AP Environmental Science (usually coming from Biology)
- Applied Mechanics
- Less common options: Anatomy & Physiology (2 previous years of science recommended)
- AP Science other than AP Environmental Science
- Environmental Science (if struggled in Biology)
- Forensics (2 previous years of science recommended)
- Physics (Need Geometry)

## Going into 11<sup>th</sup> grade Science Recommendations

Students need 3 years of science to graduate, but many take more.

Going into 11th Most common path: Physics (most come from chemistry)  
or AP science

- Other options: Anatomy & Physiology
- AP Biology (Previous chemistry recommended)
- AP Chemistry (If taken Quantitative Chemistry)
- AP Environmental Science
- AP Physics (Need Algebra 2)
- Applied Mechanics
- Chemistry
- Forensics
- Less common options: Biology
- Environmental Science

## Going into 12<sup>th</sup> grade Science Recommendations

Students need 3 years of science to graduate, but many take more.

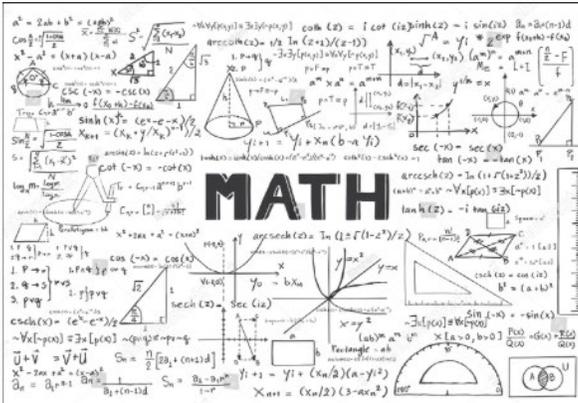
Going into 12th Most common path: AP Biology, AP Environmental Science, AP Chemistry, or AP Physics

- Other options: Anatomy & Physiology
- Applied Mechanics
- Forensics
- Physics
- Less common options: Biology
- Chemistry
- Environmental Science
- If you are thinking of attending a 4-year college straight out of high school the most common science pathway is Biology, Chemistry, Physics/AP Science, Science Elective (AP for competitive schools)

## Additional Science class information

- Anatomy and Physiology – 2 previous years of science recommended
- AP Biology – Previous chemistry recommended
- AP Chemistry - previous quantitative chemistry required
- AP Physics – Previous Algebra 2 required
- Forensics – 2 previous years of science recommended
- Physics – Need Geometry

<b>Course you are currently in</b>	<b>Courses you can take next</b>
Algebra 1 OR Intensified Algebra	Geometry <i>OR</i> Geometry and Algebra 2 (This option is for students with strong math skills who want to take more math in the future. Talk to your math teacher if you are interested in this.)
Geometry	Algebra 2* Algebra 2 + Precalculus (this is a double-blocked course for strong math students who want to accelerate in math) *If you don't want to take Algebra 2, or don't think it is a good fit, talk to your math teacher and counselor. There are some other options, but they will impact your options after high school.
Algebra 2	Precalculus Math in Society AP Statistics
Math in Society	Algebra 2
Precalculus <i>OR</i> Algebra 2 + Precalculus	AP Calculus Calculus AP Statistics
AP Calculus	AP Statistics Running Start
AP Statistics	Calculus (if you have already taken precalculus) AP Calculus (if you have already taken precalculus) Running Start Precalculus



# Math

## 9th grade

3.0 credits

### If you are in...

Algebra 1 or Intensified Algebra

Geometry

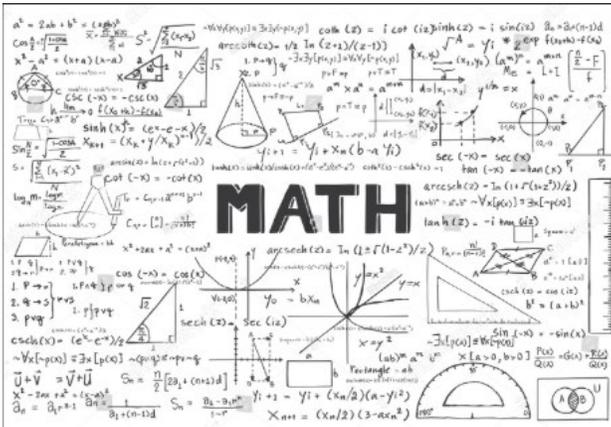
### You can take...

#### Geometry

Geometry + Algebra 2 (accelerated option for highly motivated students)

#### Algebra 2

Algebra 2 + Precalculus (accelerated option for highly motivated students on a space-available basis)



# Math

## 10th grade

3.0 credits

**If you are in...**

Algebra 1

Geometry

Algebra 2

**You can take...**

**Geometry**

**Algebra 2**

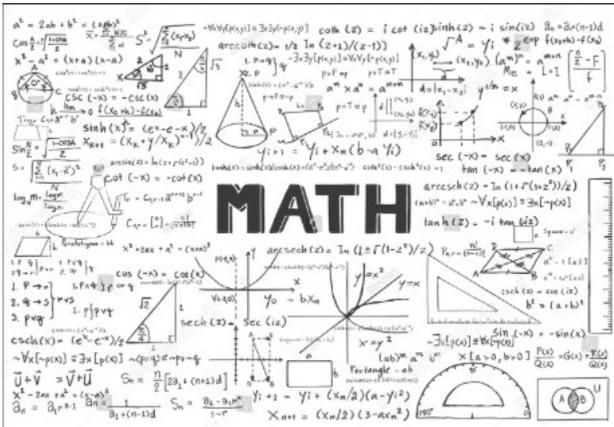
Algebra 2 + Precalculus (accelerated option for highly motivated students)

