Spring Family Guidance Night

10th Grade – Class of 2024

Meet Your Guidance Team

Mrs. Fazzio
Last Names A-D

- Enjoys running, cooking/baking, & being at the beach
- Lives in the Santa Cruz Mountains
- Mom to 3 kids

Mrs. Woosley
Last Names A-D

- Loves traveling and exploring!
- Mom of 2 boys
- 3-sport athlete in high school
- Was an “extra” on tv shows for 6 months before becoming a counselor

Mrs. Johnson
Last Names E-LL

- Coaches club swimming and was a swimmer & water polo player in high school
- Loves Yosemite & exploring the Sierras
- Went to community college before going to a 4-year

Mrs. Franco
Last Names LM-RA

- Loves to try new restaurant
- Travel to new places
- Camping with the family
- Mom of a 1 year old

Mr. Amezquita
Last Names RB-Z

- Graduated from San Diego State
- Played Baseball in college
- Coached Baseball @ FHS
- Loves Bikes

Dr. Chan
Assistant Principal

- Played volleyball at SJSU, where she met her husband
- Has four post-secondary degrees, one of which is a doctorate in education
- Has three children

Course Selection Timeline

- School Wide Conversations - **January 26th-28th**
- Choose courses for next year (English class) - **February 10th-11th**
- Course Verification Forms will be sent via Informed K12 - **April 4th**
- Any requests to change must be submitted by **April 8th**

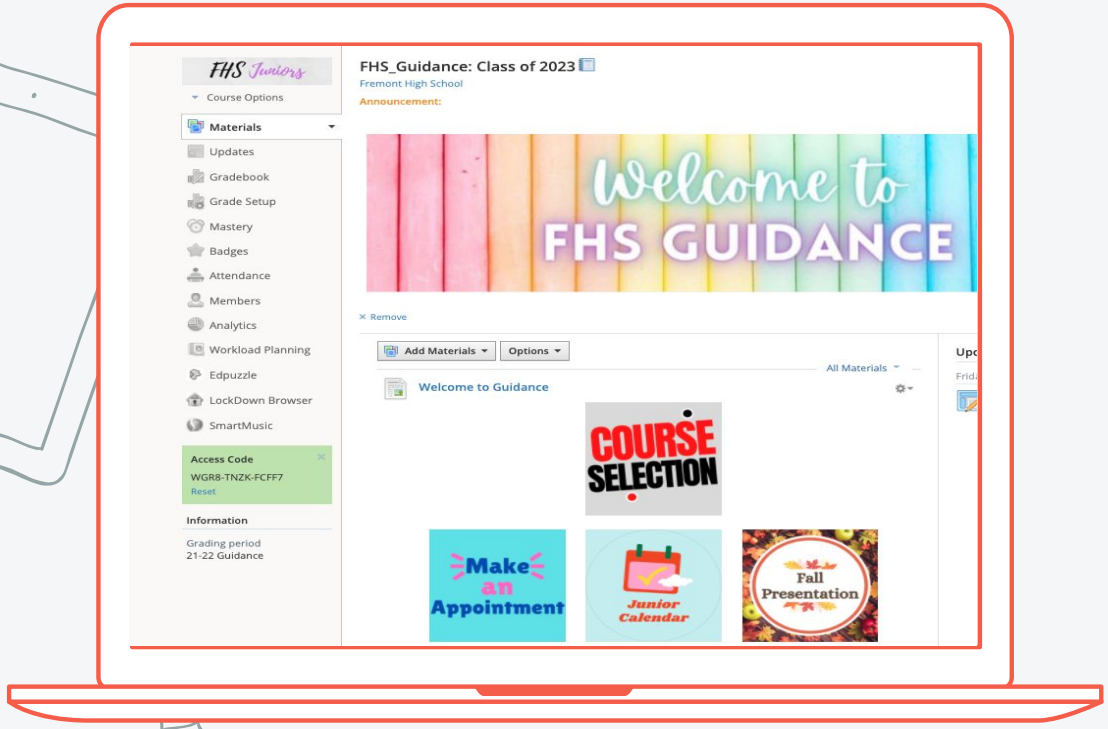
COURSE SELECTION - 10TH GRADE

1. Amer. Lit **or** Am. Lit Honors **or** APLAC
2. US History **or** APUSH
3. Math
4. Science
5. Elective (PE*, fine art, applied academic, World Language)
6. Elective (PE*, fine art, applied academic, World Language)

*sports count for PE credits

(*For 4-year university, must take World Lang (2 yr) and 1 year of a Fine Art)*

Course Selection Folder



SCHOOLOGY FOLDER

FILL OUT - DO NOT SUBMIT:

- Course Advising Sheet
- Time Management Activity & Homework Calculation Guide

RESOURCES:

- FHS Course Offerings
- Math Course Sequence
- AP/Honors Agreement

SLIDES:

- Step 1: Today
- Step 2: Choosing Courses

Course Advising Sheet

- This is what students can use for their school-wide conversation with teachers.
- We recommend students filling this out before choosing their classes on March 1st & 2nd

2022-23 School Year Fremont High School COURSE PLANNING & ADVISING FORM

Current 11TH GRADE

My goal after graduation is: (work, college, military, travel)

Currently, I would like to consider a career in: (occupation, major)

Students in the Fremont Union High School District are allowed to select six courses in the initial registration process and may indicate a seventh (7th) class to be added if space is available. Students will ***not be allowed to "double up"*** *in any one curriculum area in their first six choices.* ***It is critical that initial course requests be made carefully since changing these requests at a later date may not be possible.***

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. **English**		
2. **Social Science**		
3. **Math**		
4. **Science**		
5. **Elective** (PE, fine art, applied academic, World Language)		
6. **Elective**		

No 1st or 6th or 7th Block Request (Optional)

☐ No 1st	☐ No 6th	☐ No 7th

*You may ONLY choose one option. Entering two or three will void ALL requests.

