Central Catholic
HIGH SCHOOL

Freshman Forecasting

Welcome to High School



Prayer

Meet the Counselors
Assigned by first letter of last name



Mr. Holguin

School Counselor

Last Names A-D

Yo hablo español.



Mr. Lambert

School Counselor

Last Names E-K

Meet the Counselors
Assigned by first letter of last name



Mr. Wiens

School Counselor

Last Names
L-Rh



Mrs. Gonzalez ‘11

School Counselor

Last Names
Ri- Z

Sub for first semester

Additional Support



Mrs. Stupfel ‘94
Director of Counseling



Mr. Blue
Director of Student Services



Mrs. Blair
Student Support Coordinator
Last Names A-K



Mr. Guy ‘11
Student Support Coordinator
Last names L-Z



Ms. Jaeger
Student Success Coordinator

Tips for Success

“The future depends entirely on what each of us does every day”

~Gloria Steinem

- **Get involved! Clubs, music and drama, sports, service, take cool electives. Stretch out of your comfort zone.**
- **Be YOUR authentic self.**
- **Ask teachers/counselors for help early.**
- **Attendance matters.**
- **Time management and balance is important**
  - **Sleep, activities, study time, and self care.**
- **Take ownership of your learning.**
- **Continue to hone your study skills.**
- **Be open to new experiences and people.**
- **Keep your brain active! Read over the summer. Listen to audiobooks on car trips.**

CENTRAL CATHOLIC HIGH SCHOOL
2025-2026 Bell Schedule

M Day

Period 0	7:00 - 7:55 A.M.
Period 1	8:00 - 9:05 A.M.
Period 2	9:10 - 10:20 A.M.
Break	10:20 - 10:35 A.M.
Period 3	10:35 - 11:40 A.M.
Lunch	11:40 A.M. - 12:20 P.M.
Period 4	12:20 - 1:25 P.M.
Period 5	1:30 - 2:35 P.M.

T Day

Period 0	7:00 - 7:55 A.M.
Period 6	8:00 - 9:05 A.M.
Period 7	9:10 - 10:20 A.M.
Break	10:20 - 10:35 A.M.
Period 1	10:35 - 11:40 A.M.
Lunch	11:40 A.M. - 12:20 P.M.
Period 2	12:20 - 1:25 P.M.
Period 3	1:30 - 2:35 P.M.

W Day (Late Start)

Period 4	9:15 - 10:20 A.M.
Period 5	10:25 - 11:30 A.M.
Ext. Lunch	11:30 A.M. - 12:20 P.M.
Period 6	12:20 - 1:25 P.M.
Period 7	1:30 - 2:35 P.M.

Cardinal Day (C)

Period 0	7:00 - 7:55 A.M.
Period 1	8:00 - 9:20 A.M.
Break	9:20 - 9:35 A.M.
Period 2	9:35 - 11:00 A.M.
Lunch	11:00 - 11:40 A.M.
Period 3	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 4	1:15 - 2:35 P.M.

Gold Day (G)

Period 0	7:00 - 7:55 A.M.
Period 5	8:00 - 9:20 A.M.
Break	9:20 - 9:35 A.M.
Advisory	9:35 - 9:55 A.M.
Student Life Block	10:00 - 11:00 A.M.
Lunch	11:00 - 11:40 A.M.
Period 6	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 7	1:15 - 2:35 P.M.

Gold Early Release Day (No Lunch/No Advisory)

Period 0	7:00 - 7:55 A.M.
Period 5	8:00 - 9:20 A.M.
Break	9:20 - 9:35 A.M.
Period 6	9:35 - 11:00 A.M.
Break	11:00 - 11:15 A.M.
Period 7	11:15 A.M. - 12:35 P.M.

Gold Late Start Day

Period 5	9:15 - 10:40 A.M.
Ext. Lunch	10:40 - 11:40 A.M.
Period 6	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 7	1:15 - 2:35 P.M.

