

LHS FORECASTING For 2026-2027

**Welcome to high
school!**

- **Introduce Counselors**
- **Timeline**
- **Graduation Requirements**
- **Review Materials**
- **Deadlines**



Lisa Sheehy
(A-D)



Allison Kerr
(L-P)

LHS
Counseling
Team



Holly Poulivaati
(E-K)



Gordon Hilberg
(Q-Z)



Additional Counseling Support

- **Julie Batson:** Counseling Assistant
- **Katharine Nyhus:** Registrar
- **Lois Moll:** AP Testing coordinator

LHS Schedule

8:25am-3:30pm (M/T/W/F)
8:25am-3:05 pm (Thursday)

A Days
Periods 1-4

B Days
Periods 5-8

*TSCT is every day between periods 1-2 & 5-6

*Lunch is between periods 2 and 3 each day

*PaceTime Every Wednesday

****We have 2 semesters per year
(Sept-Jan and Feb-June)***

Tips for Success

- Get involved (clubs, sports, programs, community service, etc)
- See your teachers for help FIRST and OFTEN
- Ask for help when needed!

8th Grade Forecasting Timeline

- Counselors meet w/8th graders February 10th & 11th
- You complete forecasting worksheet AND forecast on StudentVue
- Meet with your high school counselor and submit forecasting materials February 17th-19th in Science classes





Graduation Requirements

Course Name/Subject Requirement	Credits Required
English	4
Social Studies (World History 1, US History .5, ACW 1, Civics .5)	3
Mathematics	3
Science (1 Earth Sci, 1 Life Sci, .5 Chem, .5 Physics)	3
World Language	2
Physical Education	1
Health	1
Fine Arts	1
College and Career Readiness	0.5
Income and Money Mgmt	0.5
Adv. Communication Skills/Acting 1	0.5
Electives	5.5

**25 Credits
Required!**

**Each class
at LHS is
worth .5
credit per
semester!**

FORECASTING FOR 9th

What should or can you take?

Let's find out!

Fill out your forecasting sheet as we go!

To start, write first and last name, LHS

Counselor, and your LMS ID #.

Forecasting Worksheet

1. Write your first and last name
2. Write your LMS ID Number (stays the same)
3. High School Counselor (by last name):
 - A-D: Mrs. Sheehy
 - E-K: Ms. Pouливааti
 - L-P: Ms. Kerr
 - Q-Z: Mr. Hilberg

Follow along and complete this forecasting worksheet as we go! Complete in PENCIL.

Lakeridge High School
9th Grade Forecasting Worksheet

Leia Organa Keller 8111257
Student Name LHS Counselor Student ID Number

Instructions for completing worksheet:

- ☐ English, World History, Geoscience, and Math are automatically added to your schedule.
- ☐ Remember to fill in all 8 slots for both semesters. If a course is year-long, add both S1 and S2.
- ☐ List **at least 4** alternative choices in priority order in the section provided. You will be expected to take any class you list as an alternate if it is placed on your schedule.
- ☐ Need time to study and get work done during your school day? Forecast for Independent Study Hall.

<u>Semester 1</u> <u>Courses</u>	<u>Semester 2</u> <u>Courses</u>
1. English 9 S1 ☒ or Honors S1	9. English 9 S2 ☒ or Honors S2
2. World Hist/Geo S1	10. World Hist/Geo S2
3. Geoscience S1	11. Geoscience S2
4. Math S1: <u>Algebra</u>	12. Math S2: <u>Algebra</u>
5. Adv Comm Skills <u>(Lifetime Health)</u> or Physical Education (circle one)	13. <u>Adv Comm Skills</u> Lifetime Health, or Physical Education (circle one)
6. <u>Spanish I</u>	14. <u>Spanish I</u>
7. <u>Treble Choir</u>	15. <u>Treble Choir</u>
8. <u>Ind. Study Hall</u>	16. <u>Mktg I</u>

<u>Alternative Elective Choices</u> (Must Write in 4)	<u>List any support classes you currently take</u> (Academic Support Center, Learning Support Center, Delta, etc.)
1. <u>Art I</u>	
2. <u>Ceramics I</u>	
3. <u>Graphic Design</u>	
4. <u>Acting I</u>	

Questions/Notes:
Do I need to take Income and Money Management in 9th grade?

