

Mountain View High School Counseling Department

# **SOPHOMORE COURSE SELECTION INFORMATION**



**SPRING 2019**

# WELCOME AND INTRODUCTIONS

## **Counselors:**

- Jamie Evare
- Mariela Ho
- Marti McGuirk
- David Marroquin
- Jaimie Phillips
- Joel Romo, Coordinator
- Linda Schortz

## **Counseling Secretary:**

- Carol Johnson

## **Registrar:**

- Rose Russo

## **College Counselor: Leslie Felipe**

## **College and Career Center:**

- Jessica Yazdani

## **Bilingual Community Liaison:**

- Alma Ruelas

# FINDING YOUR BALANCE

- Keep the big picture in mind.
- Maximize your strengths and follow your passions.
- Consider all your commitments.
- Leave time for yourself.
- Use your time management worksheet.

# ENGLISH OPTIONS

Everyone must sign up for an English class.

## American Literature:

- 30 minutes of homework, 4 nights per week

## American Lit Honors:

- Includes Author Study Project, which involves a lengthy college-level research paper
- 60 minutes of homework, 4 nights per week

# SOCIAL SCIENCE OPTIONS

Everyone must take one of the following:

## US History:

- 20-30 minutes, 3 nights per week

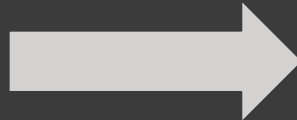
## US History AP:

- 30-60 minutes of homework, 4 nights of reading per week
- Other homework includes test studying/review, key terms, essay test prep

# MATH OPTIONS

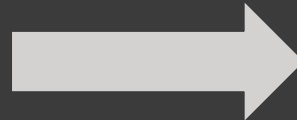
Math courses average 30-45 minutes of homework, 4 nights per week.

Algebra I



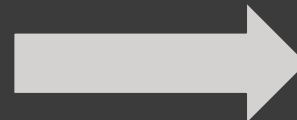
Geometry

Geometry



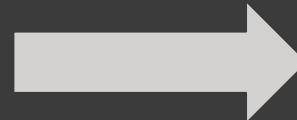
Algebra II/IIIH

Algebra II



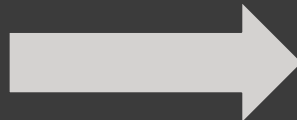
Trig/MA

Algebra II H



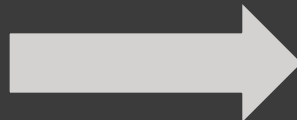
Trig/MAH

Trig/MA

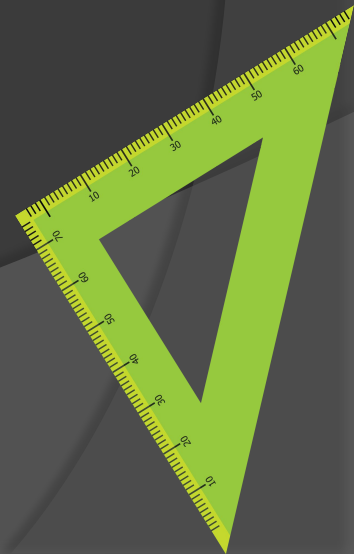


Calc/AB/Stats

Trig/MAH



Calc BC



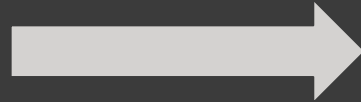
# MORE MATH OPTIONS

Calculus



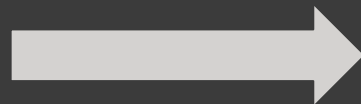
Reviews trig topics first

Calculus AB-AP



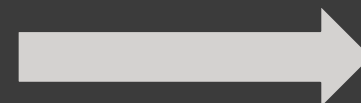
Calc 1A and 1B in college

Calculus BC-AP



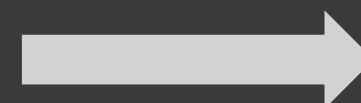
Calc 1B and 1C in college

Multivar. Calc H



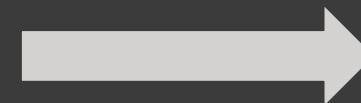
Follows Calc BC-AP

Statistics



Introductory statistics course

Statistics AP



College-level statistics course

# SCIENCE OPTIONS

## Physics

- 20-30 minutes of homework, 3-4 nights per week
- Completion of Bio and Chem
- Concurrent enrollment in or completion of Algebra II

