

Central Catholic High School

Forecasting Reference Guide

Academic Year: 2026-2027

CENTRAL CATHOLIC
Core Values

FAITH AND LOVE

We instill principles central to the teaching of Jesus to inspire a life of virtue and moral integrity rooted in Catholic values.

We believe that God is love.

COMMUNITY

We foster a feeling of belonging and connectedness through our shared vision, values, and beliefs.

We are a community within the building and well beyond, with deeply connected families and alumni.

ACADEMIC EXCELLENCE

We meet all students where they are when they enter, and develop them as leaders, critical thinkers, and lifelong learners.

We believe in everyone's potential to make a lasting impact in the world.

DIVERSITY

We mirror the wider world through the richness of our racial, spiritual, neurodiverse, and socioeconomic differences. We support and empower students from all backgrounds and lived experiences.

COMPASSION

We speak with kindness, listen without judgment, and accept others for who they are.

We act in service to others, especially those in need.

INTEGRITY

We believe character matters more than anything.

We adhere to principles rooted in Catholic social teaching in our thoughts, actions, and decisions.

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2026-2027 FORECASTING CHECKLIST

- ☐ Review, Plan, Discuss
- ☐ I reviewed plans with my parents/guardians.
- ☐ I used the Four Year Plan Worksheet to map out my plan.
- ☐ I use the Four Year Plan to help me complete my Forecasting Worksheet.
- ☐ I double checked the Forecasting Worksheet.
- ☐ I confirmed that my schedule contains seven classes for each semester. (Eight if taking 0 period)
- ☐ I confirm that the prerequisites for all of my chosen courses have been met. (see curriculum course guide)
- ☐ I have entered alternate requests.
- ☐ My family and I are committed to these classes. NO SCHEDULE CHANGES ALLOWED
- ☐ I used my Forecasting Worksheet to help me enter my requests in PowerSchool.

ADVICE FROM THE COUNSELORS

Selecting courses for high school is an important process in building the foundation for your future. Please read through all of your materials carefully to make sure that you are aware of the requirements. We also encourage you to consider these factors in deciding on a schedule for next year:

- How challenging of a schedule can you manage? This involves looking at your history as a student. Do you have strong study skills? Are there areas where you struggle? How will you manage the stress that may arise?
- Take courses that you have a genuine interest in and that make sense in light of your future goals.
- Balance is important. Factor extracurriculars and other responsibilities that require time and energy into the equation when forecasting.
- Be aware of requirements for colleges. There is a table (see below) with general information on college requirements for core subject areas. This can be especially important in deciding when to begin foreign language and science courses.
- Ask questions. If you need help don't hesitate to contact your counselor.

High School is exciting and challenging. Our hope for you is that your time at Central Catholic provides you with the experiences and the skills you need to build a great future.

Core Subjects	Central Catholic Graduatioin	Public Universities	Selective College	Highly Selective Colleges
English	4	4	4	4 (Honors/AP if possible)
Mathematics	3	3 (Algebra II minimum)	4	4 (Honors/AP if possible)
Science	3	2	3-4	4 (Honors/AP if possible)
Social Science	3	3	3-4	3-4 (Honors/AP if possible)
World Language	2	2	3-4	4 (Honors/AP if possible)

FREQUENTLY ASKED QUESTIONS

Can my parent/guardian forecast for me?
While we certainly want you to get their input, you must log in under your own student account to register.

If I take a study hall, will I still be on track to graduate?
Yes! Sometimes it makes sense for a student to take a study hall to offer extra time to organize, study etc. For graduation purposes you need 26 credits. This allows for you to take up to four semester long study halls during the course of your four years in high school. Remember: Plan wisely. You do **not** get credit for study hall. To take the maximum amount of study halls you must pass all your courses to graduate. You may want to save a study hall as classes get harder in subsequent years.

Can I take more than one Early Bird class? And when do they meet again?
Unfortunately you cannot take more than one. Early Bird classes meet from 7:00 - 7:50 A.M. every day except for Late Start days.

What if I want to take a summer course?
Forecast for the classes you would be taking without having taken summer school. List your summer plans on the forecasting worksheet and list the classes you would like to take upon successful completion of the summer course as alternates. We will make changes to your schedule **after** you complete your course.

What if I wasn't placed in an Honors level, but I think I should be?
The Honor's Application process runs through February 26. If you did not complete this process you can apply next year. If you have placement questions talk to Mr. Mordhorst.