Updated 01/24/24 (pink)

English

-

Social Studies

Required - World History & Geography (9th)



Required - US History (1 Sem) (10th)



Required - America & Contemporary World or AP US History (11th)



Required - Civics (1 Sem) (11th or 12th)



Science

Geoscience (9th Grade)



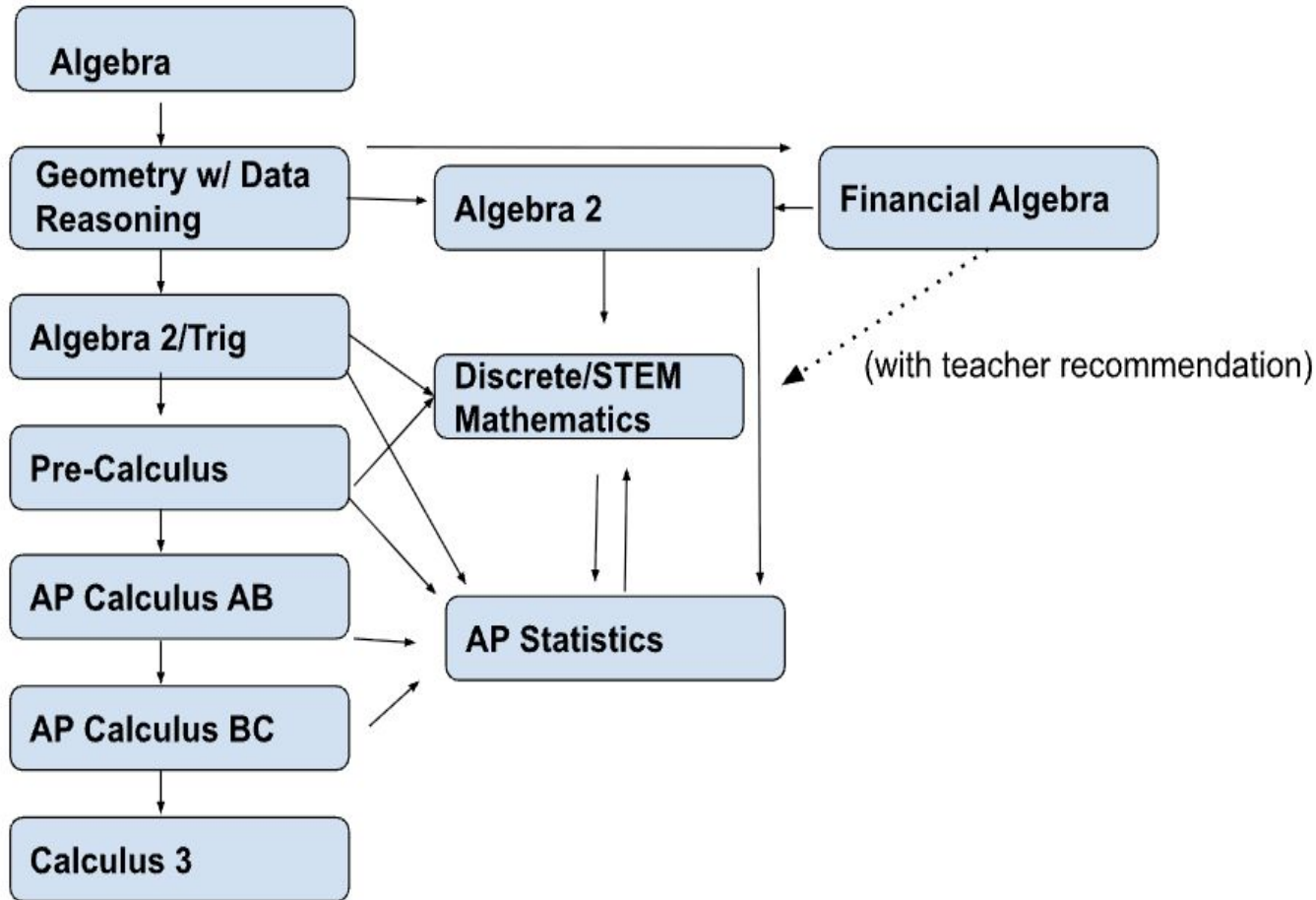
Biology (10th Grade)



Geoscience is the class that you take in 9th grade.

