



LOS ALTOS HIGH SCHOOL

10TH GRADE COURSE SELECTION WORKSHEET

LAST NAME	FIRST NAME	M.I.
ID#:	CURRENT GRADE: 9	
COUNSELOR NAME:		

HIGHLIGHT YOUR CHOICES BELOW

(aud) = audition required and
list below 1-2 alternate electives
(prereq) = prerequisite required

● = denotes a course recognized by UC as meeting an "a-g" requirement
+ = denotes a course that is given weighted credit by UC (A=5, B=4, C=3)
* = semester length course
@ = pending UC approval

ENGLISH	MATH	PERFORMING ARTS	SPECIAL EDUCATION
●World Literature - DC2015	●Algebra I - AC1110	Marching Band - JC1200	SAI Pre-Alg. - MO1010
●World Literature Honors - DB2010	●Geometry - AC2110	●Concert Band - JC1220	SAI Alg. 1.1 - MO1012
●Cul. Identi. & Comm. B (CIC) - DC5155	●Geometry Honors - AB2010	●Symphonic Band - JC1230	SAI Alg. 1.2 - MO1013
ELD I Lit. & Oral - GC1010	●Algebra II - AC3010	●Wind Ensemble - JC1240 (aud)	SAI Geometry - MO1014
ELD II Lit. & Oral - GC1020	Algebra II Skills** - AI3100	●Jazz Ensemble - JC1260 (aud)	SAI Health* - MO1080
ELD III & Support - GC1030	**taken with Alg. II for support (elective cr.)	●Chamber Ensemble - JC1250 (aud)	SAI Science I - MO1020
Other - _____	●Algebra II Honors - AB3010	●Orchestra - JC1270	SAI Science II - MO1021
	●Trig. Math. Analysis - AC4010	●Chorale - JC1020	SAI World Hist. - MO1040
	●+Trig. Math. Ana. Honors - AB4010	●Concert Choir - JC1030 (aud)	SAI CWI* - MO1045
WORLD LANGUAGE	Other - _____	●Volare - JC1085 (aud)	SAI Reading - MO1030
●Spanish I - FC2010		●Bel Canto - JC1045 (aud)	SAI English II - MO1032
●Spanish II - FC2011		●Exploring Music - JC1310	SAI Study Skills - MO1120
●Spanish II Honors - FB2012		●Acting I - JC1410	SAI Study Skills T - MO1130
●Spanish III - FC2013	SCIENCE	●Acting II - JC1420 (aud)	Academic Skills - NI1010
●+Sp III H for Sp Speakers - FB2111	●Env. Science - CC4010	●Jazz Dance - JC1210	Learning Skills - MI2000
●+Spanish III Honors - FB2014	●Human Biology - CC1020	●Adv. Jazz Dance - JC1211 (aud)	Ac. Lang. Acq. - MI1035
●Spanish IV - FC2015	●Biology - CC1010		
●+AP Span. Lang. - FA2015	●Biology Honors - CB1010	VISUAL ARTS	
●+AP Span. Lit. - FA2017	●Chemistry - CC2010	●Drawing I - IC1010	TED
●French I - FC1010	●Chemistry Honors - CB2010	●Drawing II - IC1011	●Intro. Comp. Program. - BC1017
●French II - FC1011	Other - _____	●Drawing III - IC1012	●Engineering I - BC2020
●French III - FC1012		●Photography I - IC1210	●Engineering II - BC2030 (prereq)
●+French III Honors - FB1013	SOCIAL STUDIES	●Photography II - IC1211	●Innov. Design Essentials - BC2045
●+AP French Language - FA1014	●*Contemp. World Issues - EC1110	●Digital Photo. - IC1220	●Design & Prototyping - BC2040
●Latin I - FC3010	●+AP European History - EA2010	●Painting I - IC1110	●Design & Fabrication - BC2041 (prereq)
●Latin II - FC3011	●+AP Human Geography - EA5010	●New Media Literacy - KC1055	●+AP Computer Science - BA1010
●Mandarin Chinese I - FC5010	●World Studies - EC1010		●Robotics I - BC2060
●Mandarin Chinese II - FC5011		ELECTIVES	●Robotics II - BC2061
●Mandarin Chinese III - FC5012	available to students who took Ethnic Studies last year	●AVID Sophomore - HC0030 (aud)	Culinary Arts I - KC1010
●+Mandarin Chinese IV Honors - FB5014	●World Studies SDAIE - EC1011	Student Gov't. - OC1020 (aud)	
●+AP Chinese Lang. & Culture - FA5013	SOCIAL STUDIES Electives	Supervised Study - NI1030 (aud)	
	●*Psychology - EC4310	Stu. Com. Leaders - OC1025 (aud)	PHYSICAL EDUCATION
HEALTH	Positive Psychology - EC4311	AVID Tutor - HO0070	Grade 10-12 PE Fall - PO1030
Not Returning - RX1118	U.S.History ELL - EC3012	Peer Tutor - NO1060	Grade 10-12 PE Spring - PO1040
	●U.S.History SDAIE - EC3011	●Journalism One - DC5052	●Jazz Dance - JC1210
*Health - LC1010	Civics ELL - EI1030	●Journalism - DC5051 (aud)	●Adv. Jazz Dance - JC1211 (aud)
	Econ ELL - EI1031	Yearbook - OC1040	Marching Band PE - JC1202
ATHLETICS		ALTERNATE TO AUDITION CLASS	Rally -- OO1050 (aud)
Fall -		List 1-2 alternate electives	Competitive Cheer -- QO3151 (aud)
Winter -	OTHER	1. _____	Dance Team - OO1060 (aud)
Spring -	Not Returning - RX1118	2. _____	Yoga - PO1280

Los Altos High School

This form is to help students select their courses and calculate how they utilize their time each week.

There is a total of 168 hours per week.

Students typically spend 36 hours in classes per week <i>LAHS College Prep courses have an average of 2-3 hours of homework per week; AP and Honor's Courses have an average of 4-5 hours of homework per week.</i>				
	Current course	Fall 2022 Grade	Proposed Course (23-24)	Anticipated Hours of Homework per week
English				
Social Studies				
Math				
Science				
World Language				
Elective				
Elective				
Total Anticipated Homework				

Extra-Curricular Activities	Average Hours per Week
Paid Job	
Hobbies	
Community Service/Volunteer	
Sports	
Music/Performances	
Other	
Total Extra-Curricular Hours	

Daily Living Activities	Average Hours per Week
Sleep (7 days x 9 hours)	
Necessities	
Family Time	
Free Time (friends, TV, video games)	
Other	
Total Daily Living Hours	

Total Hours	
School Hours =	<div style="font-size: 2em; font-weight: bold; margin: 10px 0;">168</div> <p><i>Your total cannot exceed 168 hours.</i></p>
Extra-Curricular Hours =	
Daily Living Hours =	
Total Hours =	