Modified Cardinal Late Start Day

Period 1	9:15 - 10:40 A.M.
Ext. Lunch	10:40 - 11:40 A.M.
Period 2	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 3	1:15 - 2:35 P.M.
No Period 4	

Modified Cardinal Day (No Late Start)

Period 0	7:00 - 7:55 A.M.
Period 5	8:00 - 9:20 A.M.
Break	9:20 - 9:35 A.M.
Advisory	9:35 - 9:55 A.M.
Student Life Block	10:00 - 11:00 A.M.
Lunch	11:00 - 11:40 A.M.
Period 6	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 7	1:15 - 2:35 P.M.

Modified Gold Day

Period 4	8:00 - 9:20 A.M.
Break	9:20 - 9:35 A.M.
Period 5	9:35 - 11:00 A.M.
Lunch	11:00 - 11:40 A.M.
Period 6	11:40 A.M. - 1:00 P.M.
Break	1:00 - 1:15 P.M.
Period 7	1:15 - 2:35 P.M.

Modified W Day (No Late Start)

Period 4	8:00 - 9:05 A.M.
Period 5	9:10 - 10:20 A.M.
Break	10:20 - 10:35 A.M.
Advisory	10:35 - 10:40 A.M.
Liturgy	10:40 - 11:40 A.M.
Lunch	11:40 A.M. - 12:20 P.M.
Period 6	12:20 - 1:25 P.M.
Period 7	1:30 - 2:35 P.M.

Notes

Student Life Block: This will rotate between Mass, Assemblies, Open Student Life, and Gold Early Releases

Advisory: Will be by grade level

Four Day Weeks: Convert to block schedules all week

Ext. Lunch: Extended lunch to be used for club meetings, affinity group meetings, STUCO/PCLA classes, and makeup exams



What is forecasting?

Opportunity for students to choose classes for following year

Time to reflect and discuss your unique post high school plan

Master schedule built on requests

Schedule changes generally discouraged

Schedules available in mid August

Graduation Requirements

Theology	**4 credits**
English	**4 credits**
Social Science	**3 credits**
Mathematics	**3 credits**
Science (Lab)	**3 credits**
World Language	**2 credits**
Fine Arts	**1 credit**
Computer Science	**.5 credit**
Econ/Finance	**.5 credit**
Wellness	**1 credit**
Physical Education	**1 credit**

26 total credits and completion of service requirements needed for graduation

1 credit=1 year (2 semesters)
.5 credit= 1 semester

Freshman Required Courses

Theology	**1 credit**
English 1 Writing Seminar (1st semester)	**.5 credit**
English 1 Lit/Honors English I- Lit ext. (2nd semester)	**.5 credit**
World History	**1 credit**
Mathematics*	**1 credit**
Wellness	**1 credit**
Additional Choices	**2 credits**

**Placements determined by department chair using NWEA scores, current placement & grades, teacher recommendations*

Additional Choices: 2

Fine Arts

World Language

Science: *Biology*

Technology

Social Studies

English

Other:

Freshman Success Seminar*

Study Hall (no credit)

**Placements determined by CCHS department chairs using NWEA scores, current placement, grades & teacher recommendations.*

**Course descriptions found in PowerSchool and Course Guide*

CENTRAL CATHOLIC HIGH SCHOOL
Mathematics Sequences

Freshman Year	Sophomore Year	Junior Year	Senior Year
Algebra I	Geometry	Algebra II	Statistics or Precalculus
Algebra I	Accelerated Geometry/ Accelerated Algebra II	Precalculus or Honors Precalculus	Calculus or AP Calculus I
Accelerated Algebra I/ Accelerated Geometry	Honors Algebra II	Precalculus or Honors Precalculus	Calculus or AP Calculus I
Geometry	Algebra II	Precalculus or Honors Precalculus	Calculus or AP Calculus I
Accelerated Geometry/ Accelerated Algebra II	Precalculus or Honors Precalculus	Calculus or AP Calculus I	AP Calculus II
Algebra II	Precalculus or Honors Precalculus	Calculus or AP Calculus I	AP Calculus I or AP Calculus II
Honors Algebra II	Honors Precalculus	AP Calculus I	AP Calculus II

Math Placements

- If you are recommended for an accelerated course you can choose Algebra I. If you are recommended into Algebra I or Geometry you can have a conversation with your counselor to move into accelerated.