\*There are alternatives to Algebra 2—talk to your math teacher\*

**Precalculus** (only path to calculus)

**AP Statistics**

**Math in Society**



# Math

## 11th grade

3.0 credits

**If you are in...**

**You can take...**

Geometry

**Algebra 2**

Math in Society (not taking Algebra 2 limits your post-high school options)

Algebra 2

**Precalculus**

**AP Statistics**

**Math in Society**

Precalculus

**Calculus**

**AP Calculus**

**AP Statistics**

# YEARBOOK

\*APPLICATION REQUIRED\*



1 Credit  
CTE or  
Art

College credit

# TEACHER ACADEMY & BILINGUAL TEACHER ACADEMY (GRADES 11-12)



1 Credit  
CTE or  
English

College credit

# MARKETING



0.5 Credit  
CTE

College credit



# APPLIED MECHANICS



1 Credit  
CTE or  
Science

# COSMETOLOGY (GRADES 11-12)



2 Credits  
CTE

# PSYCHOLOGY OF CHILDREN (GRADES 10-12)



1 Credit  
CTE  
**College credit**

**CONSTRUCTION  
ACADEMY**  
*(GRADES 10-12)*



2 credits  
CTE or  
3rd year Math  
Science

**ROBOTICS  
ENGINEERING**  
*(GRADES 10-12)*



1 Credit  
CTE

**VIDEO PRODUCTIONS  
1 & 2**



.5 Credit  
CTE

# CULINARY 1 & 2



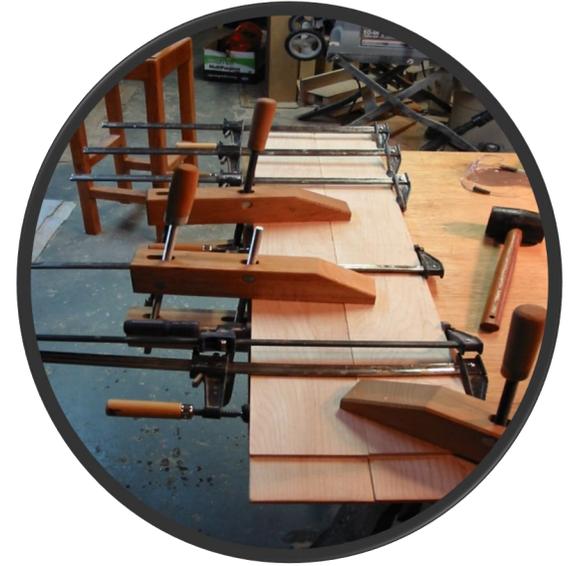
.5 Credit for #1  
1 Credit for #2  
CTE

# INTRO TO TRADES



.5 Credit  
CTE

# WOODWORKING



.5 Credit  
CTE or  
Art

# ENGINEERING TECHNOLOGY



1 Credit  
CTE or  
3rd yr. Math  
**College credit**

# COMPUTER PROGRAMMING



1 Credit  
CTE or  
Science or  
3rd yr. Math  
**College credit**

# VIDEO GAME DESIGN 1 & 2



.5 Credit  
CTE or  
Art  
**College credit**

## BUSINESS & RETAIL MANAGEMENT (STORE)



.5 Credit  
CTE

## SPORTS MEDICINE 1 & 2 (GRADES 10-12)



1 Credit  
CTE

OTHER CTE COURSES ARE  
INCLUDED IN OTHER SUBJECT /  
CREDIT AREAS:

- Leadership
- AVID
- Latinos in Action
- Forensics
- ASL
- Mentoring & Crew Link
- Environmental Science (AP)
- Macro/Microeconomics (AP)
- Technical Writing
- Traffic Safety

# SQHS Social Studies Department

These are Social Studies Classes you can take next year:

→ Pay Attention to the Social Studies Class Slides (because they're pretty cool).



# SQHS Social Studies Department

These are Social Studies Classes you can take next year:

→ Get out your phones and take a picture of Class Slides that look interesting



# SQHS Social Studies Department

These are Social Studies Classes you can take next year:

→ Later this week, look at those pictures to remember what classes to choose.



## **SQHS Social Studies Flow Chart**

**9<sup>th</sup> Grade: World History *or* AP Human Geography**

**10<sup>th</sup>/11<sup>th</sup> Grade: US History *or* APUSH *and* Electives:  
**AP Macroeconomics**  
**AP Microeconomics**  
**AP Psychology**  
**AP US Government**  
**Criminology**  
**Ethnic Studies**  
**History of Sports in America**  
**Psychology**  
**Sociology**  
**WWII Film/Lit****

**12<sup>th</sup> Grade: Civics *or* AP US Gov *and* Electives:  
**AP Macroeconomics**  
**AP Microeconomics**  
**AP Psychology**  
**Criminology**  
**Ethnic Studies**  
**History of Sports in America**  
**Psychology**  
**Sociology**  
**WWII Film/Lit****

***Remember:***

**Social Studies Electives also serve as General Electives (and they're cool!)**



# AP Macro & AP Micro



Each is a YEAR LONG college prep class    Counts as CTE AND Social Studies elective

Average Homework:    20 min. a night; Multiple choice practice problems

Concepts clearly apply to real life – No Matter what you do in life, you'll use Economics

No essays! No paragraphs, no thesis sentences

GREAT FIRST AP Class, or Great ADDITIONAL AP class

- Won't add much more work to your AP load

## MACROECONOMICS

The U.S. Economy  
The World Economy

or

## MICROECONOMICS?

The business world  
The environment

I need a  
hug e amount of money



**MACRO** might be a better intro to Economics than **MICRO** . . .  
. . . But take what your friends are taking



# AP Psychology: Take it, you will *love* it!

→ Tests: Curved & Test Corrections

→ Extra Credit is available for every Unit

→ Work is spaced out over each Unit

→ Laugh/smile at least once a day!

