

Mountain View High School Counseling Department

# FRESHMAN COURSE SELECTION INFORMATION



**SPRING 2020**

# WELCOME AND INTRODUCTIONS

## **Counselors:**

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

## **Counseling Secretary:**

- Carol Johnson

## **Registrar:**

- Rose Russo

## **College Counselor: Leslie Felipe**

## **College and Career Center:**

- Jessica Yazdani

## **Bilingual Community Liaison:**

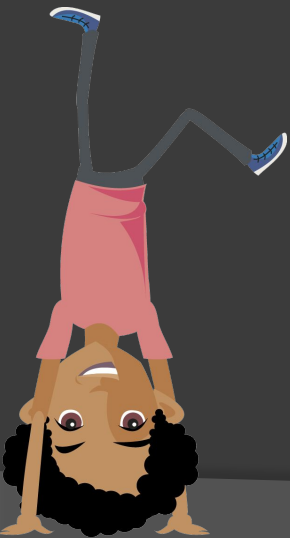
- Alma Ruelas

# 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.

# CONSIDER AN AP COURSE

- Explore a subject you're passionate about
- Get prepared for college coursework
- MVHS has Open Access to AP/H courses



# ENGLISH OPTIONS

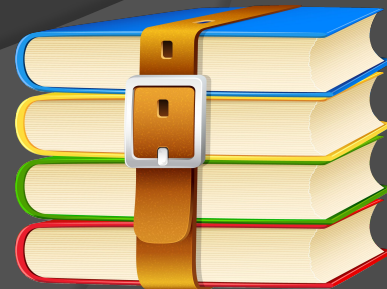
Everyone must take an English course.

## Comp/World Lit:

- 20-30 minutes of homework per night, 4 nights per week

## Language and Comp AP:

- 30-40 minutes of homework per night, 4-5 nights per week



# SOCIAL SCIENCE OPTIONS

Everyone must take one social studies course.

## CWI (pair with Health)

- 30 minutes of homework per night, 3 nights per week

## Social Justice (pair with Health)

- 30 minutes of homework per night, 3 nights per week

## MEHAP

- 30 minutes of homework per night, 4-5 nights per week

## WHAP

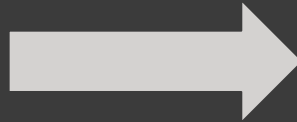
- 40 minutes of homework per night, 4-5 nights per week

WHAP and MEHAP students:  
Don't forget your Health class!

# MATH OPTIONS

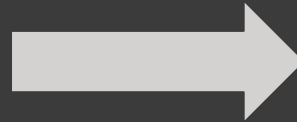
Math courses average 30-45 minutes of homework, 4 nights per week

Algebra I



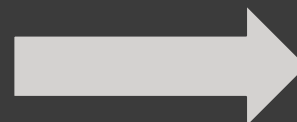
Geometry

Geometry



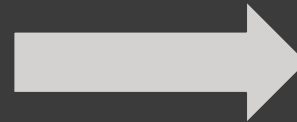
Algebra II/IIIH

Algebra II



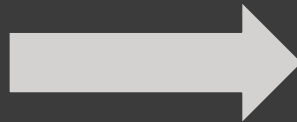
Trig/MA

Algebra II H



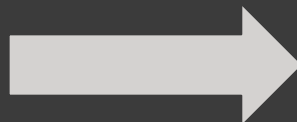
Trig/MAH

Trig/MA

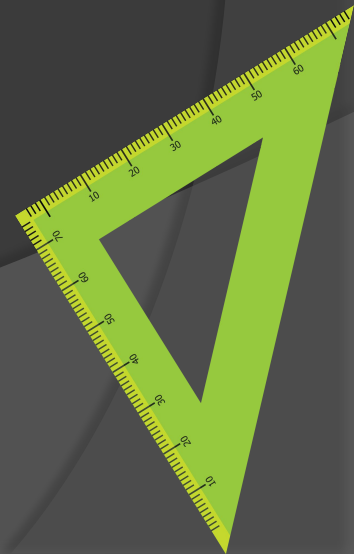


Calc/AB/Stats

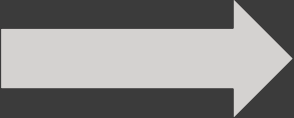
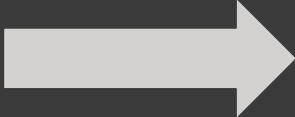
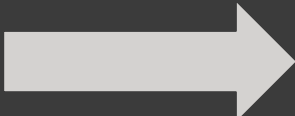
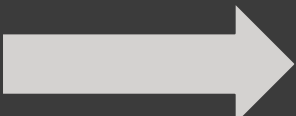
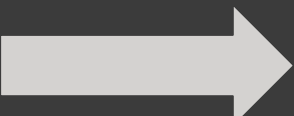
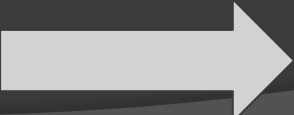
Trig/MAH



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

Everyone must choose a science class.

## Chemistry

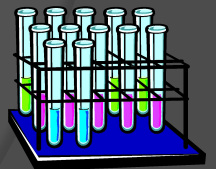
- 15-30 minutes of homework, 2-3 nights per week

## Enviro Science

- 20 minutes of homework, 2 nights per week

## Chemistry Honors

- 45 minutes of homework, 4 nights per week

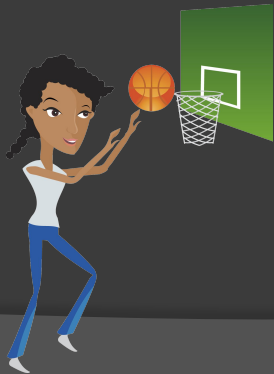


# PHYSICAL EDUCATION

- 20 credits needed to graduate
- Must complete 9<sup>th</sup> grade PE
- Must pass 5/6 areas of PFT this spring

## Paths for PE Credit:

- Total Fitness (1 year)
- Team Sports (1 year)
- Int. Weight Training (1 year)
- Sports (2 seasons)
- Jazz Dance (1 year)
- Rally (1 year)
- Marching Band PE (2 seasons)



# MORE PE OPTIONS

- **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.

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



# ELECTIVE OPTIONS

- Social Science: AP Psychology
- 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\*, Commercial Art, Stagecraft, Publication Design (Yearbook), Digital Art and Imaging, Broadcasting, Art Survey
- 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

\*not a UC-approved Fine Art

# OTHER GREAT COURSES

- Non-departmental courses: Intro to Journalism, Journalism, Rally, Student Government, ASB Activities (application required)

# STEPS FOR CHOOSING CLASSES

1. Complete course requests online: **2/7-2/14**
2. Receive letter listing requested courses (April)
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 worksheet, time management worksheet, and device.
2. Find your counselor in the theater.
3. Have your counselor review your choices.
4. Get on your device and sign up now!