If you are a very strong science student, you can ***double up*** on Geoscience and Biology next year.

Math



- You must complete **3 Credits of Math**
- The general math progression is Algebra to Geometry to Algebra II
- Once you've completed your 3 math credits, any additional math classes will be recorded as Electives on your transcript.

Communication Credit

Adv Communication Skills	Acting 1
3 major speeches & 2 minor speeches	4 performances (poem, monologue, pantomime, duo scene)
Mock Job Interview Activity	Acting exercises/games
No speech will ever need to be memorized (note cards allowed)	2 performances memorized, 1 not memorized, 1 has no words
Public speaking activities/games	Outside of class requirement - must see one (1) play or musical throughout the semester ○ Can be an LHS show

*In both classes, all speeches/performances are in front of whole class. Both classes involve very little HW aside from speech/performance prep.

Income & Money Management

All students need to take One Semester
(0.5 Credit) of Income & Money
Management



- Available 9th-12th Grade



PE and Health

- 1 Health credit required for graduation (.5 each)
 - **Lifetime Health** in 9th/10th
 - Health Issues in 11th/12th



- 1 PE credit required for graduation (.5 each)
 - **Physical Education (required)** in 9th/10th
 - .5 credit from any PE elective



OR

.5 credit from participating in any JV or Varsity Sport 11th/12th grade year

World Language

World Language - 2 Years Required:

- Spanish
- Chinese
- French
- ASL



Why take more than 2 years?

Fine Art

1.0 credit of Fine Art required:

Visual Art:

- Ceramics 1, 2, 3 and AP Studio Art 3D, or
- Art 1, 2, 3 and AP Art Studio 2D,
- Photography 1, 2
- Graphic Design

Performing Art:

- Band
- Choir
- Orchestra
- Acting 1,2,3
- Musical Theater Workshop
- Theater Tech
- Studio Music Production
- AP Music Theory



MUSIC COURSES:

- Band:
 - If taking a band class, forecast for **Symphonic Band** or **Jazz Lab** depending on your instrument and preference.
- Orchestra:
 - If taking an orchestra course, forecast for **Philharmonic Orchestra**, audition, and schedule adjustments will be made based on teacher placement in the spring.
- Choir:
 - If taking a choir class, forecast for **Concert Choir**.

Electives

Why take electives!? So many reasons!

- Offers a glimpse into new interests and abilities
- Provides a well-rounded education
- Gives you insights into future career paths

Some LHS options: Business, Tech/Engineering, Culinary, Agriculture, Social Studies, Writing/Journalism, Design, and more!

Ind Study Hall

A highly recommended **class for students that provides the time and space to do homework, study,** and remain organized during the school day.



You can take this class
for one semester or two
semesters.

Need more academic
help? Let your LHS
Counselor know when
you meet next week!



Google Classroom

**Find all your
forecasting
resources here!**

Join now!

**Class code
kon5zvfx**

**All of your
forecasting
materials will be
under
“Classwork”.**

The screenshot shows the Google Classroom interface for a class named "Class of 2030 Counseling Classroom". At the top, there is a navigation bar with tabs for "Stream", "Classwork", "People", "Grades", and "Analytics" (which is marked as "New"). A white arrow points from the "Find all your forecasting resources here!" text to the "Classwork" tab. Below the navigation bar is a large blue header area with the class name and a "Customize" button. To the right of the header is a calendar icon. Below the header, there are two buttons: "New announcement" and "Repost". To the left of these buttons is a "Quick Links" section with an "Add link" button. Below that is a "Meet" section with a "Generate link" button. At the bottom left, there is a "Class code" section showing the code "kon5zvfx" with a copy icon. To the right of these buttons is a large white box with a cartoon character and the text "This is where you can talk to your class" and "Use the stream to share announcements, post assignments, and respond to student questions". A "Stream settings" button is located at the bottom right of this box.

Stream Classwork People Grades Analytics **New**

Class of 2030 Counseling Classroom [Customize](#)

[New announcement](#) [Repost](#)

Quick Links
[+ Add link](#)

Meet [Generate link](#)

Class code [Copy](#)
kon5zvfx

This is where you can talk to your class
Use the stream to share announcements, post assignments, and respond to student questions
[Stream settings](#)

Tools to help you with forecasting!