→ FREE College Credit from EWU (just for passing the class)

→ 85% students got A or B in class last semester

→ Homework: Completion earns Automatic Points

→ Learn cool stuff (that you will use, talk/think about daily)

## What kind of COOL stuff?

-Drunk (Distortion) Goggles

-Optical Illusions

-Memory Tricks & Improvement

-Mental Disorders & Treatment

-Learn How to Train your Dog/Cat/Dragon

-Discover What You're Looking For in Mate

-Candy Brain Lab

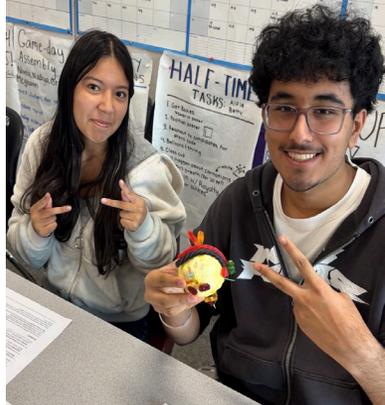
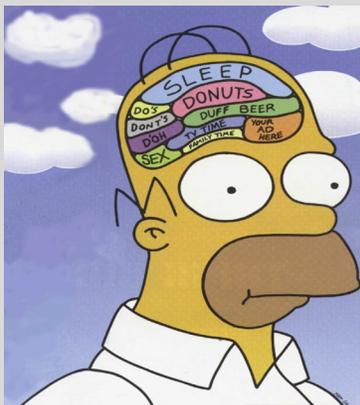
-Rorschach Tests

-Drugs

-Dream Diagnosis

-Watch Cool Movies

-and More!!!



# I WANT YOU



To take  
**AP U.S.  
Government !**

***Interested in law,  
government, politics?***

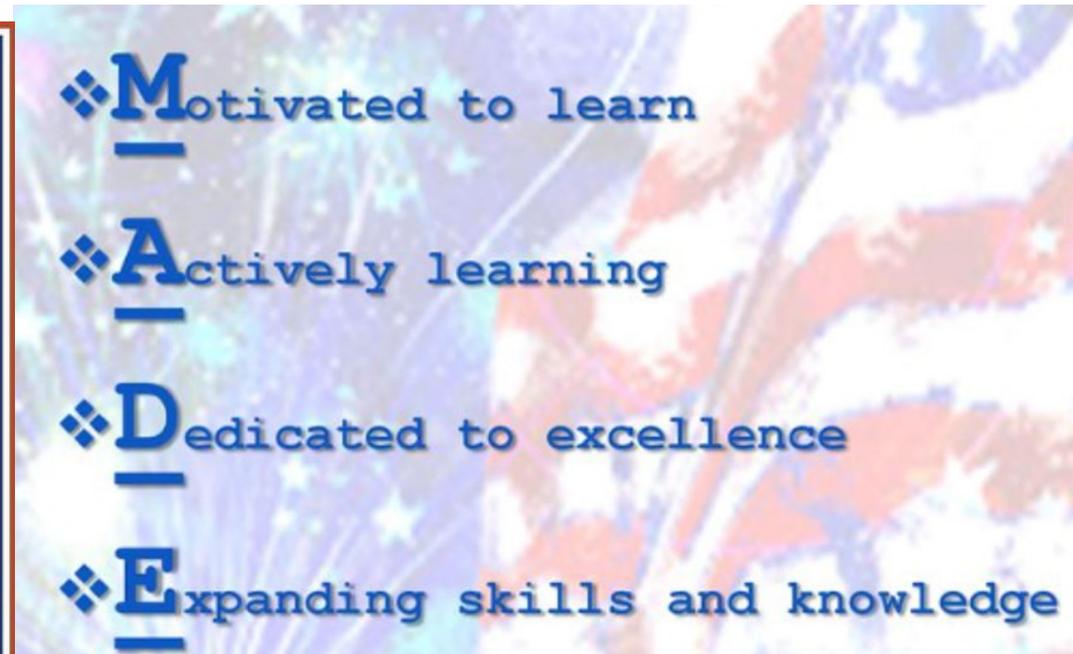
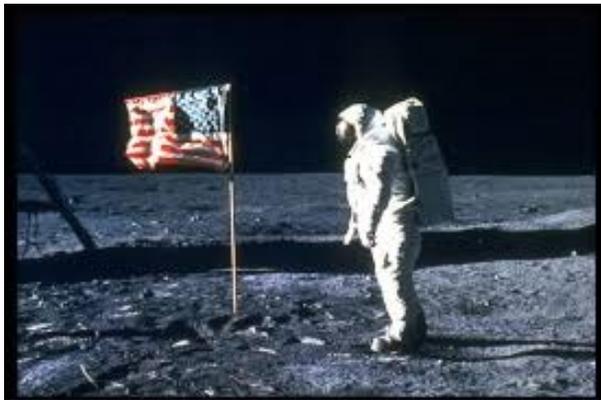
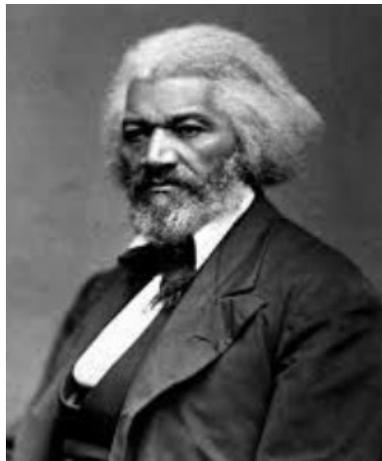
- **Year-long course fulfills Civics grad requirement**
- **Open to 10<sup>th</sup>-12<sup>th</sup> graders**
- **Relevant, current, engaging topics –**  
*Know your rights and get engaged: Elections, Civil Liberties/ Civil Rights, Branches of Gov, Constitution*



# APUSH!

AP US History is a year-long course.

This course provides an overview of US history and instills students with the academic skills required of a serious student of history.