7th Course Request (Doesn't work if you requested no 1st, no 6th, or no 7th)

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course	Course Name:	Course Number:

Backup Elective Choices: *You must provide three class options to be used if one of the elective choices selected is unavailable. You must be willing to take any of these courses equally. If you do not provide alternates, you may end with fewer than 6 classes.* ***These courses should be added to the survey provided on the day of course selection.***

Backup #1:	Backup #2:	Backup #3:

School-Wide Conversations

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. **English**		
2. **Social Science**		
3. **Math**		
4. **Science**		
5. **Elective** (PE, fine art, applied academic, World Language)		
6. **Elective**		

Teachers give recommendations, but ultimately it is a family decision.

Summer Classes

- **Summer Academy (Summer School)** **More information to come**
- **Summer Classes for Advancement**
  - Typically these courses do not go on the FHS transcript
  - YOU need to communicate with us if your summer plans change. We will be holding a spot for you in the requested class, therefore if you have a change to make, your schedule may get really messy
  - You need to research where to take these classes - we will not make recommendations for outside courses
  - Be sure to check the UC A-G Course List for UC/CSU approved courses

- There are no guarantees to add a 7th class
- If you don't receive a 7th class, you will have an opportunity to add one during the add lottery (2nd week of school)
- Your 7th class could be one of your alternates
- No department "double-ups" (ex. Chem & Physics)
- AVID or Band could potentially be your 7th class
- Student Tutor can be your 7th class

7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7th Course	Course Name:	Course Number:

Course Selection Resources

Homework Calculation Guide & Time Management Activity

FHS Homework Calculation Guide 2022-23

Please consider the following *ESTIMATES* when planning your course schedule. Actual times and workloads will vary by teacher and student skill level.

English	Hrs/Week
Lit/Writ	2.4
Global Literature	1
World Literature	2.4
Am Lit	1.5
Am Lit Honors	3.5
AP Lang & Comp	4.5
Exp. Reading & Writ.	1.5
Story & Style	2
AP Literature	4
ELD 1A & B	1
ELD 2	2.25
ELD 3	2.25

Social Science	Hrs/Week
World History	1.5
World History-SH	1.5
U.S. History	1.5
U.S. History-SH	1
AP U.S. History	5
Gov/Econ	1.5
Gov/Econ SH	1
AP Gov & Econ	5
AP Microeconomics	5

Arts	Hrs/Week
Art 1-3	0
Ceramics 1-2	0
Ceramics 3-4	1
3-D Design 1	0
AP Studio Art 2-D	5

World Language	Hrs/Week
Levels 1-3/ *4-AP*	2/ 2.5

Mathematics	Hrs/Week
Algebra 1	1-1.5
App of Adv Math	1-2
Geometry	1
Algebra 2	1-3
Algebra 2/trig	1.5
Pre-Calc	1-4
Pre-Calc H	1-2
AP Statistics	2-3
AP Calculus AB	4
AP Calculus BC	4

Science	Hrs/Week
Biology	0.5-1
Science in Society	0.5
Chemistry	1.5
Chemistry-H	3
Physics	1.5
Physics-H	3
Physiology	1.5
AP Biology	6
AP Chemistry	6
AP Env. Science	6
AP Physics	6

Theatre Arts	Hrs/Show
Drama	0.5-1/week
Adv. Drama	30
Adv. Drama H (+ project)	30 +20

Electives	Hrs/Week
Communications	1
AVID	1.75

Career Tech. Ed	Hrs/Week
Principles of Bus.	1
Law	1
Journalism	varies by position
Comp Prog Java	0
AP Comp Science	1-4
Engineering Essentials (EES)	1
Engineering Design (IED)	1
POE/DE	1/0
Sports Medicine	1/mo.
Auto Tech 1 & 2	0.5
All Culinary Classes	5/mo.
Stagecraft	5/mo.
Technical Writing	varies by position

Music	Hrs/Week
Individual Practice	
Chamber Orchestra	2
All choirs	--
Concert Band	1
Orchestra	1
Symphonic Band	1
Wind Ensemble	2

Activities	Hrs/Week
Club (Average)	1
Robotics (Build season)	12
Leadership	varies by position
Marching Band	14*
Sports Team (Practice)	12.5
Winter Guard/Percussion	14*

*Includes Saturdays

AP= Advanced Placement; H= Honors

Use the Homework Calculation Guide to help you complete the Time Management Activity

Time Management Activity

In Class & Homework	Avg Hrs/Wk
In class 5 days per week x 7 hours per day	35
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective:	
Elective:	
PE:	
Total School Hours:	_____ (A)

Extra-Curricular Activities	Avg Hrs/Wk
Paid job	
Hobbies/Interests	
Community Service	
Non-School Sports	
School-Related Activity	
School-Related Activity	
Total Extra-Curricular Hours:	_____ (B)

Daily Living Activities	Avg Hrs/Wk
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores)	
Family time	
Free time (friends, etc.)	
Travel time (to/from school, activities)	
Faith/Religious Activities	
Total Daily Living Hours:	_____ (C)

Total School (A)	
Total Extra-Curricular (B)	+
Total Daily Living (C)	+
YOUR Total Hours	=
Total Hours in a Week =	168

- **Time Management Activity found on the Homework Calculation Guide.**
- **This will help you make class choices while maintaining balance.**

AP/Honors Agreement

Student Name: _____ **Grade:** _____ **Student ID #** _____

On the left, check the courses you will take and have a conversation with your current teachers about taking the class. On the right, write in the courses you will be taking next year next to each subject listed. Find the amount of homework or time for each class or activity on the back of this contract. Write in the average hours per week and add up the Total School Hours. Do this for each section to come up with the total number of hours per week you spend in each area. Determine where you need to cut back time or add more to achieve your goals.

Course(s)
Check all courses that you plan to take.

