



**LOS ALTOS HIGH SCHOOL
12TH GRADE
COURSE SELECTION WORKSHEET**

LAST NAME	FIRST NAME	M.I.
ID#:	CURRENT GRADE: 11	
COUNSELOR NAME:		

HIGHLIGHT YOUR CHOICES BELOW

* = semester length course
(aud) = audition required and list below 1-2 alternate electives

• = denotes a course recognized by UC as meeting an "a-g" requirement (Not all of these courses are NCAA approved. See <https://web3.ncaa.org/hsportal/exec/hsAction> for details)
@ = denotes a course currently in review by UC to meet an "a-g" requirement
+ = denotes a course that is given weighted credit by UC (A=5, B=4, C=3)

ENGLISH	MATH	PERFORMING ARTS	SPECIAL ED
●English Lit. Survey - DC4010	●Algebra I - AC1110	●Chamber Ensem. - JC1250 (aud)	SAI Alg. 1.1 - MO1012
●+AP English Lit. - DA4010	●Geometry - AC2110	Marching Band - JC1200	SAI Alg. 1.2 - MO1013
●Film Analysis - DC5010	●Geometry H - AB2010	●Symphonic Band - JC1230	SAI Geometry - MO1014
●Global Connections A - DC5040	●Algebra II - AC3010	●Wind Ensemble - JC1240 (aud)	SAI Health* - MO1080
ELD I Lit. & Oral - GC1010	Algebra II Skills** - AI3100	●Jazz Ensemble - JC1260 (aud)	SAI CWI* - MO1045
ELD II Lit. & Oral - GC1020	**taken with Alg. II for support (elective cr.)	●Orchestra - JC1270	SAI Science I - MO1020
ELD III & Support - GC1030	●Algebra II Honors - AB3010	●Chorale - JC1020	SAI Science II - MO1021
Other - _____	●Trig. Math. Analysis - AC4010	●Concert Choir - JC1030 (aud)	SAI US History - MO1050
	●+Trig. Math. Ana. Honors - AB4010	●Volare - JC1085 (aud)	SAI Civics* - MO1060
	●Calculus - AC5010	●Bel Canto - JC1045 (aud)	SAI Economics* - MO1070
WORLD LANGUAGE		●Acting I - JC1410	SAI Reading - MO1030
●Spanish I - FC2010	●+AP Calculus AB - AA5010	●Acting II - JC1420 (aud)	SAI English IV - MO1034
●Spanish II - FC2011	●+AP Calculus BC - AA5011	●Exploring Music - JC1310	SAI Study Skills - MO1120
●Spanish II Honors - FB2012	●+Math. 1C 1D 2B - VC1010 (Foothill)	●Jazz Dance - JC1210	SAI Study Skills T - MO1130
●Spanish III - FC2013	●Statistics - AC6010	●Adv. Jazz Dance - JC1211 (aud)	SAI Life Skills I - MO1140
●+Spanish III Honors - FB2014	●+AP Statistics - AA6010		SAI Life Skills II - MO1141
●+Sp III H for Spanish Speakers - FB2111	Essential Math. Concept - AI2350	VISUAL ARTS	Academic Skills - NI1010
●Spanish IV - FC2015	SCIENCE	●Drawing I - IC1010	Learning Skills - MI2000
●+AP Spanish Language - FA2015	●Biotech - CC1050	●Drawing II - IC1011	Ac. Lang. Acq. - MI1035
●+AP Spanish Lit. - FA2017	●Biology - CC1010	●Drawing III - IC1012	
●French I - FC1010	●Biology Honors - CB1010	●Photography I - IC1210	
●French II - FC1011	●+AP Biology - CA1010	●Photography II - IC1211	
●French III - FC1012	●Chemistry - CC2010	●Digital Photo. - IC1220	TED
●+French III Honors - FB1013	●Chemistry Honors - CB2010	●Painting I - IC1110	●Intro. Comp. Program. - BC1017
●+AP French Language - FA1014	●+AP Chemistry - CA2010	●+AP Drawing - IA1015	●Engineering I - BC2020
●Latin I - FC3010	●Physics - CC3010	●+AP 2-D Art & Design - IA1025	●Engineering II. - BC2030 (prereq)
●Latin II - FC3011	●+AP Physics 1 - CA3010	●New Media Literacy - KC1055	●Innov. Design Essentials - BC2045
●Latin III - FC3012	●+*AP Physics C E&M - CA3042	SOCIAL STUDIES	●Innov. Design Capstone - BC2050
●+AP Latin - FA3013	●+*AP Physics C Mech - CA3039	●*Civics - EC4010	●Design & Prototype - BC2040
●Mandarin Chinese I - FC5010	●Forensics - CC4020	●+*AP Gov't. and Pol. US - EA4010	●Design & Fabrication - BC2041
●Mandarin Chinese II - FC5011	●+AP Environ. Science - CA4010	●*Economics - EC4020	●ADEN - BC1030 (aud)
●Mandarin Chinese III - FC5012	●Adv. Sci. Investi. (aud) - CC1060	●+*AP Microeconomics - EA4020	●+AP Computer Science - BA1010
●+Mandarin Chinese IV Honors - FB5014	●Agroecology - CC1030	●Global Connections B - DC5041	●Robotics I - BC2060
●+AP Chinese Lang. & Culture - FA5013		●World Studies SDAIE - EC1011	●Robotics II - CB2061
	ATHLETICS	SOCIAL STUDIES Electives	Culinary Arts I - KC1010
	Fall -	●*Psychology - EC4310	Culinary Arts II - KC1011
	Winter -	●+AP Psychology - EA4030	
	Spring -	Positive Psychology - EC4311	
SPECIAL PROGRAMS	ELECTIVES	U.S. History ELL - EC3012	PHYSICAL EDUCATION
Freestyle Academy - TX1190/PX1200	●AVID Senior - HC0050 (aud)	●U.S. History SDAIE - EC3011	*PE 10-12 - PO1030 & PO1040
Middle College - RX1310	Student Gov't. - OC1020 (aud)	Civics ELL - EI1030	●Jazz Dance - JC1210
College Now! - VN9010	AVID Tutor - HO0070	Econ ELL - EI1031	●Adv. Jazz Dance - JC1211 (aud)
<i>Application required. Do not sign up for these at this time, unless you're a returning student to program.</i>	Peer Tutor - NO1060		Marching Band PE - JC1202
	Supervised Study - NI1030 (aud)	ALTERNATE TO AUDITION CLASS	Rally - OO1050
	Stu. Com. Leaders - OC1025 (aud)	List 1-2 alternate electives	Comp Cheer - QO3151 (aud)
OTHER	●Journalism - DC5051 (aud)	1. _____	Dance Team - OO1060 (aud)
Not Returning - RX1118	Yearbook - OC1040	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;</i> <i>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-bottom: 10px;">168</div> <i>Your total cannot exceed 168 hours.</i>
Extra-Curricular Hours =	
Daily Living Hours =	
Total Hours =	