



**LOS ALTOS HIGH SCHOOL
9TH GRADE
COURSE SELECTION WORKSHEET**

LAST NAME	FIRST NAME	M.I.
CURRENT SCHOOL:		
CURRENT GRADE: 8		
Special Ed _____	504 Plan _____	

HIGHLIGHT YOUR CHOICES BELOW

- = 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 (aud) = audition required
- @ = pending UC approval

REQUIRED COURSES	ADDITIONAL COURSES	ATHLETICS	SPECIAL PROGRAMS
ENGLISH	WORLD LANGUAGE	FALL	SPECIAL EDUCATION
●Survey Comp./Literature - DC1010	●Spanish I - FC2010	Frosh Football - QO1010	SAI Wld Hist - MO1040
Survey Skills - DI1010	●Spanish II - FC2011	Frosh B Water Polo - QO1040	SAI English I - MO1031
(Support class taken <u>with</u> DC1010 if recommended)	●Spanish II Honors - FB2012	Frosh G Water Polo - QO1043	SAI Reading - MO1030
ELD I Lit. & Oral - GC1010	●Spanish III - FC2013	Frosh XC Co-ed - QO1030	SAI Pre-Algebra - MO1010
ELD II Lit. & Oral - GC1020	●+Spanish III H for Sp Speakers - FB2111	Frosh G Field Hockey - QO1020	SAI Algebra 1.1 - MO1012
ELD III & Support - GC1030	<i>Lev III class for native Spanish Speakers.</i>	Frosh G Volleyball - QO1050	SAI Algebra 1.2 - MO1013
	●+Spanish III Honors - FB2014	Frosh G Tennis - QO1060	SAI Geometry - MO1014
	●French I - FC1010	Frosh G Golf - QO3143	SAI Science I - MO1020
	●French II - FC1011		SAI Study Skills - MO1120
	●French III - FC1012		SAI Study Skills T - MO1130
	●+French III Honors - FB1013	WINTER	Academic Skills - NI1010
●Algebra 9 - AC1010	●Latin I - FC3010	Frosh B Soccer - QO2020	Learning Skills - MI2000
●Algebra I with skills - AI1210	●Mandarin Chinese I - FC5010	Frosh G Soccer - QO2023	Ac. Lang. Acq. - MI1035
Double period support math class - 10 math credits for Algebra I and 10 elective credits - add Math Lab - AI0020	●Mandarin Chinese II - FC5011	Frosh B Basketball - QO2010	Survey Skills 2 - MI2100
●Geometry 9 - AC2010	●Mandarin Chinese III - FC5012	Frosh G Basketball - QO2013	
●Geometry Honors - AB2010	●+Mandarin Chinese IV H - FB5014	Frosh Wrestling - QO2030	
●Algebra II - AC3010			TED
●Algebra II H - AB3010			●Intro. To Comp. Program. - BC1017
	PERFORMING ARTS	SPRING	●Innov. Design Essentials - BC2045
SCIENCE	●Concert Band - JC1220	Frosh B Swimming - QO3030	●Engineering I - BC2020
●Environmental Science - CC4010	Marching Band - JC1200	Frosh G Swimming - QO3033	●Design & Prototyping - BC2040
●Biology - CC1010	●Symphonic Band - JC1230	Frosh B Diving - QO3040	●Robotics I - BC2060
●Biology Honors - CB1010	●Orchestra - JC1270	Frosh G Diving - QO3043	
	●Chorale - JC1020	Frosh B Golf - QO3140	
	●Exploring Music - JC1310	Frosh Badminton - QO3010	ELECTIVES
●Ethnic Studies - EC6010	●Acting I - JC1410	Frosh B Tennis - QO3050	●AVID Freshman - HC0020 (aud)
●World Studies SDAIE - EC1011		Frosh Track co-ed - QO3080	Dance Team - OO1060 (aud)
U.S. History ELL - EC3012		Frosh Softball - QO3060	Rally Frosh - OO1050 (aud)
Civics ELL - EI1030	VISUAL ARTS	Frosh Baseball - QO3020	Competitive Cheer - QO3150 (aud)
Econ ELL - EI1031	●Drawing I - IC1010	Frosh G Gymnastics - QO3070	<i>in Winter Sport Season</i>
	●Painting I - IC1110	Frosh B Lacrosse - QO3110	Journalism One - DC5052
	●Photography I - IC1210	Frosh G Lacrosse - QO3120	
PHYSICAL EDUCATION		Frosh B Volleyball - QO3090	
Grade 9 PE Fall - PO1010			
Grade 9 PE Spring - PO1020			
All 9th Graders select and take both Fall & Spring PE.			

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 =	