AP Course *(HW Hrs/Week)*

- ❑ AP Biology *(6)*
- ❑ AP Calculus AB *(4)*
- ❑ AP Calculus BC *(4)*
- ❑ AP Chemistry *(6)*
- ❑ AP Comp. Sci *(1-4)*
- ❑ 11th AP Lang & Comp *(4.5)*
- ❑ 12th AP English Lit *(4)*
- ❑ AP Enviro Science *(6)*
- ❑ AP Microeconomics *(5)*
- ❑ AP Music Theory (2-3)
- ❑ AP Physics C: Mechanics *(6)*
- ❑ AP Statistics *(2-3)*
- ❑ AP U.S. Gov. & Politics *(5)*
- ❑ AP U.S. History *(5)*
- ❑ AP Chinese *(2.5)*
- ❑ AP French *(2.5)*
- ❑ AP Japanese *(2.5)*
- ❑ AP Spanish (2.5)

Honors

- ❑ Adv. Drama H (30 hrs per show + 20 hr project)
- ❑ American Lit. H (3.5)
- ❑ Alg. 2/Trig. * (1.5)
- ❑ Chemistry H (3)
- ❑ Physics H (3)
- ❑ Pre-Calculus H (1-2)
- ❑ Chinese 4H (2.5)
- ❑ French 4H (2.5)
- ❑ Japanese 4H (2.5)
- ❑ Spanish 4H (2.5)

* While this class is not labeled "honors", it is an accelerated course that requires students to learn at a pace faster than Algebra 2

Advanced Placement (AP) and Honors courses are rigorous, fast-paced courses. AP courses are college-level and prepare students to take the AP Exam in May. Students who receive a score of "3" or higher on an AP Exam may receive college credit and be exempt from taking the course in college. Honors courses are designed to prepare students for AP courses by mirroring the fast pace and expectations for critical thinking. For those reasons, we also encourage you to obtain your teachers' recommendations for placement in such courses. The content of AP and Honors courses may include mature themes that will require students to be open and willing to investigate new ideas.

AP and Honors courses generally cover more material in greater detail and at a higher level than a regular course in the given subject. As a result, students can expect

- an increase in the amount of reading, writing, and studying that they will need to do outside of class;
- work assigned over the summer to ensure that all relevant material is covered before the exam (for AP classes);
- a course that generally includes lecture-style teaching and student note-taking;
- to be self-directed, take accurate and useful notes, complete homework, and study even if no points are assigned for a particular task;
- more weight is given to assessments or labs rather than homework or class-work completion; and
- *to accept responsibility for identifying any necessary outside-of-class support activities they will need, to ask for assistance, and to apply themselves to this additional workload.*

If students in AP and Honors courses fail to meet the demands of the course, they may not be able to drop the course and take a regular course: there is no guarantee of availability in a regular course or an alternative course. To make up for a dropped AP or Honors course, students may take the course in summer school (if the subject is offered) or a community college.

By reviewing this agreement, my parents/guardians and I understand:

- ✔ The estimated amount of time I will need to commit to be successful in my AP/Honors course.
- ✔ The requirements and expectations for AP/Honors classes outlined above.
- ✔ For AP Courses: I am expected to take the corresponding AP Exam in May.

- AP Agreement must be reviewed to understand the expectations and demands of AP/Honors classes.
- Choose AP/Honors courses carefully and understand that there may not be space available for you to change your schedule once school starts.

Course Offerings sheet

Fremont High School (FUHSD)
Tentative Course Offerings 2022-2023

All students currently enrolled in the 9th or 10th grade must select a MINIMUM OF SIX COURSES from the listing below. When a student selects classes online, some courses will already be listed. These are the required classes by grade level or are determined by placement requirements. Students are expected to discuss course offerings with parents/guardians, and teachers. School personnel are available to assist students in course selection.

English Department (UC/CSU *b*)

1010 P	Lit/Writ	9
1020 P	World Lit/Writ	10
1130 P	Amer Lit/Writ	11
1140 H	Amer Lit/Writ H	11
1190 H	AP Lang/Comp	11
1030 P	Exp. Read/Writ (ERWC)	12
1034 P	Senior Core *(combo w/ 1834/1844)*	12
1260 P	Story and Style	12
1410 H	AP English Lit	12
Not English Credit for College		
1360 P *g*	Journalism	10-12
8370	Ac. Reading/Writ Wrkshp*	9-12

Social Studies Department (UC/CSU *a*)

1620 P	World History	10
1730 P	U.S. History	11
1750 H	AP U.S. History	11
12th Graders MUST select 2 courses		
1834 P *g*	Senior Core Econ *(combo with 1844)*	12
1835 P *g*	Economics	12
1865 P *g*	AP Microeconomics	12
1844 P *a*	Senior Core Gov *(combo with 1834)*	12
1845 P *a*	US Government	12
1855 H *a*	AP US Government	12

Physical Education Department

2510	PE 9	9
2525	PE 9 Band+	9
2530	PE 10-12	10
2590	PE Athletics**	10-12
2670	PE Basketball	10-12
2720	PE Racquet Sports	10-12
2740	PE Wt. Training	10-12
2780	PE Total Fitness	10-12
2810 P *f*	Dance 1	10-12

English Language Development (ELD)

1013 P *b*	Lit/ Writ*	9-12
1043	Global Lit*	9-12
1420/30	ELD 1A/ 1B*	9-12
1450	ELD 2*	9-12
1460 P *b*	ELD 3*	9-12
1023 P *b*	World Lit/Writ*	10-12
1623 P *a*	World History*	10-12
1733 P *a*	US History*	11-12
1833 P *g*	Economics*	12
1843 P *g*	US Government*	12
2213 P *c*	Algebra 1*	9-12
2233 P *c*	Geometry*	9-12
3113 P *d*	Biology*	9-12
3713 P *d*	Physics*	9-12

Special Education
Grades 9 - 12

Courses selected must be directly related to the student's Individual Education Plan as created by the student, parent and Special Education team member(s).

NOTES
* Teacher/staff approval or application and selection process required.
** Students are required to play on school sponsored athletics teams AND compete the entire season.
\+ Concurrent enrollment in band or orchestra.
P College Prep (UC/CSU a-g)
H College Prep Honors

Science Department (UC/CSU *d*)

Life Science

3110 P	Biology	9
3120 H	AP Biology	11-12
3130 P	Physiology	11-12

Physical Science

3610 P	Chemistry	10-12
3620 H	Chemistry H	10-12
3630 H	AP Chemistry	11-12
3710 P	Physics	10-12
3720 H	Physics H	10-12
3730 H	AP Physics C: Mech	11-12
Interdisciplinary Science		
3840 H	AP Environ Sci	11-12
3850 P	Science in Society *(pending UC approval)*	10-12

Mathematics Department (UC/CSU *c*)