What if I was recommended for an Honors course and I don't want to take a course at the Honors level?
If you and your parents decide that taking the honors course is not in your best interest, you may forecast for the non-honors course and you don't need a teacher recommendation.

Can I request a specific teacher or period for a class?
Unfortunately, due to larger scheduling issues, we cannot accommodate such requests. You can request a study hall or Early Bird Weight Training Class for a specific semester by indicating Fall or Spring on your forecasting worksheet.

What if I decide to change a class next fall?
Since we base our master schedule on your requests, we will not honor requests to change unless there is a compelling reason (see Schedule Change Policy). Level changes are determined with the input of teachers, parents/guardians, student, and counselor.

Can I try a class to see how I do and then move a level?
No. We encourage you to make thoughtful decisions about your classes in consideration of your abilities, goals, graduation requirements, and activities beyond the classroom. Please take this time to have discussions with your parents, current teachers, and your counselor.

What happens if I turn in my forecasting late?
You put yourself at risk of not getting into your first choice elective courses.

What is the approval process to take more than three AP/Honors Courses?
Students looking to take more than three Honors/AP courses concurrently in one semester must request approval from the Approval Committee. To request approval a student must:

- Write a short explanation on why each Honors/AP course fits into their goals for post high school plans. Additionally, please speak to how you will cope with the increase of academic rigor and time required for these courses and what resources will you rely upon to be successful.
- Complete the Healthy and Balanced Worksheet
- Have parent permission.

All of the above materials must be submitted to the Assistant Principal before the close of forecasting via email pmordhorst@centralcatholichigh.org.

OREGON AND WASHINGTON PUBLIC UNIVERSITIES

During the forecasting process it is important to choose courses to meet Central Catholic's graduation requirements. It is also important to plan ahead and look at possible college choices and their admission criteria.

Most Oregon public universities instituted a minimum grade requirement of C- or better in the core subjects listed below.

- If you have received lower than a C- in one of the core subject areas listed and you are interested in the possibility of attending an Oregon public university, you may need to re-take a course. Please talk to your counselor to review your options.

Washington public universities have similar subject requirements, their minimum grade requirement continues to be a D- or better.

Core subject requirements for most Oregon and Washington public universities:

- 4 years of English
- 3 years of Mathematics including Algebra I and Algebra II (or equivalent) or higher
- 3 years of Science
- 3 years of Social Studies
- 2 years of the same World Language

Please Note:

- Submitting scores from the SAT/ACT is optional for admissions.
- Requirements may vary for the different Oregon public universities so please check individual websites.
- Meeting minimum course requirements does not guarantee admission.

PUBLIC UNIVERSITIES IN CALIFORNIA

The California State University system has 23 campuses and the University of California system has 9 campuses. Applicants must meet the following standards to be considered for admission. A grade of C or better in the following core subjects (categorized as A-G subjects) is required for California State Universities and University of California schools:

- 2 years of History and Social Science (including 1 year of U.S. History or 1 semester of U.S. History and 1 semester of Civics or American government AND 1 year of social science)
- 4 years of English
- 3 years of Math (4 years strongly recommended) including Algebra I, Geometry, Algebra II, or higher mathematics
- 2 years of Laboratory Science (including 1 Biological Science and 1 Physical Science)
- 2 years of (the same) Language other than English
- 1 year of the same Visual and Performing Arts (dance, drama or theater, music, or visual art).
- College Preparatory Elective (chosen from the subjects listed above)

Please Note:

- Submitting scores from the SAT/ACT is optional for admissions.
- Meeting minimum course requirements does not guarantee admission.

STAYING HEALTHY AND BALANCED

In an effort to guide and direct students in making healthy and balanced choices regarding their time and commitments, all students are required to complete the following chart and submit it with their course requests. This is a guideline and requires individual discernment. Class loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time.

24 hours in a day

- 8 hours of sleep (research says minimum 9)
- 8 hours of school, including average travel time (7:30 A.M.– 3:30 P.M.)
- 1 hour for dinner, time with family, chores
- 1 hour of "mental health time" (relaxation, social media, time with friends, TV)
- 6 hours remain for homework and other commitments/ interests

Using the score guide:
Variable scores are based on the rigor or amount of time needed for the class/activity.