Challenge Opportunities:
April 30 and May 1 @ 3:00 p.m.
Sign up Here

Placement Questions:
Dept Chair: Stefan Marineau
smarineau@centralcatholichigh.org

English Language Arts

Semester 1: English I Writing Seminar .5 credit

- Summer & independent choice reading
- Writing process (brainstorming, drafting, revising)
- Six trait assessment (including technical skills)
- Modes of discourse (argument, expository, narrative, descriptive)

Semester 2: English I Literature ***OR***
Honors English I Literature ext .5 credit

- Students in Honors will be selected based on demonstrated subject matter interest first semester and exemplary skill demonstrated on a timed writing task
- All students will focus on literary analysis second semester

Fine Arts

Performing Arts

Music

Band (0 period)
Honors Jazz Band
Music Production
Concert Choir
Electronic Music (tech cred)
II, III

Theater

Acting I-II
Musical Theater I-II
Technical Theater
Scene Study

Visual Arts

Photography

Photography I-IV
AP 2D Design: Photography

Ceramics

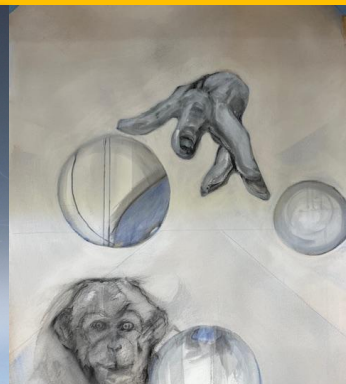
Ceramics I-IV
Ceramics II
Ceramics III
Ceramics IV
AP 3D Design: Ceramics

Art

Art I-IV
AP 2D Design: Mixed Media & Painting
Art History in the Round







World Language

Spanish–*Spanish I-III; Spanish IV A: Cultural Explorations; Spanish IV B: Short Stories and Film (Dual Credit with PCC); AP Spanish Language; AP Spanish Literature; Spanish for Heritage Speakers I, II*

Japanese–*Japanese I- IV; Japanese for Immersion Students I-IV (III and IV are honors courses)*

French–*French I- IV, AP French Language*

American Sign Language–*ASL I- IV (IV Dual credit with PCC)*

World Language Placements

- **If you have taken a language already and want to move beyond World Language level 1**



Challenge Opportunities:
April 29 and 30 (Spanish), April 29 (ASL, French and Japanese) @ 3:00 p.m.
Sign up Here

Placement Questions:
Dept Chair: Mariko Tokoyoda
mtokoyoda@centralcatholichigh.org

Forecasting in 3 Simple Steps

Step 1: Review reference materials on the website.

Step 2: Fill out the forecasting worksheet utilizing the four year plan.

Step 3: Submit your choices in PowerSchool and email your forecasting worksheet to your counselor.

Step One: Review Reference Materials

Reference Guide:

- Forecasting directions
- Advice from counselors
- FAQ
- ***General*** college admissions requirements
- Guide for a healthy and balanced student
- Sample 4-year plan
- Quick glance of courses

Course Catalog:

Graduation requirements

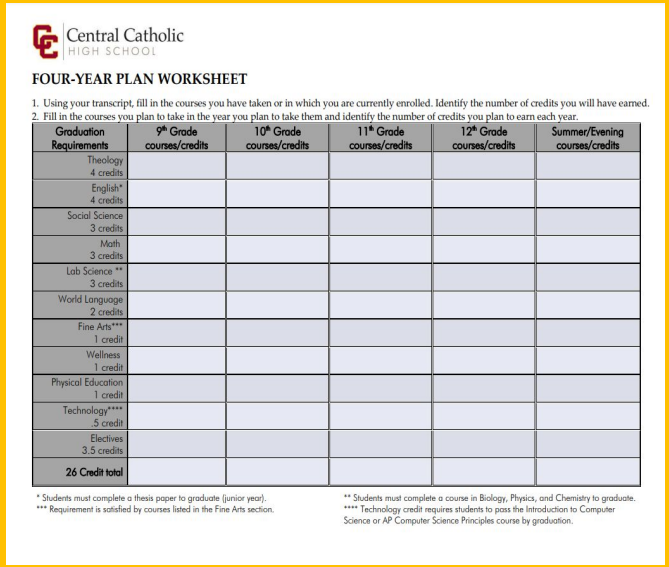
Course descriptions and pre requisites

Schedule change policy

Step Two: Fill out worksheets

Use this…..

(Keep for future reference)



Central Catholic
HIGH SCHOOL

FOUR-YEAR PLAN WORKSHEET

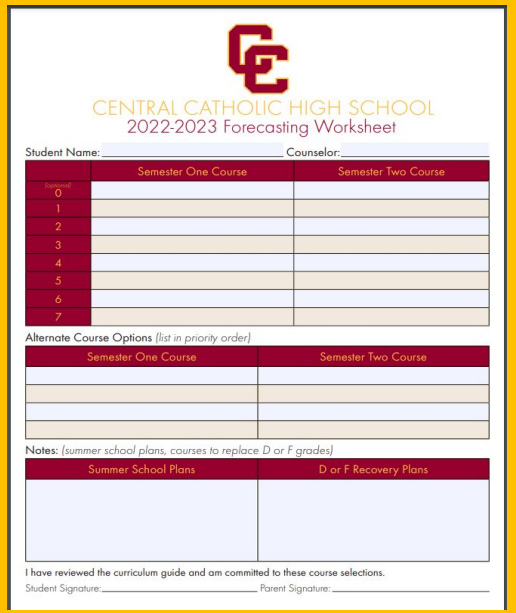
1. Using your transcript, fill in the courses you have taken or in which you are currently enrolled. Identify the number of credits you will have earned.
2. Fill in the courses you plan to take in the year you plan to take them and identify the number of credits you plan to earn each year.

Graduation Requirements	9th Grade courses/credits	10th Grade courses/credits	11th Grade courses/credits	12th Grade courses/credits	Summer/Evening courses/credits
Theology 4 credits					
English* 4 credits					
Social Science 3 credits					
Math 3 credits					
Lab Science ** 3 credits					
World Language 2 credits					
Fine Arts*** 1 credit					
Wellness 1 credit					
Physical Education 1 credit					
Technology**** .5 credit					
Electives 3.5 credits					
26 Credit total					

* Students must complete a thesis paper to graduate (junior year).
*** Requirement is satisfied by courses listed in the Fine Arts section.
** Students must complete a course in Biology, Physics, and Chemistry to graduate.
**** Technology credit requires students to pass the Introduction to Computer Science or AP Computer Science Principles course by graduation.

…to fill out this!

(Email to counselor)



CENTRAL CATHOLIC HIGH SCHOOL
2022-2023 Forecasting Worksheet

Student Name: _____ Counselor: _____

	Semester One Course	Semester Two Course
Retained 0		
1		
2		
3		
4		
5		
6		
7		

Alternate Course Options *(list in priority order)*

Semester One Course	Semester Two Course

Notes: *(summer school plans, courses to replace D or F grades)*

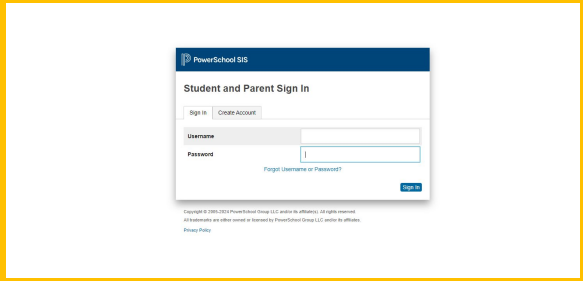
Summer School Plans	D or F Recovery Plans

I have reviewed the curriculum guide and am committed to these course selections.