2210 P	Algebra 1
2230 P	Geometry
2310 P	Algebra 2
2320 P	Algebra 2/Trig
2390 P	Pre-Calculus
2410 P	Applications of Advanced Math
2420 H	Pre-Calculus Honors
2430 H	AP Calculus AB
2440 H	AP Calculus BC
2460 H	AP Statistics
2330 P	Statway (dual enrollment class)

World Language Department (UC/CSU *e*)

4010 P	Japanese 1
4020 P	Japanese 2
4030 P	Japanese 3
4040 H	Japanese 4 H
4050 H	AP Japanese (Level 5)
4110 P	French 1
4120 P	French 2
4130 P	French 3
4140 H	French 4 H
4150 H	AP French (Level 5)
4310 P	Spanish 1
4320 P	Spanish 2
4324 P	Spanish 2/ Spanish Speakers
4330 P	Spanish 3
4334 P	Spanish 3/Spanish Speakers
4340 H	Spanish 4 H
4350 H	AP Spanish Language (Level 5)
4410 P	Chinese 1
4420 P	Chinese 2
4430 P	Chinese 3
4440 H	Chinese 4 H
4450 H	AP Chinese (Level 5)

Non-Departmental Electives

8290	Leadership*	10-12
8300	Comm in 21st Cent*	10
8410	AVID 9*	9
8420	AVID 10*	10
8430	AVID 11*	11
8440	AVID 12*	12
8460	AVID Tutor*	10-12
8480	Academic Foundations*	9-11
8490	EXCEL* *(Math)*	11-12
9020	Student Clerk *(office only)**	10-12

Non-Departmental Electives Cont.

9050	Lab Assistant (Science)*	10-12
9090	Student Tutor*	10-12

Career Technical Education
(Applied Academics)

Business Department

4580 P *g*	Principles of Business	9-12
4850 P *g*	Law	9-12

Living Skills Department

5710	Intro to Culinary Careers	9-12
7765	Culinary Careers 2	10-12

Computer Science/Math Electives

7810 P *g*	Digital Innovation & Design	9
2370 P *g*	Comp Prog Java	9-12
2350 H *c*	AP Comp Sci A	10-12

CTE Program

7530	Auto Tech 1	10-12
7535	Auto Tech 2	11-12
8380	Yearbook	10-12
7770	Stagecraft Tech	9-12
7900	Sports Medicine	10-12
7920 P	Kinesiology (dual enrollment class)	11-12
8180 P *d*	Engineering Essentials	9-11
8345 P *g*	Intro to Engineering Design	10-12
8270 P *g*	Principles of Engineering	10-12
8260 P *g*	Digital Electronics	11-12

Visual and Performing Arts (UC/CSU *f*)

Art

6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6310 P	Ceramics 1-2	9-12
6320 P	Ceramics 3-4	10-12
6450 H	AP Studio Art: 2D Design	11-12

Music

7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band+	9-12
7130 P	Symphonic Band+	10-12
7140 P	Wind Ensemble*+	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12

Theater Arts

6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12

Important Information about Electives
FUHSD graduation requirements include taking 2 yeralong courses (20 credits) in 2 of the 3 elective areas: Applied Academics, Fine Arts, and/or World Language. Students also need 70 elective credits that may include classes or additional academic courses taken beyond the minimum graduation requirements to meet a-g requirements for UC/CSU.

- This is a list of courses FHS will be offering next year
- Keep in mind, this is subject to change for a variety of reasons
- Course # and Course Title

Course Selection Questions:

Should I ask my teacher or my counselor?

Teacher Questions

Specific subject/ course questions

- Am I ready to take an Honors or AP class?
- What's the content difference between an Honors or AP class?
- What am I going to do & learn in this class?
- How much homework is given? Class expectations?

Counselor Questions

Overall transcript & scheduling questions

- Based on the rest of my schedule, does it make sense to take this class?
- Outside commitments, am I taking on too much?
- Am I on track for graduation and A-G eligibility?

Things to consider when choosing classes:

- Graduation & College Requirements (A-G's)
- Post Secondary Goals/Plan
- Teacher Advice
- Other Time Commitments
- Honors/AP classes*
- Student interest
- 4-Year Plan in Schoology

Next steps:

1) Students will input course requests on **February 10th & 11th** (English classes)

2) Students should fill out the Course Advising Sheet and Time Management Activity found in Schoology to prepare for course selection

3) Students will receive course verification list by April 4th, which will give them an opportunity for requesting changes if needed.

Course Selection Timeline

- School Wide Conversations - **January 26th-28th**
- Choose courses for next year (English class) - **February 10th-11th**
- Course Verification Forms will be sent via Informed K12 - **April 4th**
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School-Based Therapist

Deirdre Louie, LMFT-

Contact: deirdre_louie@fuhsd.org

(408)522-2487

Promoting student wellness

- Sleep (8-9 hours ideal)
- Social time with friends (preferably in person)
- Limits on technology (especially around bedtime)
- Physical activity for mental health (3-5 times/week)
- Time for family connection
- Healthy communication (listening, validating, joint problem solving)

One important way we can promote wellness in our children is by modeling these behaviors for them (as much as possible).

Eric Summers-

Social Science Dept Chair

Contact:

eric_summers@fuhsd.org

Junior Year: US History or AP US History

US History

A **brief review** of United States history from 1750-1860. Then a **closer look** at the eras and issues from the Civil War through contemporary times.

AP US History

This class covers **all of American history** from Pre-Columbian times to the Present Day. The year culminates with the national AP test in May, for which students can earn college credits.

Junior Year: US History or AP US History

US History

- High school level reading
- Up to three assignments per week
- Average of 1.5 hours of homework per week

AP US History

- College level reading
- Advance primary source analysis
- Time writing (short answer and essays) in response to complex prompts
- Average of 5 hours of homework per week

Both Classes

Primary Source Analysis, Historical Thinking Skills, Organization, presentations, simulations, critical thinking, memorization, group work, note taking from reading and lectures, discussions.