Time Needed for Activity/Job/Club Sport:

Less than an hour a week:	.5 points
1-2 hours a week:	1 point
3-4 hours a week:	2 points
4-5 hours a week:	3 points
6+ hours a week:	4 points

Example scores:

Honors Physics:	4 points
AP Physics:	5 points
Theater Supporting Role:	2 points
Theater Lead Role:	4 points
Activity Math Club:	.5 points
Activity Robotics:	4 points
Activity Pep Band:	2-3 points

Sustainability Points Scale

18 19 20 21 22 23 24 25 26 27 28 29

RECOMMENDED RANGE

Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals, and priorities.

Academics	Semester 1	Semester 2
Core Academic Classes 3 points per class		
Honors/AP/Dual Credit 4-5 points		
PE/Art/Elective 1 point		
Journalism/Yearbook 2 points		
Co-Curriculars	**Semester 1**	**Semester 2**
Sports 2 points per season		
Theater 2-4 points		
Search Leader 1 point		
Club/Activity .5-4 points (depending on activity)		
Outside Commitments: Job/Volunteer/Family 1.5-2.5 points		
Outside Sport/Club/Activity .5-4 points		
Total:		

Sample Four Year Plan Worksheet

1. Using your transcript, fill in the courses you have taken or in which you are currently enrolled. Identify the number of credits you will have earned.
2. Fill in the courses you plan to take in the year you plan to take them and identify the number of credits you plan to earn each year.

Graduation Requirements	Freshman Courses/Credits	Sophomore Courses/Credits	Junior Courses/Credits	Senior Courses/Credits	Summer/Evening Courses/Credits
Theology 4 Credits	Theology I 1.0 Credit	Theology II 1.0 Credit	Theology III 1.0 Credit	Theology IV 1.0 Credit	
English 4 Credits	English I 1.0 Credit	English II 1.0 Credit	English III 1.0 Credit	English IV 1.0 Credit	
Social Science 3 Credits	World History 1.0 Credit		AP US History 1.0 Credit	AP Government/ Politics and Finance 0.5 Credit/0.5 Credit	
Mathematics 3 Credits	Algebra I 1.0 Credit	Geometry 1.0 Credit	Algebra II 1.0 Credit	Precalculus 1.0 Credit	
Lab Science* 3 Credits		Biology 1.0 Credit	Physics 1.0 Credit	Chemistry 1.0 Credit	
World Language 2 Credits	French I 1.0 Credit	French II 1.0 Credit	French III 1.0 Credit	French IV 1.0 Credit	
Fine Arts** 1 Credit	Art I/Art II 0.5 Credit/0.5 Credit	Art III/Art IV 0.5 Credit/0.5 Credit	AP 2-D Art 1.0 Credit		
Wellness 1 Credit	Wellness 1.0 Credit				
Physical Education 1 Credit		Coed PE/Dance 0.5 Credit/0.5Credit			
Technology*** .5 Credit				Introduction to Computer Science 0.5 Credit	
Electives 3.5 Credits				Peer Mentor 0.5 Credit	
Total Credits: 26	*7*	*7*	*7*	*7*	Total Credits: 28

* Students must complete a course in Biology, Physics, and Chemistry to graduate.

** Requirement is satisfied by courses listed in the Fine Arts section.

*** Technology credit requires students to pass the Introduction to Computer Science or AP Computer Science Principles course by graduation.

Quick Glance Course List

Theology

Course Title	Credit	Prerequisite?	Grade
Theology I	1.0	no	9
Theology II	1.0	no	10
Theology III	1.0	no	11
Theology IVA	1.0	no	12
Theology IVB	1.0	no	12

Language Arts

Course Title	Credit	Prerequisite?	Grade
English I: Writing Seminar	.5	no	9
English I: Literature	.5	no	9
Honors English I: Literature	.5	yes	9
English II	1.0	no	10
Honors English II	1.0	yes	10
English III	1.0	no	11
AP English Language	1.0	yes	11
English IV	1.0	no	12
AP English Liturature	1.0	yes	12
Speech	0.5	no	9-12
Creative Writing	0.5	no	10-12
Genre Fiction: Fantasy	0.5	no	9-12
Journalism	0.5/1.0	no	9-12
Yearbook	0.5/1.0	no	9-12

Science

Course Title	Credit	Prerequisite?	Grade
Biology	1.0	no	9-10
Physics	1.0	yes	10-11
Honors Physics	1.0	yes	10-11
Chemistry	1.0	yes	11-12
Honors Chemistry	1.0	yes	11-12
AP Chemistry	1.0	yes	12
AP Biology	1.0	yes	11-12
AP Physics	1.0	yes	12
Anatomy & Physiology	1.0	yes	11-12
Forensics	0.5	yes	10-12
STEM	0.5	yes	10-12