Student Signature: _____ Parent Signature: _____

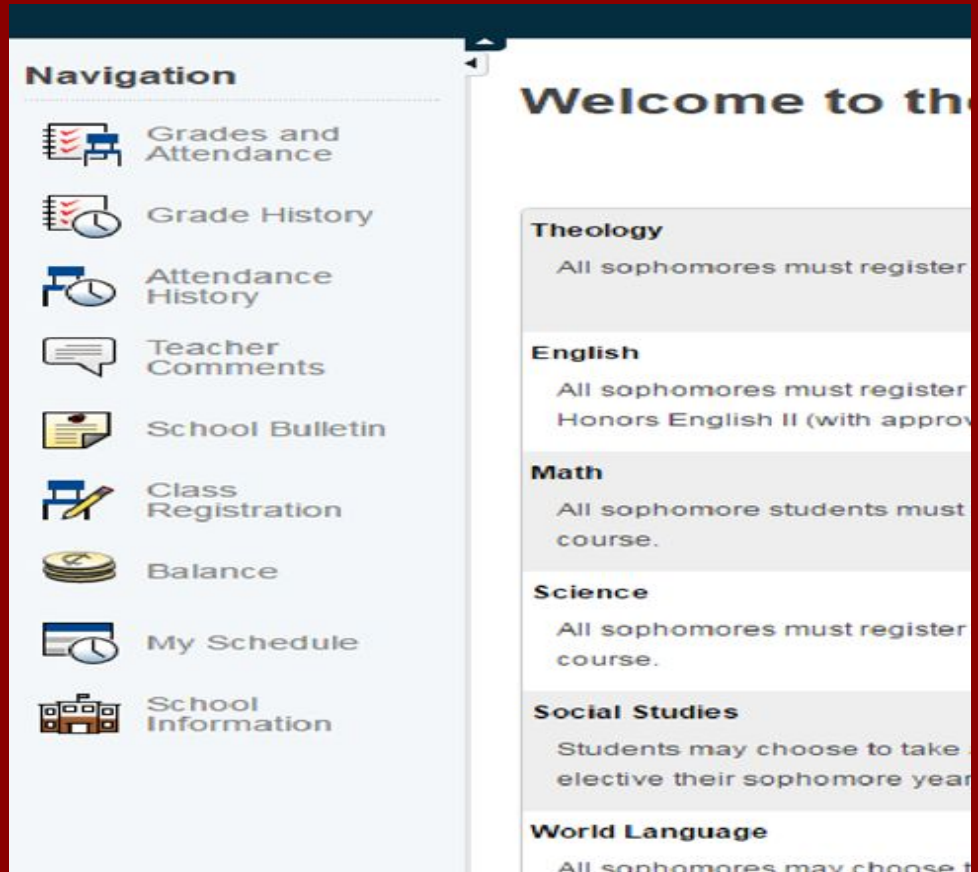
Step Three: Submit to PowerSchool

- Complete your forecasting worksheet and email to your counselor.
- Use your forecasting worksheet to help you input your choices into PowerSchool. (Forgot your password? Ask for help from main office)
  - Link on Class of 2030/Forecasting
  - Portal opens April 21