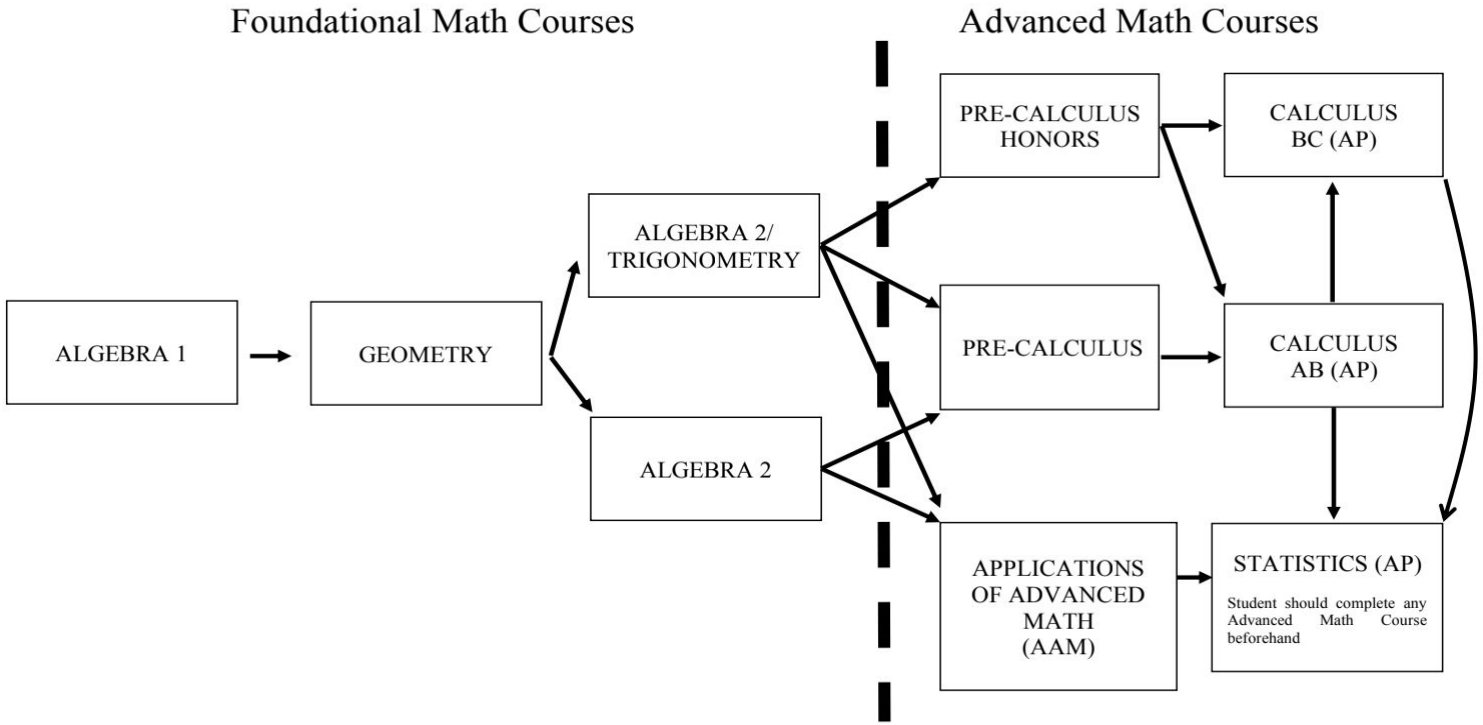
Math Department

David Heinke and Bob Capriles

Contact: david_heinke@fuhsd.org
bob_capriles@fuhsd.org

Math Course Sequence 2022-2023

Fremont High School Math Course Sequence (2022-2023)

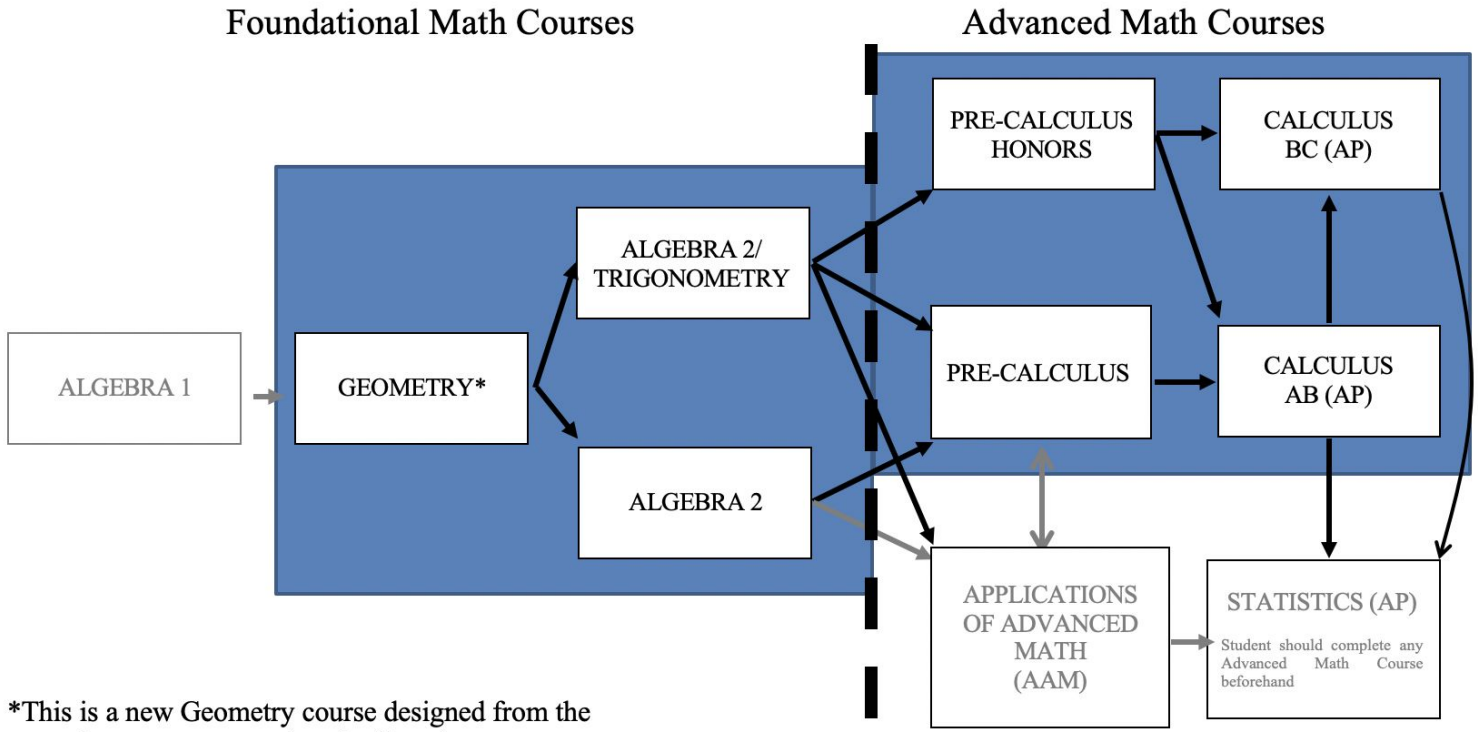


David Heinke
Math Dept Chair, FHS
david_heinke@fuhsd.org

See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Engineering Electives**
See page 5 for **Programming Electives**

AP Calculus Track

The standard course sequence for students interested in taking AP Calculus.



