



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

HIGHLIGHT YOUR CHOICES BELOW

List below 1-2 alternative electives

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

- = 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/hSPORTA/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"> • Algebra I - AC1110 • Geometry - AC2110 • Geometry H - AB2010 • Algebra II - AC3010 • Algebra II Honors - AB3010 • Trig. Math. Analysis - AC4010 • +Trig. Math. Ana. Honors - AB4010 • Calculus - AC5010 • +AP Calculus AB - AA5010 • +AP Calculus BC - AA5011 • +Math. 1C 1D 2B - VC1010 (Foothill) • Statistics - AC6010 • +AP Statistics - AA6010 • Essential Math. Concept - AI2350 • Adv Stats & Data Science 	<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> • Biotech - CC1050 • Biology - CC1010 • Biology Honors - CB1010 • +AP Biology - CA1010 • Chemistry - CC2010 • Chemistry Honors - CB2010 • +AP Chemistry - CA2010 • Physics - CC3010 • +AP Physics 1 - CA3010 • +*AP Physics C E&M - CA3042 • +*AP Physics C Mech - CA3039 • Forensics - CC4020 • +AP Environ. Science - CA4010 • Adv. Sci. Investi. - CC1060 • Agroecology - CC1030
SOCIAL STUDIES	PHYSICAL EDUCATION
<p><i>Students must select two of the following options:</i></p> <ul style="list-style-type: none"> • *Civics - EC4010 • +*AP Gov't. and Pol. US - EA4010 • *Economics - EC4020 • +*AP Microeconomics - EA4020 • Global Connections B - DC5041 <p>SOCIAL STUDIES Electives (Optional)</p> <ul style="list-style-type: none"> • *Psychology - EC4310 • +AP Psychology - EA4030 • Positive Psychology - EC4311 	<p>Only select if you have not completed your PE Requirement:</p> <ul style="list-style-type: none"> • *PE 10-12 - PO1030 & PO104 • Dance - JC1210 • Dance II - JC1211 • Marching Band PE - JC1202 • Yoga - PO1280 • Weight Training - P01230
ENGLISH	HEALTH
<p><i>Students must select one of the following options:</i></p> <ul style="list-style-type: none"> • English Lit. Survey - DC4010 • +AP English Lit. - DA4010 • Film Analysis - DC5010 • Global Connections A - DC5040 	<ul style="list-style-type: none"> • *Health - LC1010

ADDITIONAL COURSES	
<i>May choose up three additional courses - please identify two alternates</i>	
WORLD LANGUAGES	
<ul style="list-style-type: none"> • Spanish I - FC2010 • Spanish II - FC2011 • Spanish II Honors - FB2012 • Spanish III - FC2013 • +Spanish III Honors - FB2014 • +Sp III H for Spanish Speakers - FB2111 • Spanish IV - FC2015 • +AP Spanish Language - FA2015 • +AP Spanish Lit. - FA2017 • French I - FC1010 • French II - FC1011 • French III - FC1012 	<ul style="list-style-type: none"> • +French III Honors - FB1013 • +AP French Language - FA1014 • Latin I - FC3010 • Latin II - FC3011 • Latin III - FC3012 • +AP Latin - FA3013 • Mandarin Chinese I - FC5010 • Mandarin Chinese II - FC5011 • Mandarin Chinese III - FC5012 • +Mandarin Chinese IV Honors - FB5014 • +AP Chinese Lang. & Culture - FA5013

ADDITIONAL COURSES- Continued
CTE
<ul style="list-style-type: none"> • ADEN - BC1030 • Intro. Comp. Program. - BC1017 • Engineering I - KC1340 • Engineering II - KC1350 • innov. Design Capstone - BC2050 • Innov. Design Essentials - BC2045 • Design & Prototyping - BC2040 • Design & Fabrication - BC2041 • +AP Computer Science - BA1010 • Robotics I - BC2060 • Robotics II - BC2061 • Culinary Arts I - KC1012 • Culinary Arts II - KC1013 • Digital Comm. I (Journalism I) - KC1300 • Digital Comm. II (Talon) - KC1330 • Digital Comm. II (Yearbook) - KC1310

PERFORMING ARTS	VISUAL ARTS
<ul style="list-style-type: none"> • Acting II - JC1420 • Acting I - JC1410 • Bel Canto - JC1045 • Chamber Ensem. - JC1250 • Chorale - JC1020 • Concert Choir - JC1030 • Exploring Music - JC1310 • Dance - JC1210 • Dance II - JC1211 • Jazz Ensemble - JC1260 • Marching Band - JC1200 • Orchestra - JC1270 • Symphonic Band - JC1230 • Volare - JC1085 • Wind Ensemble - JC1240 	<ul style="list-style-type: none"> • Digital Photo. - IC1220 • Drawing I - IC1010 • Drawing II - IC1011 • Drawing III - IC1012 • New Media Literacy - KC1055 • Painting I - IC1110 • Photography I - IC1210 • Photography II - IC1211 • +AP 2-D Art & Design - IA1025 • +AP Drawing - IA1015

OTHER ELECTIVES	ALT ELECTIVES
<ul style="list-style-type: none"> • AVID Senior - HC0050 • Student Gov't. - OC1020 • AVID Tutor - HO0070 • Peer Tutor - NO1060 • Stu. Com. Leaders - OC1025 	<p>List 1-2 alternate electives</p> <p>1. _____</p> <p>2. _____</p>

SPECIAL PROGRAMS	ATHLETICS
<ul style="list-style-type: none"> • Freestyle Academy - TX1190/PX1200 • Middle College - RX1310 • College Now! - VN9010 <p><i>Application required.</i></p>	<p>Fall-</p> <p>Winter-</p> <p>Spring-</p>

OTHER
<ul style="list-style-type: none"> • Not Returning - RX1118

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