- Google Classroom
- Course Offerings Sheet
- Curriculum Guide
- Homework Calc Guide
- Time Management Worksheet

Curriculum Guide

- **REVIEW CURRICULUM GUIDE ONLINE**
 - Read over course descriptions
 - Verify prerequisites
- **DO NOT FORECAST for-**
 - **Leadership (9-12), Academic Mentor, Department Assistant (9-12), Late Arrival, or Early Release**

TIME MANAGEMENT ESTIMATES

LHS Homework Calculation Guide

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

Academic Support	Hrs/Wk	Fine Arts - Performing	Hrs/Wk	Science	Hrs/Wk
Acad. Support Center	0	Acting 1, 2, 3	1	Earth Science Courses	
Pacer Study Center	0	Theater Tech	0	Geoscience	0.5
Ind Study Hall	0	Musical Theater WkShop	1.5	AP Environmental Sci	2
Strategic Math	0	AP Music Theory	3.5	Life Science Courses	
Math Connections	0	Band		Biology	0.5
Learning Support Center	0	Percussion Ensemble	0.75	Ecology and Conservation	0
Delta	0	Jazz Band/Jazz Lab	1.5	Human Phys/Anatomy	0.75
ELD	1	Wind Ensemble	1.5	AP Biology	2
ELD Lit and Comp	1.5	Symph Band	1.5	Physical Science Courses	
Career Technical Education	Hrs/Wk	Choir		Physics	1
Biomanufacturing		Pacer Choir/Treble Choir	2	Chemistry	3.5
Intro to Biotechnology	0.5	Concert Choir	3.5	Earth Science	0.75
Computer Science		Chamber Choir	0	AP Computer Science A	1.5
Intro to Programming	0.75	A Cappella	1	AP Computer Science B	1.5
AP Comp Sci Principles	1.5	Compa	1	AP Physics 1	2.5
AP Comp Sci A	2.5	Orch	1.5	AP Physics 2	2.5
Programming Projects	0.75	Orchestra	3.5	AP Physics C	1.75
Culinary and Agriculture				AP Statistics	1.5
Culinary Arts I, 2, 3				AP Calculus AB	3
Intro to Agriculture				AP Calculus BC	3.5
Farm to Table				AP Statistics	1.5
Engineering				Other Opportunities	Hrs/Wk
Eng and Design				Academic Mentor	0
Eng. Concepts				Applied Work Experience	.0
Marketing				Cadet Teaching	0
Income & Money Mgmt					
Marketing 1					
Mktg 2: Advertising					
Mktg 2: Sports & Ent					
Mktg 3: Entrepreneurship					
English					
English 9					
English 9H					
Adv Comm Skills					
English 10					
English 10H	4.5				
Alt English 10	0				
English 11	1.5				
Alt English 11	0				
AP Lang & Comp	3.5				
English 12	3				
Alt English 12	0				
AP Eng Lit & Comp	5				

The HW Calculation Guide is available on Google Classroom!

AVG. # OF HOURS OF HOMEWORK PER WEEK

Purpose: to determine healthy ways you can balance your schedule and still have a great high school experience.

Add up:

- Your School Hours
- Your Homework Hours
- Your Out of School Hours
- Your Living Activities

TIME MANAGEMENT WORKSHEET

Student Name: _____

2023-2024 Grade Level: _____

Time Management Activity- Course Forecasting

REQUESTED COURSES- Write Course Name	AVERAGE HOURS/WEEK Spent on homework and studying
In school for (5 days x 7 hours)	35
English:	
History:	
Science:	
Math:	
World Language/Elective:	
PE/Health/Elective:	
Elective:	
Elective:	
Total School hours:	
EXTRA-CURRICULAR ACTIVITIES – School and Community	AVERAGE HOURS/WEEK
Paid job	
Hobbies/Interests	
Community/Volunteer Services	
Non School Sports (i.e. club team)	
School Related Activity	
School Related Activity	
Total extra-curricular hours:	

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.)	
Faith/Religious Activities	
Total daily living hours:	

Total Hours <table border="1"> <tr> <td>School hours =</td> <td></td> </tr> <tr> <td>Extra-Curricular hours=</td> <td></td> </tr> <tr> <td>Daily Living hours=</td> <td></td> </tr> <tr> <td>Your total hours:</td> <td></td> </tr> </table>	School hours =		Extra-Curricular hours=		Daily Living hours=		Your total hours:		vs	TOTAL HOURS AVAILABLE PER WEEK 168 (24 hours day x 7 days)
School hours =										
Extra-Curricular hours=										
Daily Living hours=										
Your total hours:										

By signing below, we acknowledge that we reviewed and support the courses and extracurricular activities that my student has selected for the upcoming school year.