## AP Physics 1

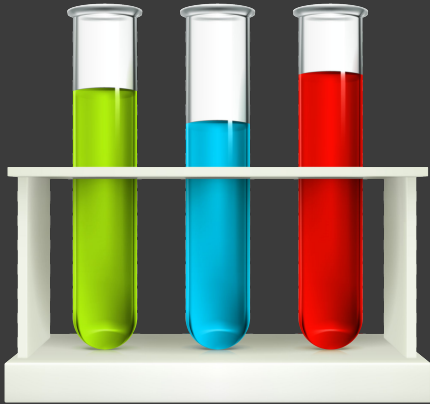
- Concurrent enrollment in trigonometry
- 60 minutes of homework, 4-5 nights per week



# MORE SCIENCE OPTIONS

## Chem AP or Bio AP

- Highly recommended to have completed Bio H or Chem H first
- 60 minutes of homework per night, 4-5 nights per week



## AP Enviro Science

- Students must have completed both Chem and Bio first
- 30-60 minutes of homework, 4 nights per week

## Anatomy and Physiology

- Students must have completed both Chem and Bio first
- 20-30 minutes of homework, 4 nights per week

# ELECTIVE OPTIONS

- **Social Science:** AP Psychology, Social Justice
- **World Language:** continue in sequence or consider a new language
- **Fine/Performing Arts:** Marching Band\*, Jazz Band, Orchestra, Symphonic Band, Choir, Jazz Dance, Acting, Ceramics, Drawing, Painting, Photography, Auxiliary\*, Digital Art and Imaging, Commercial Art, Stagecraft I & II, Publication Design (Yearbook), Digital Art and Imaging, Broadcasting
- **Computer Science and Technology:** Engineering I & II, Architectural Design (UC-approved Fine Art), AP Computer Science, Intro to Computer Science, Game and App Design, Advanced Computer Science, Innovative Design Capstone

\*not a UC-approved Fine Art

# STILL NEED PE?

- **Total Fitness:** Grades 10-12 Topics covered include Yoga, Pilates, Power Walking, Swimming, Cardiovascular Health, Fitness Training
- **Team Field Sports:** Grades 10-12 Students will play sports that take place on ANY field. Some examples include soccer, football, ultimate frisbee. Additionally, students can expect to partake in self defense activities.
- **Intermediate Weight Training** Grades 10-12 Students can expect to learn more about how to safely and properly execute weightlifting techniques. Student will use olympic weights, kettlebells, and there is also a nutrition component.
- **Dance Classes** Jazz Dance, Mexican Folklorico

NOTE: You must have passed freshmen PE to be able to enroll in these classes.

# OTHER GREAT COURSES

- **Math:** Financial Math
- **Non-departmental courses:** Journalism, Rally, Student Government, Leadership, Sports Medicine (RX1160), Health and Wellness
- **LAHS Courses:** Culinary Arts, Auto Technology (must have own transportation)

HAVE YOU COMPLETED YOUR HEALTH REQUIREMENT?

# SPECIALTY PROGRAMS

## Freestyle

- Juniors and seniors only
- Integrated coursework in visual communication, design, film, animation, and web/audio
- 3 Options: Animation, Design, Film
- Application required
- Build creative portfolio
- Honors available
- Apply by 2/15

## Foothill Middle College

- Attend Foothill College for high school
- **Many elective options**
- Informational presentation **on February 12 @ during Tutorial in the CCC**
- Application required

# STEPS FOR CHOOSING CLASSES

1. Complete course requests online: 2/4-2/10
2. Receive letter listing requested courses (March)
3. 1-week window for changes to course requests
4. **FINAL** schedule mailed in late May

Pick your classes wisely now.  
You may not be able to change them later.

# NEXT STEPS FOR TODAY...

1. Grab your course selection sheet, time management worksheet, and status report.
2. Find your counselor in the theater.
3. Have your counselor review your choices.
4. Get on your device and sign up now!