



**LOS ALTOS HIGH SCHOOL  
11TH GRADE  
COURSE SELECTION WORKSHEET**

**HIGHLIGHT YOUR CHOICES BELOW**

List below 1-2 alternative electives

<b>LAST NAME:</b>	<b>FIRST NAME:</b>	<b>M.I</b>
<b>ID:</b>	<b>CURRENT GRADE: 10</b>	
<b>COUNSELOR NAME:</b>		

- = 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/sports/exec/hsAction> for details)
- + = denotes a course that is given weighted credit by UC (A=5, B=4, C=3)
- \* = semester length course
- @ = pending UC approval

CORE COURSES	
MATH	SCIENCE
<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> <li>• Algebra I - AC1110</li> <li>• Algebra II - AC3010</li> <li>• Algebra II Honors - AB3010</li> <li>• Calculus - AC5010</li> <li>• +AP Calculus AB - AA5010</li> <li>• +AP Calculus BC - AA5011</li> <li>• +Math. 1C 1D 2B - VC1010 (Foothill)</li> <li>• Essential Math. Concept - AI2350</li> <li>• Geometry - AC2110</li> <li>• Geometry H - AB2010</li> <li>• Statistics - AC6010</li> <li>• +AP Statistics - AA6010</li> <li>• Trig. Math. Analysis - AC4010</li> <li>• +Trig. Math. Ana. Honors - AB4010</li> <li>• Adv Stats &amp; Data Science</li> </ul>	<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> <li>• Adv. Sci. Investi. - CC1060</li> <li>• Agroecology - CC1030      1/2nd choice</li> <li>• Biology - CC1010</li> <li>• Biology Honors - CB1010</li> <li>• +AP Biology - CA1010</li> <li>• Biotech - CC1050</li> <li>• Chemistry - CC2010</li> <li>• Chemistry Honors - CB2010</li> <li>• +AP Chemistry - CA2010</li> <li>• Environmental Sci. - CC4010</li> <li>• +AP Environmental Sci. - CA4010</li> <li>• Forensics - CC4020 (prereq)</li> <li>• Human Biology - CC1020</li> <li>• Physics - CC3010</li> <li>• +AP Physics 1 - CA3010</li> <li>• +*AP Physics C E&amp;M - CA3042</li> <li>• +*AP Physics C Mech - CA3039</li> </ul>
SOCIAL STUDIES	PHYSICAL EDUCATION
<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> <li>• US History - EC3010</li> <li>• +AP US History - EA3010</li> </ul> <p><b>SOCIAL STUDIES Electives (Optional)</b></p> <ul style="list-style-type: none"> <li>• *Psychology - EC4310</li> <li>• +AP Psychology - EA4030</li> <li>• Positive Psychology - EC4311</li> </ul>	<p><i>Only select if you have not completed your PE Requirement:</i></p> <ul style="list-style-type: none"> <li>• *PE 10-12 - PO1030 &amp; PO104</li> <li>• Dance - JC1210</li> <li>• Marching Band PE - JC1202</li> <li>• Yoga - PO1280</li> <li>• Weight Training - P01230</li> </ul>
ENGLISH	HEALTH
<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> <li>• American Lit. - DC3010</li> <li>• +AP Eng. Lang. - DA2010</li> </ul>	<ul style="list-style-type: none"> <li>• *Health - LC1010</li> </ul>

ADDITIONAL COURSES	
<i>May choose up three additional courses - please identify two alternates</i>	
WORLD LANGUAGES	
<ul style="list-style-type: none"> <li>• French I - FC1010</li> <li>• French II - FC1011</li> <li>• French III - FC1012</li> <li>• +French III Honors - FB1013</li> <li>• +AP French Language - FA1014</li> <li>• Latin I - FC3010</li> <li>• Latin II - FC3011</li> <li>• Mandarin Chinese I - FC5010</li> <li>• Mandarin Chinese II - FC5011</li> <li>• Mandarin Chinese III - FC5012</li> <li>• +Mandarin Chinese IV Honors - FB5014</li> <li>• +AP Chinese Lang. &amp; Culture - FA5013</li> </ul>	<ul style="list-style-type: none"> <li>• Spanish I - FC2010</li> <li>• Spanish II - FC2011</li> <li>• Spanish II Honors - FB2012</li> <li>• Spanish III - FC2013</li> <li>• +Sp III H for Sp Speakers - FB2111</li> <li>• +Spanish III Honors - FB2014</li> <li>• Spanish IV - FC2015</li> <li>• +AP Span. Lang. - FA2015</li> <li>• +AP Span. Lit. - FA2017</li> </ul>

