

Mountain View High School Counseling Department

**JUNIOR COURSE  
SELECTION INFORMATION**



**SPRING 2020**

# 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

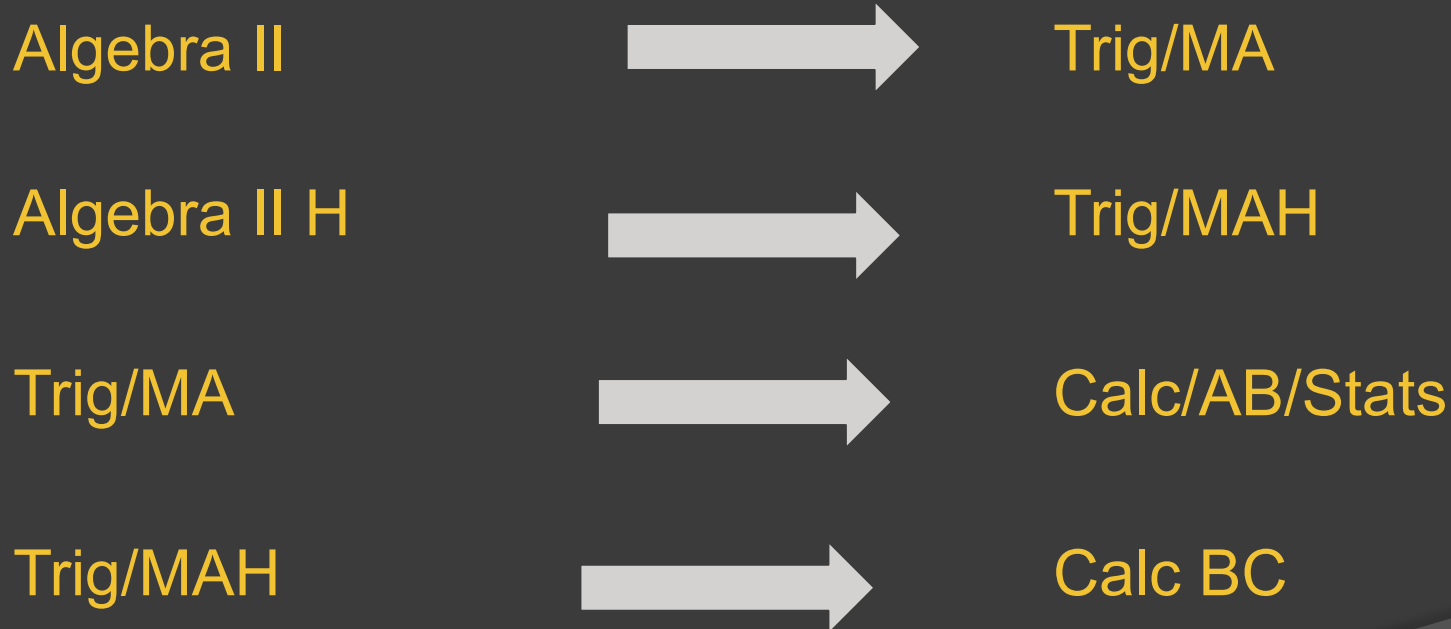
- Keep the big picture in mind.
- Maximize your strengths and follow your passions.
- Consider all your commitments.
- Leave time for yourself.
- Use your time management worksheet.

# REQUIRED CORE COURSES

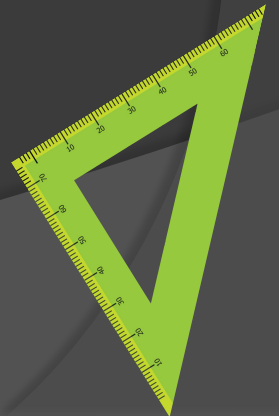
Everyone must take:

- **English:** Philosophy in Lit; Literature, Culture, & Society (ERWC); or AP Lit
- **Social Studies:** Econ/Civics or AP Macroecon/AP Government

# MATH OPTIONS

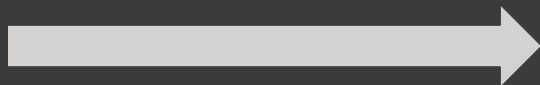


Homework load in math is typically 30-45 minutes per night, 4 nights per week.