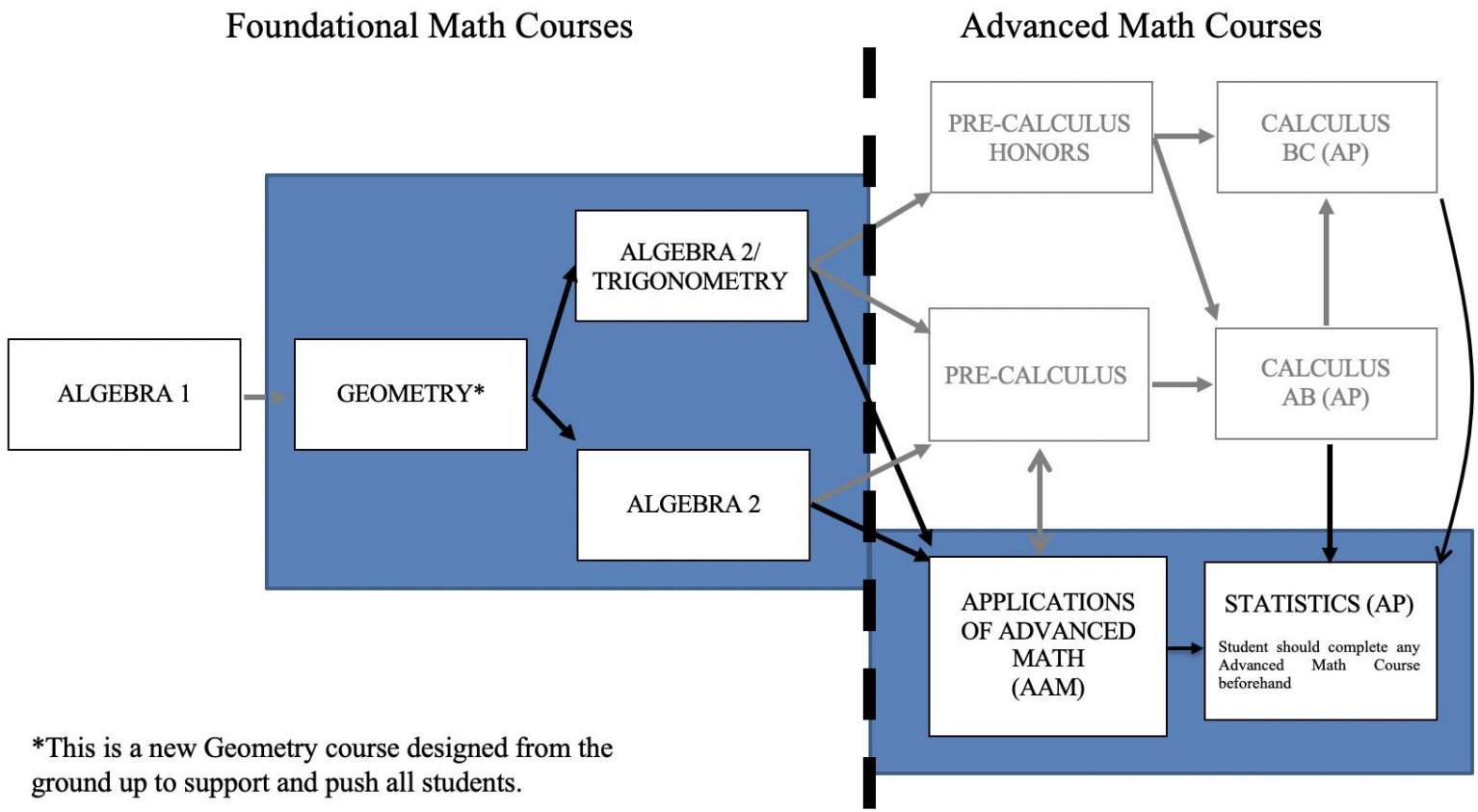
*This is a new Geometry course designed from the ground up to support and push all students.

David Heinke
Math Dept Chair, FHS
david_heinke@fuhsd.org

See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Acceleration Options**
See page 5 for **Engineering/Programming Electives**

AP Statistics Track

The standard course sequence for students interested in taking AP Statistics.



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david_heinke@fuhsd.org

See page 2 for typical **Calculus Track**
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See page 4 for **Acceleration Options**
See page 5 for **Engineering/Programming Electivesm**

FHS Engineering Program

Engineering Essentials (EES)