# Criminology – The Course

---

**The study of Crime...an uncomfortable topic!!!**

- **What is crime?**
- **The criminal justice system**
- **Prisons and punishment**
- **Serial Killers**
- **White collar crime**
- **Organized crime**
- **Drugs and Crime**



---

**The class:**

- **No Homework**
- **No Tests**
- **Interesting Content**
- **You will learn a lot!**

# History of Sports in America

What happens in this class?

- Learn about American history by analyzing sporting events!
- Miracle on ice – Cold War
- Boys in the Boat – Great Depression
- Jackie Robinson – Civil Rights Movement
- Billy Jean King – Women's Rights Movement



The class:

- No Homework
- No Tests
- Interesting Content
- You will learn a lot!
- Have fun learning about History!!!

# PSYCHOLOGY

- ONE SEMESTER COURSE

- INTRODUCTION TO THE STUDY OF HUMAN BEHAVIOR

- 

- 4 UNITS OF STUDY:

- HOW HUMANS LEARN

- THE BRAIN

- CONSCIOUSNESS: DREAMS AND DRUGS

- SOCIAL PSYCHOLOGY WITH FOCUS ON

- MAJOR EXPERIMENTS

- GUEST SPEAKERS – TED TALKS – MOVIES

- EMPHASIS ON DISCUSSION AND SHARING OF IDEAS

- INSTRUCTOR: MR. GABRIEL MAYERS



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# Sociology – The Course

Sociology is the study of human social relationships and institutions:

Culture

Social Interactions

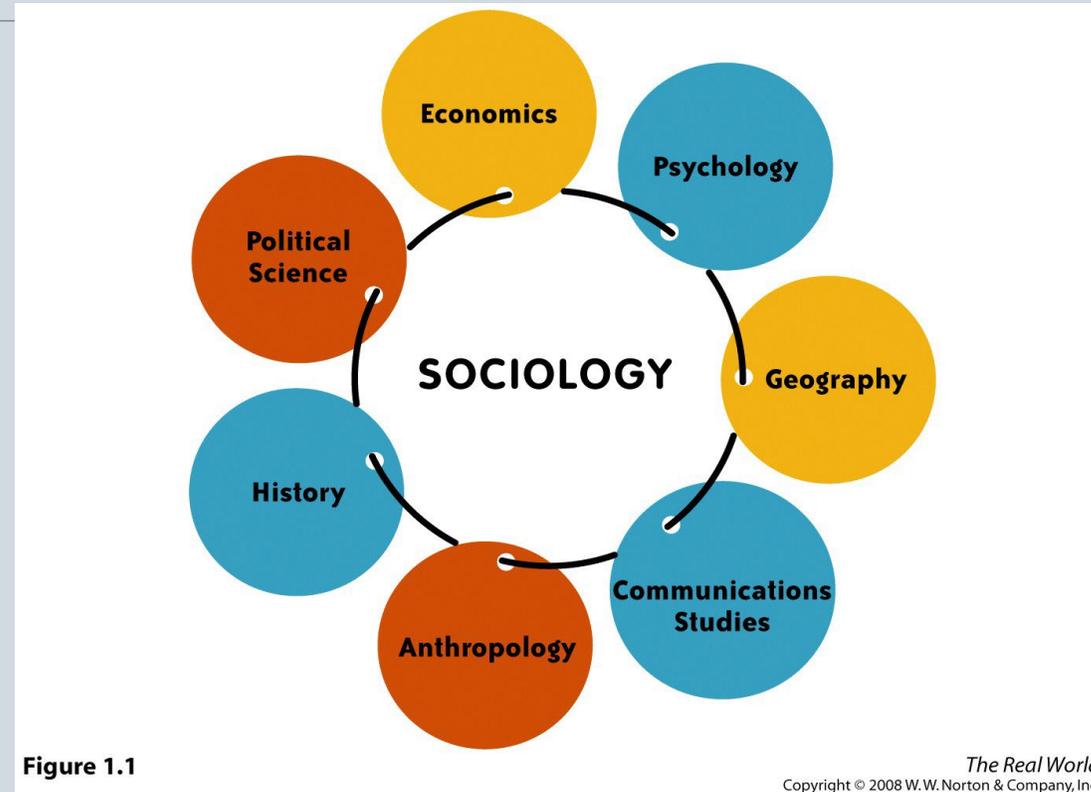
Gender

Institutionalization

Religion

Education

Much More!



The class:

- No Homework
- No Tests
- Interesting Content
- You will learn a lot!