# MORE MATH OPTIONS

Calculus



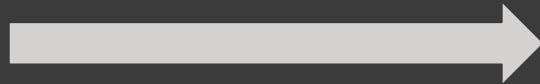
Reviews trig topics first

Calculus AB-AP



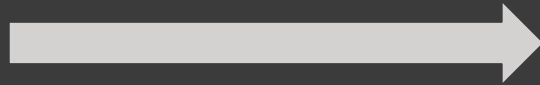
Calc 1A and 1B in college

Calculus BC-AP



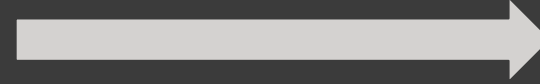
Calc 1B and 1C in college

Multivar. Calc H



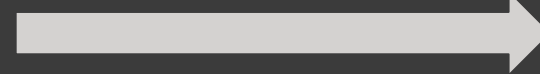
Follows Calc BC-AP

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 nights per week

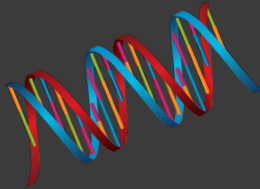
## AP Physics C (Mechanics and E & M)

- Requires concurrent or previous experience in calculus
- Strongly recommend to take AP Physics 1 before enrolling
- Strongly recommend to be concurrently enrolled in AP Calculus BC
- 5-7 hours of HW per week
- AP Physics C: E&M- CA3042
- AP Physics C: Mech- CA3039

# MORE SCIENCE OPTIONS

## Chem AP or Bio AP

- Highly recommended to have completed Bio H or Chem H first
- 45-60 minutes of homework, 4-5 nights per week



## Anatomy/Physiology

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

## AP Enviro Science

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



# ENGLISH OPTIONS



## Literature, Culture, & Society (ERWC) \*\*NEW for 2020-2021\*\*

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

## Philosophy in Literature

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

## AP Literature

- 45-60 minutes of homework, 4 nights per week

Senior thesis required in every English class

# LITERATURE, CULTURE, AND SOCIETY (ERWC)

**\*NEW FOR 2020-2021**

Students study a broad range of literary forms with an emphasis on nonfiction articles in units exploring social issues such as racial profiling, life after high school, the value of life, and gender, language and culture.

40% Fiction

60% Non-Fiction

Students read a wide variety of non-fiction and fiction works including news articles, opinion pieces, essays, poetry, and other visual, digital, and print media.

Core texts include Shakespeare's *Hamlet* and a diverse variety of multicultural texts for literature circles including *Native Son*, *The Sympathizer*, *The Handmaid's Tale*, *Everything I Never Told You*, *The Namesake*, *The Underground Railroad*, and *Love in the Time of Cholera*.

# SOCIAL SCIENCE OPTIONS

1 semester of economics and 1 semester of American government and politics

## Civics/Econ

- 20-30 minutes of homework per night, 3-4 nights per week



## AP Gov/AP Macro

- 25-35 minutes of homework per night, 4 nights per week



# ELECTIVE OPTIONS

- **Social Science:** AP Psychology, Social Justice (1 semester only)
- **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 1 & II, 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, App and Game Design, Advanced Computer Science, Innovative CapStone

\*not a UC-approved fine art



# OTHER GREAT COURSES

- **Math:** Financial Math
- **Non-departmental courses:** Intro to Journalism, Journalism, Rally, Student Government, ASB Activities, Ambassadors, Sports Medicine (RX 1160), Health and Wellness
- **LAHS Courses:** Culinary Arts

HAVE YOU COMPLETED YOUR HEALTH  
REQUIREMENT?



# STILL NEED PE?

- **Total Fitness:** Grades 10-12 Topics covered include Yoga, Pilates, Power Walking, Swimming, Cardiovascular Health, Fitness Training
- **Team 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.



# SPECIALTY PROGRAMS

## Freestyle

- Juniors and seniors only
- Integrated coursework in visual communication, design, film, animation and web/audio
- 3 Options: Animation, Design or Film
- Application required
- Build creative portfolio
- Honors available
- Applications on the Freestyle website; due by 2/14/2020

## Foothill Middle College

- Attend Foothill College for high school
- Many elective options
- Informational presentation on February 4th at lunch in room 206
- Application required

# SPECIALTY PROGRAMS

## College Now

- Apply for entry during Fall and Winter Quarters
- Can be enrolled in a maximum of 11.5 college units
- For more information please contact Gary McHenry:  
[Gary.Mchenry@mvla.net](mailto:Gary.Mchenry@mvla.net) or visit [foothillcollegenow.org](http://foothillcollegenow.org)



# STEPS FOR CHOOSING CLASSES

1. Complete course requests online: 1/24-1/31
2. Receive letter listing requested courses (April, 2020)
3. 1-week window for changes to course requests
4. **FINAL** schedule mailed in late May

There are NO schedule changes in the fall, we can only consider schedule corrections due to errors.

Pick your classes wisely now.  
There are no schedule changes.



# 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!