ADDITIONAL COURSES- Continued	
CTE	
<ul style="list-style-type: none"> <li>• ADEN - BC1030</li> <li>• Culinary Arts II - KC1013</li> <li>• Culinary Arts I - KC1012</li> <li>• Design &amp; Fabrication - BC2041</li> <li>• Design &amp; Prototyping - BC2040</li> <li>• +AP Computer Science - BA1010</li> <li>• Digital Communications I (Journalism I) - KC1300</li> <li>• Digital Communications II (Talon) - KC1330</li> <li>• Digital Communications II (Yearbook) - KC1310</li> <li>• Engineering II - KC1350</li> <li>• Engineering I - KC1340</li> <li>• Innov. Design Essentials - BC2045</li> <li>• Intro. Comp. Program. - BC1017</li> <li>• Robotics I - BC2060</li> <li>• Robotics II - BC2061</li> </ul>	
PERFORMING ARTS	VISUAL ARTS
<ul style="list-style-type: none"> <li>• Acting II - JC1420</li> <li>• Acting I - JC1410</li> <li>• Bel Canto - JC1045</li> <li>• Chamber Ensemble - JC1250</li> <li>• Chorale - JC1020</li> <li>• Concert Choir - JC1030</li> <li>• Dance - JC1210</li> <li>• Dance II - JC1211</li> <li>• Exploring Music - JC1310</li> <li>• Jazz Ensemble - JC1260</li> <li>• Marching Band - JC1200</li> <li>• Orchestra - JC1270</li> <li>• Symphonic Band - JC1230</li> <li>• Volare - JC1085</li> <li>• Wind Ensemble - JC1240</li> </ul>	<ul style="list-style-type: none"> <li>• Digital Photo. - IC1220</li> <li>• Drawing I - IC1010</li> <li>• Drawing II - IC1011</li> <li>• Drawing III - IC1012</li> <li>• New Media Literacy - KC1055</li> <li>• Painting I - IC1110</li> <li>• Photography I - IC1210</li> <li>• Photography II - IC1211</li> <li>• +AP 2-D Art and Design - IA1025</li> <li>• +AP Drawing - IA1015</li> </ul>
OTHER ELECTIVES	ALT ELECTIVES
<ul style="list-style-type: none"> <li>• AVID Junior - HC0040</li> <li>• Student Gov't. - OC1020</li> <li>• AVID Tutor - HO0070</li> <li>• Peer Tutor - NO1060</li> <li>• Stu. Com. Leaders - OC1025</li> </ul>	<p><b>List 1-2 alternate electives</b></p> <p>1. _____</p> <p>2. _____</p>
SPECIAL PROGRAMS	ATHLETICS
<ul style="list-style-type: none"> <li>• Freestyle Academy - TX1190/PX1200</li> <li>• Middle College - RX1310</li> <li>• College Now! - VN9010</li> </ul> <p><i>Application required.</i></p>	<p><b>Fall-</b></p> <p><b>Winter-</b></p> <p><b>Spring-</b></p>
OTHER	
<ul style="list-style-type: none"> <li>• Not Returning - RX1118</li> </ul>	

## Los Altos High School

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

*There are a total of 168 hours per week.*

**Students typically spend 36 hours in classes per week**

*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.*

	Current course	Proposed Course (24-25)	Anticipated Hours of Homework per week
English			
Social Studies			
Math			
Science			
World Language			
Elective			
Elective			
<b>Total Anticipated Homework</b>			

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

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

Total Hours	
School Hours = _____	Total Hours per Week <b><u>168</u></b> <i>Your total can not exceed 168 hours.</i>
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
Total Hours = _____	