Complete this time management worksheet using the HW Calc Guide, and be ready to turn in to your counselor!

Lakeridge High School
Junior Forecasting Worksheet

Bruce Banner Sheehy
Student Name LHS Counselor
Student Contact Phone Number: 503-503-5555

Instructions for completing worksheet:

English 11 and America & the Contemporary World are automatically added to your schedule for a total of 2 credits.

Enter your specific Science and Math courses.

Health Issues must be completed by the end of 12th grade. If you wish to take it during your Junior year, please add it to your choices below.

Remember to fill in all 8 slots for both semesters. If a course is year-long, add both S1 and S2.

List **at least 4** alternative choices in priority order in the section provided.

Read the Forecasting Instructions sheet for more detailed information on course selection.

*Add **all** 16 regular and at least 4 alternate courses to your StudentVUE account, under Course Requests.*

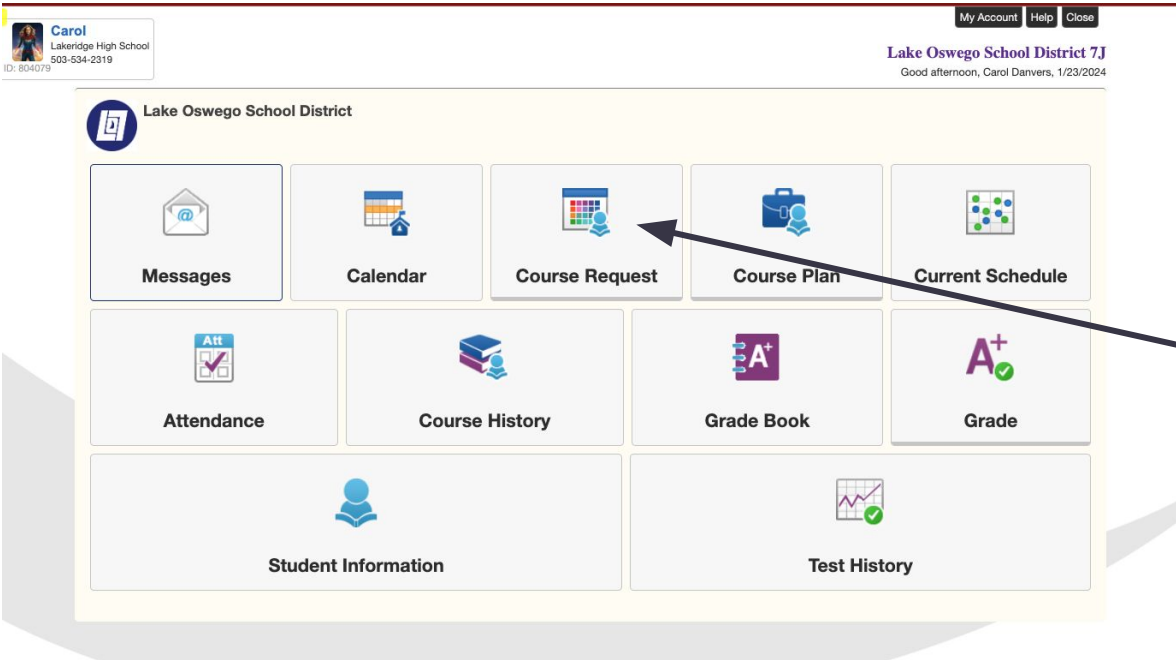
<u>Semester 1</u>	<u>Semester 2</u>
<u>Courses</u>	<u>Courses</u>
1. English 11 S1 ☒ or AP Eng. Lang. S1	1. English 11 S2 ☒ or AP Eng. Lang. S2
2. America & Con. World S1 or AP US S1 ☒	2. America & Con. World S2 or AP US S2 ☒
3. Science S1: <u>Chemistry</u>	3. Science S2: <u>Chemistry</u>
4. Math S1: <u>Adv. Algebra</u>	4. Math S2: <u>Adv. Algebra</u>
5. <u>Health Issues/PE Elective</u>	5. <u>Health Issues/PE Elective</u> <u>Ceramics I</u>
6. <u>Intro to Physics</u>	6. <u>Sustainability</u>
7. <u>Spanish 3</u>	7. <u>Spanish 3</u>
8. <u>Late Arrival</u>	8. <u>Late Arrival</u>

