

Mountain View High School Counseling Department

SOPHOMORE 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.

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

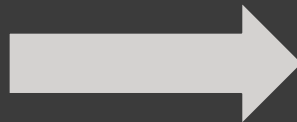
US History AP:

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

MATH OPTIONS

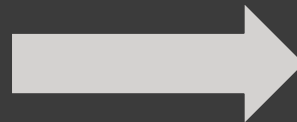
Math courses average 30-45 minutes of homework, 4 nights per week.

Algebra I



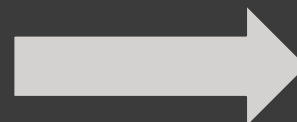
Geometry

Geometry



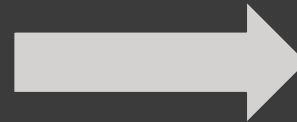
Algebra II/III

Algebra II



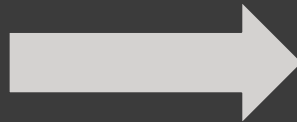
Trig/MA

Algebra II H



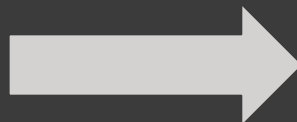
Trig/MAH

Trig/MA

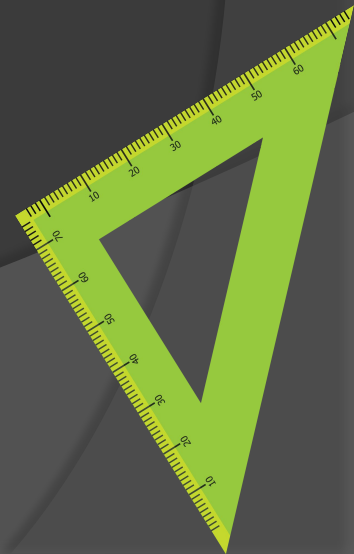


Calc/AB/Stats

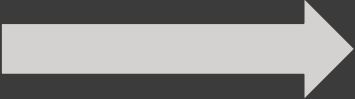
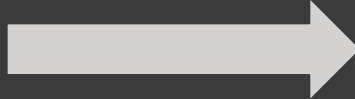

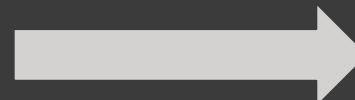
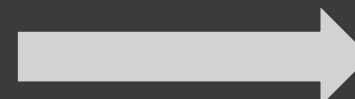

Trig/MAH



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

- 15-30 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
- 45* minutes of homework, 4-5 nights per week

*does not include labs

MORE SCIENCE OPTIONS

Bio AP

- Highly recommended to have completed Bio H
- 90-120 minutes of homework per night, 5 nights per week

Chem AP

- Highly recommended to have completed 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 (semester course)
- **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

OTHER GREAT COURSES

- **Math:** Financial Math
- **Non-departmental courses:** Journalism, Rally, Student Government, Leadership, Sports Medicine (RX1160), Health and Wellness

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 2/14

Foothill Middle College

- Attend Foothill College for high school
- **Many elective options**
- Informational presentation **on February 4 @ during lunch in Room 206**
- Application required

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 or visit foothillcollegenow.org

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.
- **Beginning/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, World Dance

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

STEPS FOR CHOOSING CLASSES

1. Complete course requests online: 2/3-2/10
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 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!