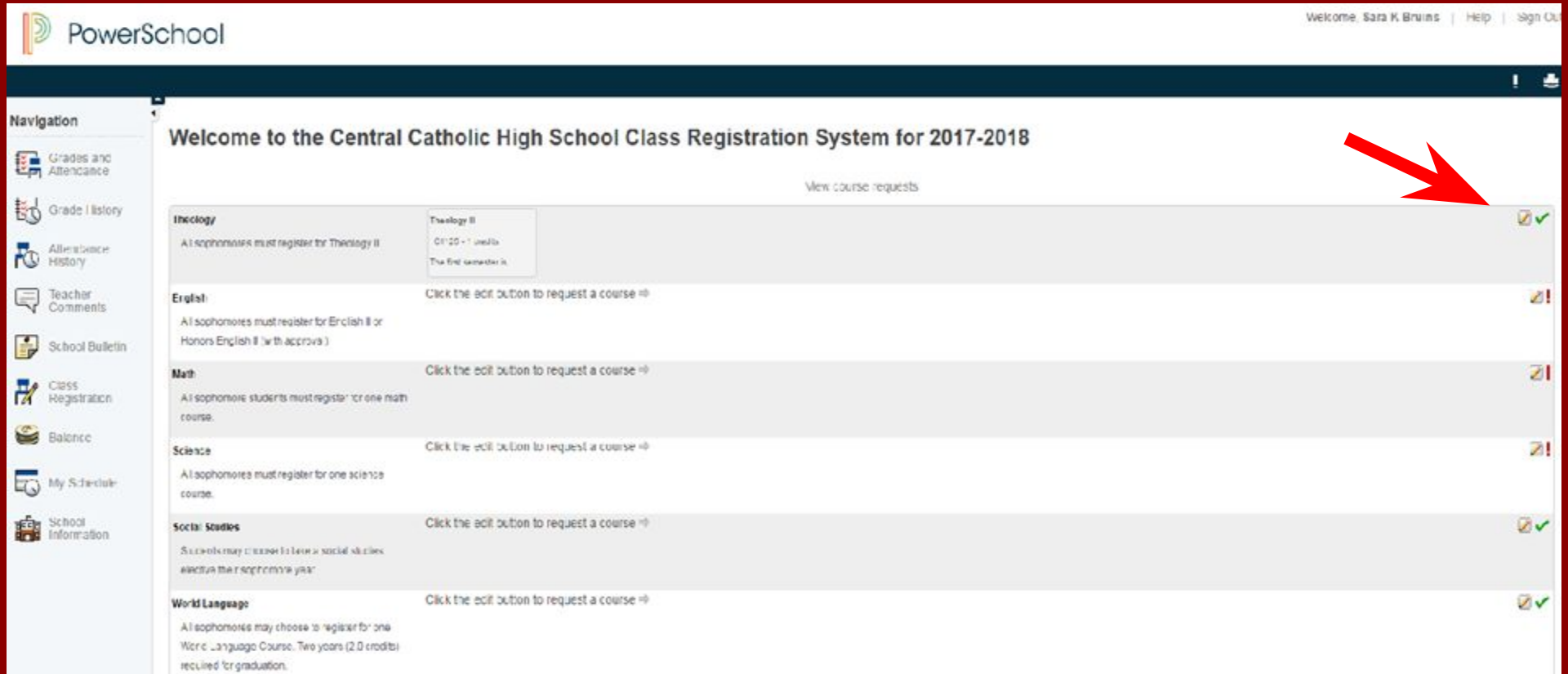


You must submit choices in PowerSchool by May 1 at 4:00 p.m.