**Must be enrolled in Algebra 1 (or higher)*

Engineering Design (IED)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

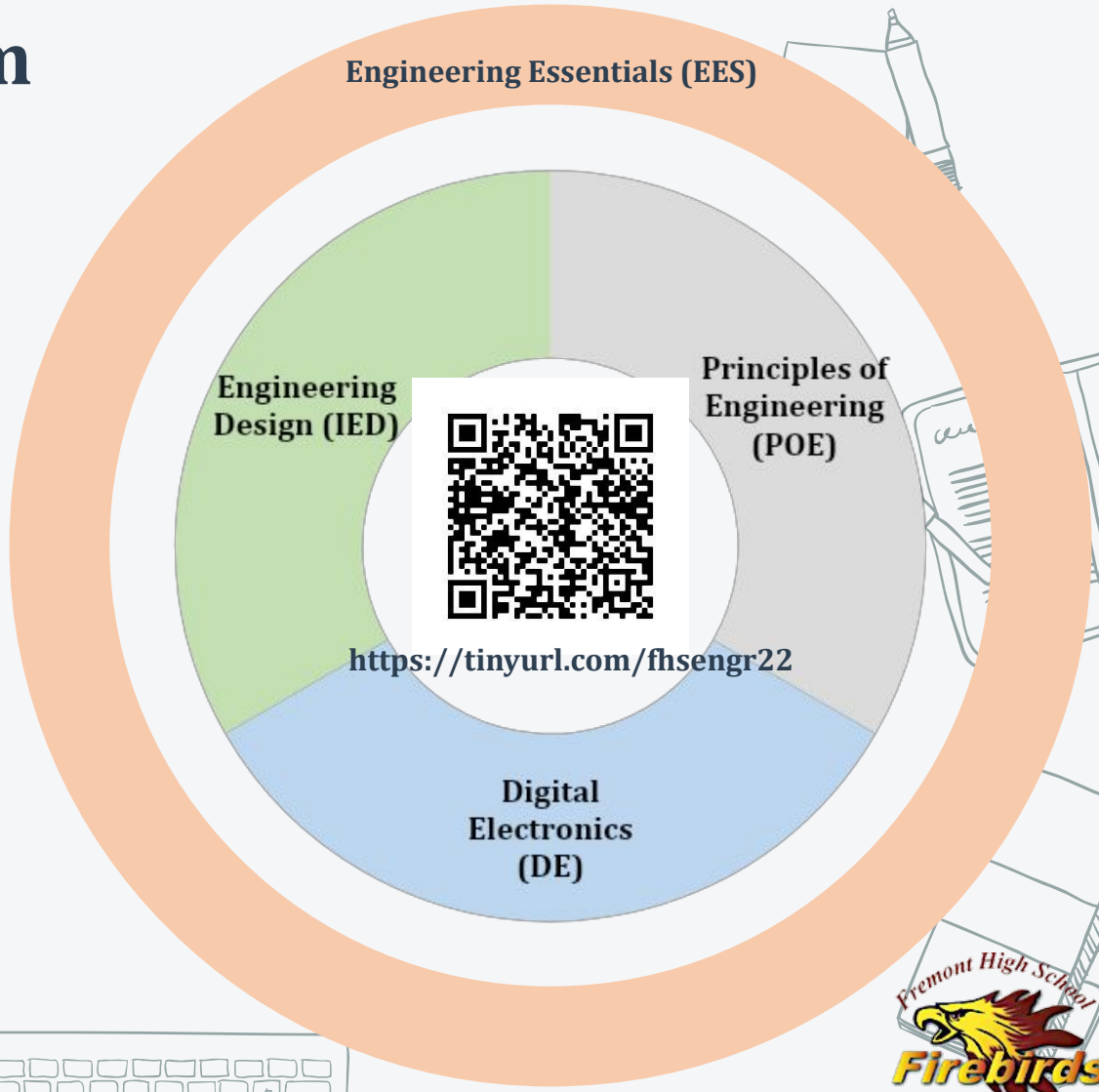
Principles of Engineering (POE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Digital Electronics (DE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Mr. Bob Capriles
bob_capriles@fuhsd.org



Fremont High School Firebirds

Our message to rising Juniors..

Balance!

There is a natural impulse to want to “catch up” to compensate for distance learning, but having 5 “hardest” classes isn’t particularly healthy.

There are a number of choices for you, make the one you’re ready for next. While it is ultimately up to you and your family, what are your teacher’s thoughts on the matter?

The math dept does NOT recommend advancing via a summer class.

IF you were to spend time on math this summer, it would be wiser to review than to look ahead.

Science Department Lead

Andree Heyneman

Contact: andree_heyneman@fuhsd.org

Recommended Sequence:

9th grade	10th grade	11th grade	12th grade
Biology	Chemistry OR Chemistry Honors	AP Biology	
	Physics OR Physics Honors	AP Chemistry	
		AP Physics C	
		AP Environmental Science	
	Science and Society		
		Physiology	

What will I be learning?

Chemistry	Physics
Will your head explode if your helmet broke in space?	How is energy used in the design of roller coasters?
How do we know how old Earth is using nuclear chemistry?	How is the electricity I use on a daily basis generated?
CSI: How do we identify unknown chemicals?	Can cell phones cause cancer?
Why do fireworks have different colors?	How do stars create light?
What is the universe made of?	How can we design devices to protect people during collisions?

What level should I take?

Info video available on the guidance website

College Prep	Honors
Focus on concepts	Additional focus on problem solving and more depth
Math present but not emphasized	Math integral to class
30 min of HW per class	60 min of HW per class
More support in class to develop foundational skills & knowledge	More independent learning and faster pacing
	Strongly recommended prior to taking AP science courses

AP Science Courses

- A **second year course** in the topic
- College-level work, taught in a supportive high school environment
- Independent reading and study required beyond classroom instruction; 90 min–2 hrs of HW per class
- AP examination in May (optional); some colleges may give credit for passing scores on exam

AP Science Courses

To be successful in AP science courses, we recommend the following prerequisites:

AP Biology

- High B or better in Biology **AND**
- B or better in Honors Chemistry OR an A in College Prep Chemistry

AP Chemistry

- B or better in Honors Chemistry OR an A in College Prep Chemistry

AP Physics C

- B or better in Honors Physics **AND**
- Previous or concurrent enrollment in AP Calculus (AB or BC)

AP Environmental Science

- B or better in previous science courses **AND**
- Successful completion of any honors-level science course

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There are a number of choices for you, make the one you’re ready for next. While it is ultimately up to you and your family, what are your teacher’s thoughts on the matter?

Aside from possibly the SIG program, the math dept does NOT recommend advancing via a summer class.

IF you were to spend time on math this summer, it would be wiser to review than to look ahead.

Junior English Options

Department Lead: David Bigelman

Students have

3

course options next year!