<u>Alternative Choices</u>	<u>Do you need Credit Recovery or a Support Class? List it here.</u>
1. <u>Art I</u>	<u>None</u>
2. <u>Culinary Arts I</u>	
3. <u>Sociology</u>	
4. <u>Acting I</u>	

<u>Questions/Notes:</u>
<u>For college, do my two fine art classes need to be done before 12th grade?</u>

FORECASTING WORKSHEET

- ❖ Complete form BEFORE Feb 17th.
- ❖ Write any questions!
- ❖ Fill in all 8 periods for each semester
- ❖ Complete all alternate course boxes as well.



FORECASTING THROUGH STUDENTVUE

- ❖ Log onto StudentVue
- ❖ Click on “Course Request”
- ❖ You will see classes already entered or recommended for you
- ❖ Add or remove classes that you’d like to take
- ❖ The forecasting window will close on Feb 20th at 3pm.

Go Back Carol Lakeridge High School ID: 804079 (503-534-2319) My Account Help Close

Lake Oswego School District 7J
Good afternoon, Carol Danvers, 1/23/2024

COURSE REQUEST

Lakeridge High School (503-534-2319)
2024-2025 School Year, Grade: 10

Selection Time Period: 12/1/2023 - 4/1/2024
Counselor: Quinn Correa

[Click here to change course requests](#)

Graduation Status Summary - District

Subject Area	Required	Completed	In Progress	Credit for Requested Courses	Remaining
Advanced Communications	0.500	0.000	0.500	0.000	0.000
Elective	6.500	2.000	0.500	0.000	4.000
Fine Arts	1.000	0.000	1.000	0.000	0.000
Health	1.000	0.000	0.500	0.000	0.500
Language Arts	4.000	0.000	1.000	0.000	3.000
Mathematics	3.000	0.000	1.000	0.000	2.000
Physical Education	1.000	0.000	0.500	0.000	0.500
Science-Chemistry	0.500	0.000	0.000	0.000	0.500
Science-Earth/Space	1.000	0.000	1.000	0.000	0.000
Science-Life	1.000	0.000	0.000	0.000	1.000
Science-Physics	0.500	0.000	0.000	0.000	0.500
Social Studies	2.500	0.000	1.000	0.000	1.500
Social Studies-Civics	0.500	0.000	0.000	0.000	0.500

STUDENTVUE

What you will see when you login:

Required Classes

- English - English 9
- Social Studies - World History & Geography
- Math - Rec from 8th grade math teacher
- Science - Geoscience

Recommended Courses

- Physical Education, Lifetime Health, Adv Communication Skills/Acting 1
- Band, Choir, Orchestra

You can change most of these or remove!

Forecasting Requirements

Fill out the:

1. Forecasting worksheet
2. Time management worksheet
3. When you are ready, request your classes through Studentvue!

FORECASTING: Next Steps

1. Complete Forecasting on StudentVue
2. Have parents attend Parent Night Feb 11th @ 7:00PM
3. Meet with your new LHS counselor during Science Feb 17-19th



**February
17th-19th**



Reminders- What to Bring
when you meet your counselor
Feb 17-19th:

1. Forecasting Worksheet
2. Any Questions or Concerns!

**We Are
SO
Excited to
See you at
LHS!**

Stay tuned for
announcements in the spring
about 9th grade Orientation
Dates

QUESTIONS?

Lisa Sheehy: A-D

sheehyl@loswego.k12.or.us

Holly Pouливаati: E-K

poulivah@loswego.k12.or.us

Allison Kerr: L-P

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Gordon Hilberg: Q-Z

hilbergg@loswego.k12.or.us