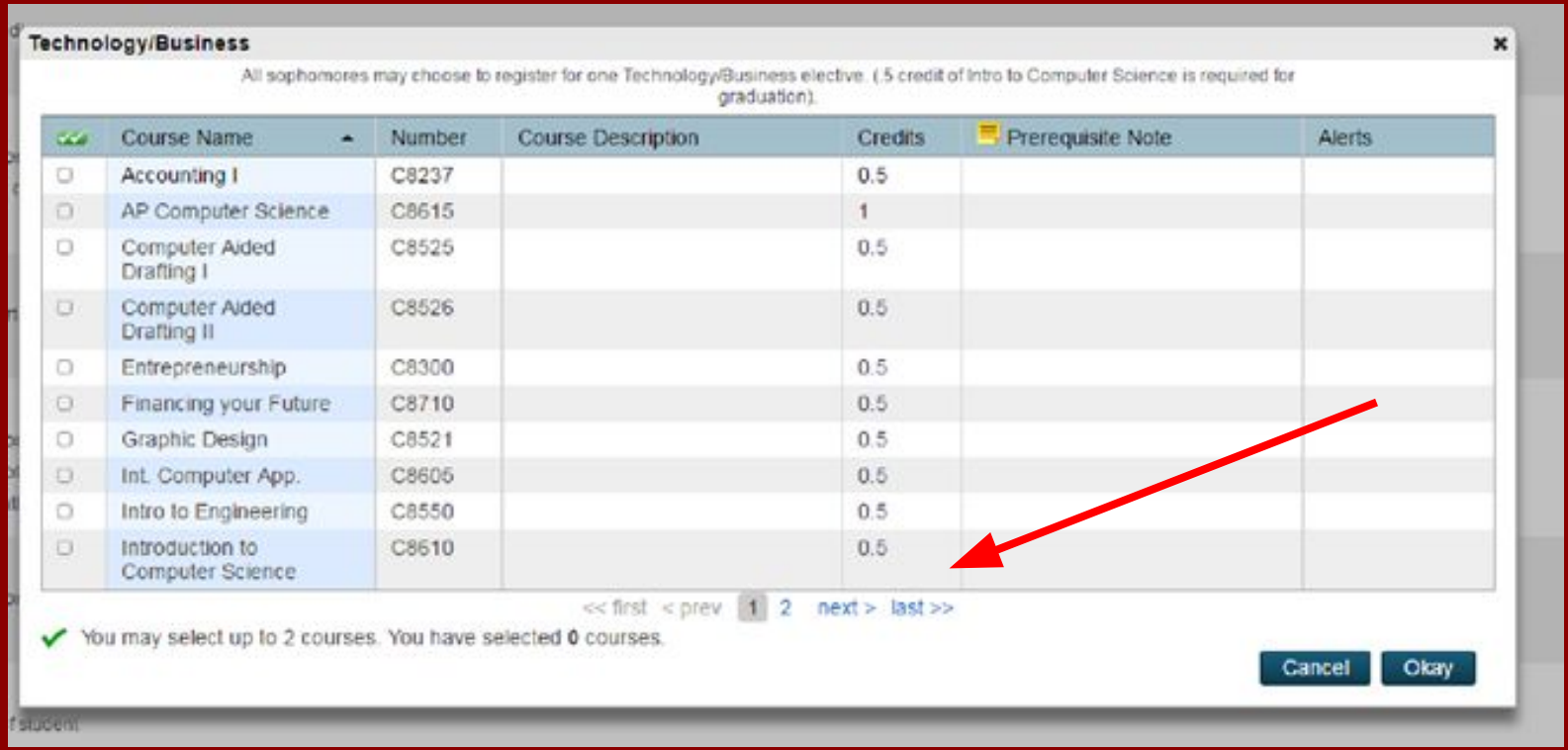
Click on Class Registration on the Left Menu



Starting with Theology, Click the Pencil Button



Repeat This Step for the Classes Listed on Your Forecasting Worksheet



*Some subject areas may have multiple pages. If the course you would like is not visible, go to next page.

After Making Selections, Make Sure You Have 6-8 Credits. (8 if O per). Then Click Submit.



Click for Video Tutorial

Final Details

- Make sure that the courses you submit in PowerSchool match the courses listed on your forecasting worksheet.
- Submit course requests in PowerSchool ***and*** submit forecasting worksheet to your assigned counselor no later than 4:00 p.m., May 1.
- PowerSchool login questions, contact the Main Office.
- General questions, contact your assigned Counselor.
- Failure to complete your forecasting on time ***may*** impact your ability to get your first choice of elective courses.