American Literature

American Literature Honors

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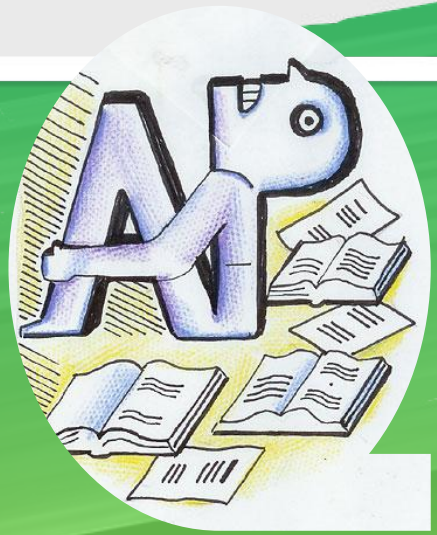
AP Language and Composition



AP Language and Composition
AKA - APLaC

APLaC focuses on...

- **Rhetoric** (the use of language and word choice)
- Becoming a **skilled writer** for many purposes
- **Nonfiction** texts by American authors (essays, primary documents, letters, speeches and novels)

The goals of APLaC are...

- To develop **new ways of seeing** and conceptualizing the world.
- To **synthesize** information from conflicting sources and integrate into a collective whole.

Students will (probably) have ***Summer Work*** in APLaC

Units

- *Summer Work 3-5 hours*
- Modern America (Content Different from ALH)
- Racial Prejudice
- Perspectives: Gender, Sexuality, (Dis)abilities (Content Different from ALH)
- Religion, Politics and Philosophy
- War and Truth
- One Unknown Unit

AP Exam in May

- **45 Multiple Choice Questions**
  - 1 hour
  - 45% of Exam Score
- **3 Essay Questions**
  - 2 hours 15 minutes (includes a 15-minute reading period)
  - 55% of Exam Score

General notes...

- College level rigor
  - Equivalent to a first-semester college-level class
- Fast-paced (not much time to work on assignments & several skills/assignments overlap)
- You will write 5-8 pages a week outside of class.

AP Language & Composition From mouths of Students

SOMETHING YOU ENJOYED …

- ★ I have enjoyed learning about topics that are relevant to the world today and being able to apply my new reading and writing skills to personal reading.
- ★ I learned so much in this class and I'm a much deeper thinker and better writer because of it.
- ★ I enjoyed learning about the many topics of today's society whilst learning to write Synthesis, RA, and Argumentative essay structures.

SOMETHING UNEXPECTED…

- ★ There is a LOT of homework and you are going to be writing all the time. I liked this though because it gave me a chance to constantly improve.
- ★ Certain weeks would be extra stressful, and they weren't lying when they said we would write an essay a week. However, the essays are much more doable than it sounds.

ADVICE…

- ★ Don't underestimate this class and plan your time around other classes wisely, this class isn't the type where you don't read the book and Spark Notes it. You actually have to read it.
- ★ If you're going to take this class you have to give it your all. So really think about it, don't just pick it because your friends are taking it.
- ★ I recommend this class to kids taking a maximum of 2 APs (including this). It is good to focus your time on this class if you really want to do well.
- ★ Make sure to not procrastinate in any way otherwise you WILL fall behind.

American Literature

Overview

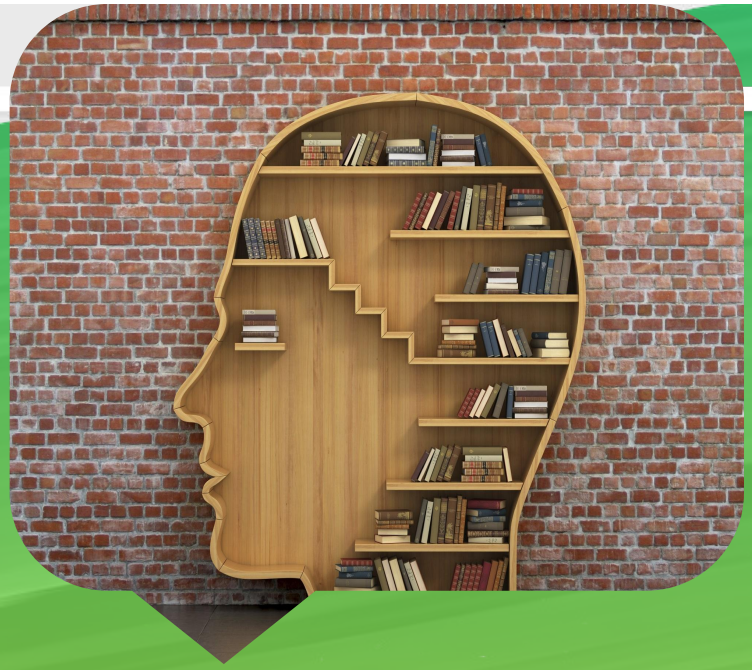
- Reading diverse texts written by **American authors**
- An equal emphasis on **reading** and **writing**
- A **foundational, college prep** course that prepares students for senior English courses

In American Lit, you will focus on...

- Building your critical reading, writing, and thinking skills.
- Engaging in effective, academic discussions
- Delivering presentations, conducting interviews
- Writing analytical, argumentative, and creative responses to literature
- Pacing is similar to World Lit (# of pages for reading, assignments, time commitment)

Core texts...

- Our Experiences and the American Dream: A variety of short stories, essays, and articles
- The Working Class: *The Book of Unknown Americans*, Excerpts from *The Grapes of Wrath*, and current day articles
- Veterans' Experiences: *The Things They Carried*
- Experiences of Empowerment:
  - *The Crucible*
  - *The Narrative of the Life of Frederick Douglass*
  - *A Raisin in the Sun*



Honors American Literature

Overview

- More extensive, fast-paced reading
- Active class participation is a large part of the course (small group, partner and full class discussions)
- You will be **coached** and **supported** to grow as a reader, writer and thinker.

In American Literature Honors you will focus on...

- Refining analytical writing
  - Learning to articulate independent arguments around author choices and how those support a larger idea.
  - *Exposure to other types of writing*
- Engaging with, and analyzing the world around you
- Building academic discussion stamina

Core units and texts…

- **American Identity** (short stories)
- **American Philosophy** (Transcendentalism)
- **The Fight for Justice** (*Frederick Douglass* and *The Grapes of Wrath*)
- **The American Dream** (*A Raisin in the Sun* and *The Great Gatsby*)
- **Standing Against Injustice** (*The Crucible*)
- **War and Truth** (*The Things They Carried*)

Reviewing the

3

course options next year!

American Literature

American Literature Honors

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AP Language and Composition