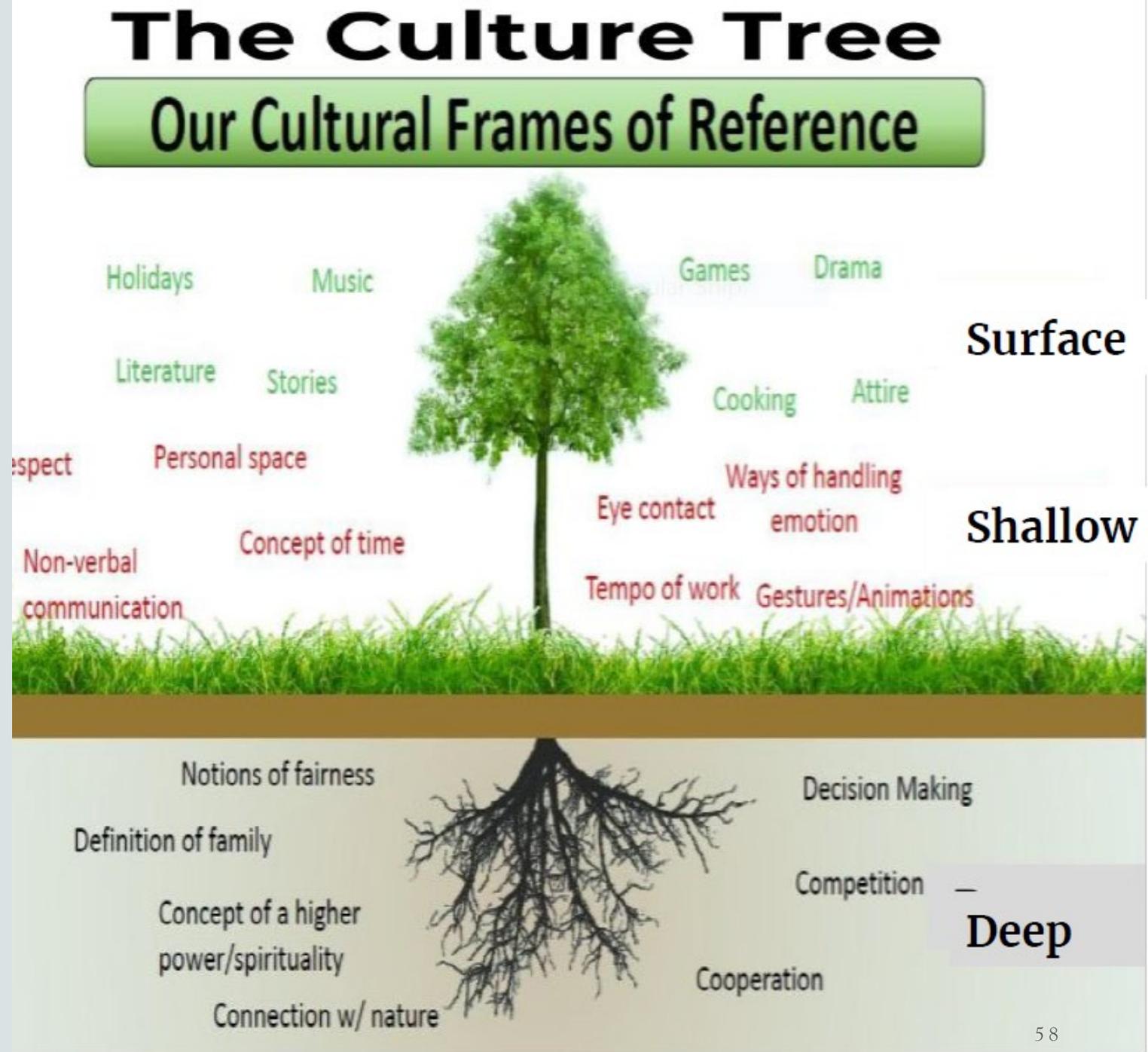
# WWII Film & Literature

- **Experience history like you're *in* it** – watch the most dramatic and unforgettable WWII films ever made.
- **Travel the world through cinema** – explore stories from the U.S., Europe, Asia, and beyond.
- **No boring textbook grind** – everything happens in class: *no homework, no tests, no stress.*
- **Become a critical viewer** – learn about camera angles, color, music, and storytelling to shape the way we understand history.
- **Uncover the *real people* behind the stories** – soldiers, civilians, resisters, victims, and leaders whose lives shaped the modern world.



# Ethnic Studies

- Ethnic Studies is a class where we talk about the influence and intersections of race, culture, and society. Students work to understand how the history and creation of racial categories influence the world we live in.



<b>First level offered</b> at SqHS...	<b>Spanish 1</b> ↓	<b>French 1</b> ↓	<b>ASL 1</b> ↓
	<b>Spanish 2</b> ↓	<b>French 2</b> ↓	
<b>Highest level offered</b> at SqHS...	<b>Spanish 3</b> ↓	<b>French 3</b> ↓	<b>ASL 2</b>
	<b>AP Spanish</b>	<b>AP French</b>	

## World Language Courses Flow Chart





## Racquet Sports



### Exploration of racquet/net sport activities

- Development of life-long fitness racquet/net activities
- Rules and Strategies for racquet/net game play
- Partner/Larger team aspect to games
- Self-Officiating during game play
- Competitive and Non-competitive sports play

## Yoga



- Flexibility
- Sequences
- Core strength
- Relaxation
- Mobility
- Partner work



## Coaching and Officiating!

- Learn how to coach
- Learn how to officiate
- Officiate team sports classes
- Get hired to officiate middle school sports and get paid!



## Team Sports

### Exploration of team sport activities

- Development of life-long fitness sport activities
- Rules and Strategies for game play
- Partner/Larger team aspect to games
- Self-Officiating during game play
- Competitive and Non-competitive sports play





## Weight Training Strength and Conditioning

### Fundamentals of Weight Training

- Strength training
- Circuit training
- Reaction time
- Flexibility
- Mobility/agility
- Overall conditioning



## Walking and Hiking

Explore the neighboring trails, sidewalks, and neighborhoods.

- Nature
- Mental Health
- Heart Health
- Take a break from the classroom setting
- Practice conversation skills
- Become aware of their surrounding community
- Learn trail systems in Bellingham





# SQHS Performing Arts!

JOIN BAND, ORCHESTRA,  
DRAMA AND CHOIR!





Find the right level for you!

Beginner, Intermediate or  
Advanced!

Learn how to play an instrument!

Sing! Perform! Act!



**Your future is bright**

Make your college dream a reality

SQHS AVID Scholars

**Dream BIG**  
**We want YOU to live your best life!**

### **What do you do in AVID?**

- Homework time
- Organization, study & time management skills
- College & Career Field Trips
- Support with college applications, financial aid, scholarships
- Leadership and Service Project opportunities
  - AVID Fun Friday activities

### **College Bound**



# NEED ACADEMIC SUPPORT?

<b>SUPPORT</b>	<b>LOCATION</b>	<b>DETAILS</b>
The Lightning Lab	B216	Quiet space and place to work on assignments, take a break, take a test, reset. You <b>MUST</b> have a pass from teacher/staff to go to B216.
The Testing Center	E210	The testing center is open during <b>STORM</b> . If you need to take a test, your <b>STORM</b> teacher will send you a pass and your test and/or get the test to E210 for you to take.
Afterschool Tutoring	Library	Need help with assignments? Ms. Lightning is there to help! Tutoring is open Monday, Tuesday, and Wednesday from 3:15-4:15 pm. Need a ride home? There is a tutorial bus!