Social Studies

Course Title	Credit	Prerequisite?	Grade
World History	1.0	no	9
US History	1.0	no	11
AP US History	1.0	yes	11
Government	0.5	no	12
Politics and Finance	0.5	no	12
AP US Government and Politics *(semester 1)*	0.5	yes	12
AP Comparative Government and Politics	1.0	yes	10-12
Honors We the People *(pair with Citizen Action Project/Finance)*	0.5	yes	11-12
Citizen Action Project /Finance	0.5	yes	11-12
Psychology	0.5	no	11-12
AP Psychology	1.0	yes	12
AP African American Studies	1.0	yes	10-12
Sociology	0.5	no	10-12

World Language

Course Title	Credit	Prerequisite?	Grade
French I	1.0	no	9-11
French II-V	1.0	yes	9-12
AP French Language	1.0	yes	11-12
Spanish I	1.0	no	9-11
Spanish for Heritage Speakers	1.0	yes	9-10
Spanish for Heritage Speakers II	1.0	yes	9-10
Spanish II-III	1.0	yes	9-12
Spanish IVA: Cultural Explorations	1.0	yes	9-12
Spanish IVB: Short Stories and Film	1.0	yes	10-12
AP Spanish Language	1.0	yes	11-12
AP Spanish Literature	1.0	yes	11-12
Japanese I	1.0	no	9-11
Japanese II-IV	1.0	yes	9-12
Japanese for Immersion Students I-IV	1.0	yes	9-12
American Sign Language I	1.0	no	9-12
American Sign Language II-IV	1.0	yes	10-12

Quick Glance Course List

Mathematics

Course Title	Credit	Prerequisite?	Grade
Algebra I	1.0	no	9
Accelerated Algebra I	0.5	no	9
Algebra II	1.0	yes	10-12
Accelerated Algebra II	0.5	no	10-12
Honors Algebra II	1.0	yes	10-12
Geometry	1.0	yes	9-10
Accelerated Geometry	0.5	yes	9-10
Statistics	1.0	yes	11-12
Precalculus	1.0	yes	10-12
Honors Precalculus	1.0	yes	10-12
Calculus I	1.0	yes	11-12
AP Calculus I	1.0	yes	11-12
AP Calculus II	1.0	yes	12

Physical Education/Wellness

Course Title	Credit	Prerequisite?	Grade
Wellness	1.0	no	9
Coed PE	0.5/1.0	no	10
Weight Training	0.5/1.0	no	9-12
Weight Training *(EB)*	0.5/1.0	no	9-12
Lifetime Fitness	0.5	no	11-12
Dance	0.5/1.0	no	9-12

Technology/Business

Course Title	Credit	Prerequisite?	Grade
Intro to Computer Science	0.5	no	9-12
Electronic Music	0.5	no	9-12
AP Computer Science	1.0	yes	10-12
Robotics *(EB)*	1.0	yes	10-12
Entrepreneurship	0.5	no	10-12

Fine Arts

Course Title	Credit	Prerequisite?	Grade
Art I	0.5	no	9-12
Art II-IV	0.5	yes	9-12
Art History in the Round	0.5	yes	10-12
Ceramics I	0.5	no	9-12
Ceramics II-IV	0.5	yes	9-12
Digital Photography I	0.5	no	9-12
Digital Photography II-IV	0.5	yes	9-12
AP 2-D Art	1.0	yes	11-12
AP 3-D Art and Design	1.0	yes	11-12
Band *(EB)*	0.5/1.0	no	9-12
Honors Jazz Band	1.0	yes	9-12
Electronic Music *(Tech Credit)*	0.5	no	9-12
Electronic Music II-III	0.5	yes	9-12
Music Production	0.5/1.0	no	9-12
Choir	0.5/1.0	no	9-12
Acting I	0.5	no	9-12
Acting II	0.5	yes	9-12
Technical Theater	0.5/1.0	yes	9-12
Musical Theater I	0.5	yes	9-12
Musical Theater II	0.5	yes	9-12
Scene Study	0.5	yes	9-12

General Electives

Course Title	Credit	Prerequisite?	Grade
Teacher Assistant	0.5	yes	11-12
Study Hall	0	no	9-12
Academic Tutor	0.5	no	11-12
Peer Mentor	0.5	no	10-12

Notes



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