# ⚡ The Lightning Lab

## Room B216



What is The Lightning Lab?

The Lightning Lab provides student support, including testing and accommodations, a quiet space to reset, structured detention, permitted breaks, and opportunities for independent study and reflection.

Come check it out!

# After School Tutoring!

**Mon-Wed 3:20-4:20 in the library**

**\*Bus leaves at 4:30 from Squalicum\***

## **Why go?**

Focused work time!  
Individual support!  
Study groups!  
Snacks provided!

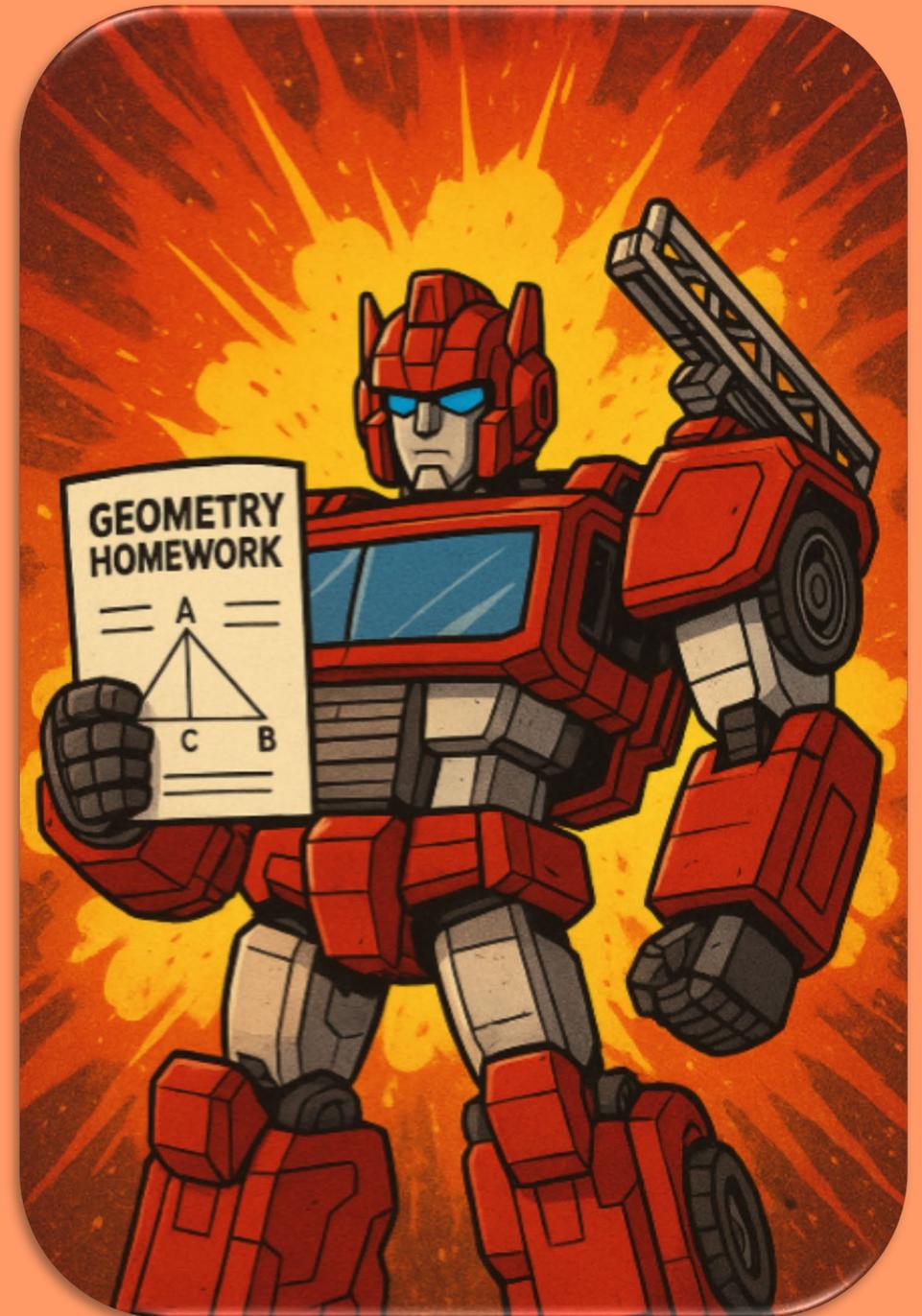
## **Busing Questions?**

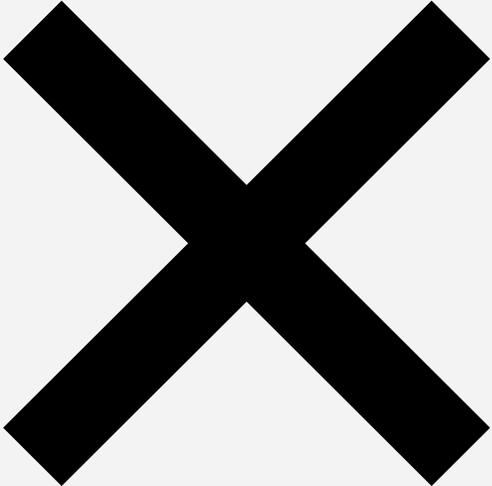
Email Veronica Lightning

[Veronica.lightning@bellingshamschools.org](mailto:Veronica.lightning@bellingshamschools.org)

**Math Mondays!**

**Science/STEM Tuesdays!**





LOWER BAY is CLOSED  
during LUNCH!

Due to excessive noise and  
disruption to classes in  
attendance, we need to close  
LOWER BAY house is  
**CLOSED DURING LUNCHES.**



# SQHS Events



**SQUALICUM HIGH SCHOOL**

**LAST CHANCE!**

**PRE-ORDER YOUR  
YEARBOOK NOW!**



**YOU MUST ORDER BY FEBRUARY 20TH!**

**FOR ONLY**

**\$10**



**SCAN TO  
ORDER!**

**OR PAY WITH MS. FLAHERTY  
AT THE ASB OFFICE**

**SQUALICUM HIGH SCHOOL**

**ONLY**

**6**



**SENIOR GRAD AD  
SLOTS LEFT!**

**Email Jordyn Elling at:**

**ELLINJOR000@BELLINGHAMSCHOOLS.ORG**

**TO SECURE YOUR SLOT BY**

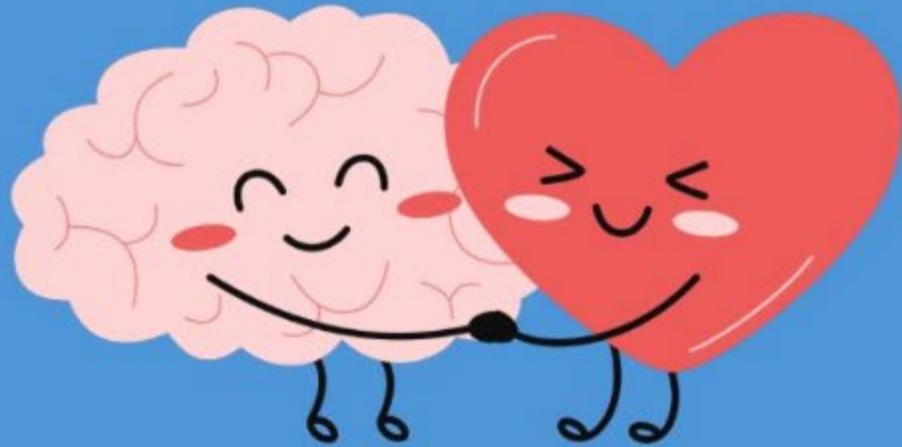
**FEBRUARY 18TH!**



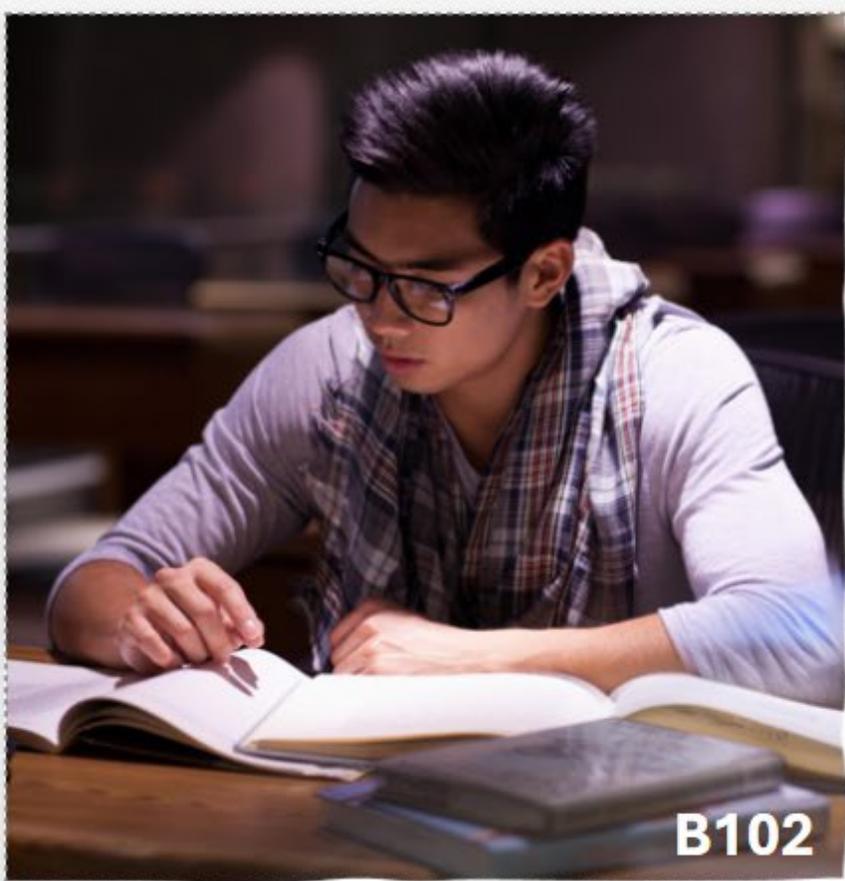
If you are a  
STUDENT QUARTER AWARD  
winner, bring your coupon in  
during STORM for your free  
drink or snack!

# Join Mental Health Alliance!!!

Do think mental health is important? Well we do too! Come join Mental Health Alliance!!



Fill out the form to join!



# Lunch with Link

## Open to ALL grade levels.

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**Every A-day Tues. or Wed. during BOTH lunches.**

**Need a quiet place to study or work on homework?**

- Join the mentors in B102.

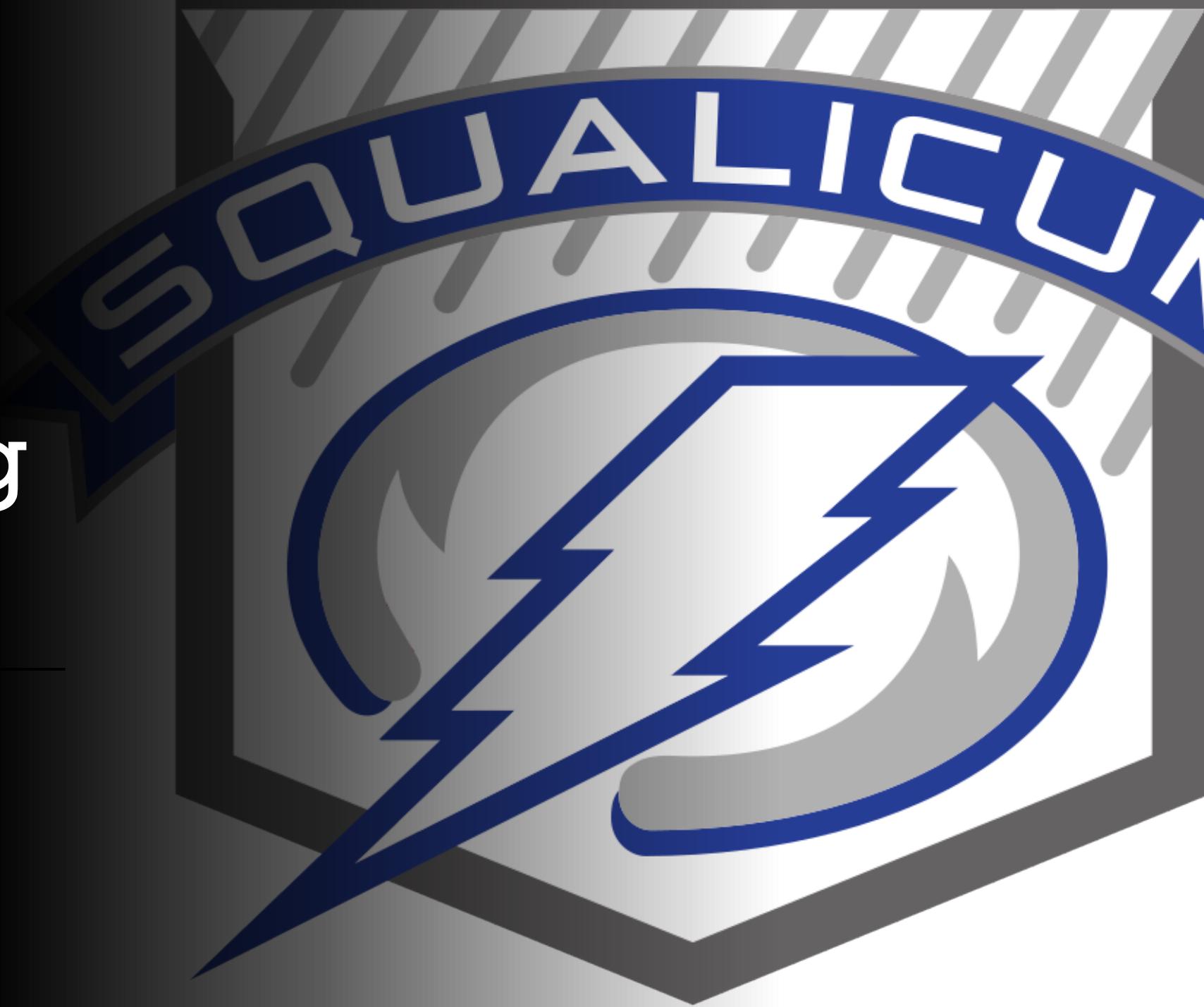
**Looking to play some games or create some art?**

- Join the mentors at their table in the Commons!





# Career & Counseling Info



# DIGITAL DOWNLOAD

**WHO:** High School Girls  
**WHAT:** FREE hands-on training in  
CIS, Cybersecurity, Engineering  
**WHEN:** Saturday, April 25  
9am-3pm (Lunch Included)

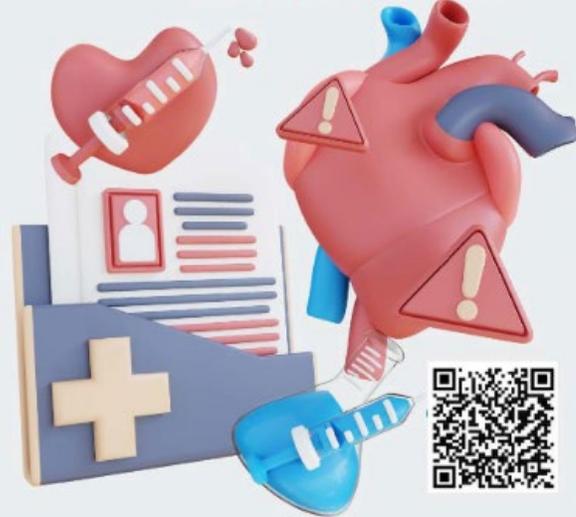


SIGN UP!

Whatcom  
COMMUNITY COLLEGE



Whatcom  
COMMUNITY COLLEGE



# GUYS & GUTS

**WHO:** High School Boys  
**WHAT:** Enjoy hands-on labs  
for students interested in the  
medical field  
**WHEN:** Saturday March 7  
9am-1:15pm (lunch included)



← Sign up, It's free!

# UPCOMING SCHOLARSHIPS

Due Date	Award Amount	Scholarship Title
1/30	\$20,000	Leadership 1000
1/30	\$5,000	BECU Foundation
2/02	\$3,000	WA State Fair Foundation
2/15	\$20,000	Dell Scholars
2/22	\$10,000	Whatcom Community Foundation





# Grand Canyon University Application Workshop

Friday,  
February 20<sup>th</sup>  
during Storm in  
the library!





# Learning with Leaders

An event series featuring career workshops led by local industry experts and college professionals answering the questions:

*What can I become?*

*How can I get there?*

*Who can support me?*

See Ms. Cantu  
for more  
information

Registration  
February 9th

Event held at  
BTC on  
February 24<sup>th</sup>

*Assisatance League of Bellingham*

# Summer Enrichment Scholarship

*Merit based scholarships for Summer Activities*

See Ms. Cantu in  
the counseling  
office for an  
application  
packet

