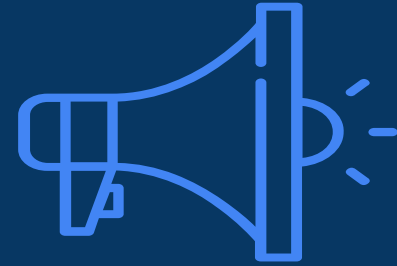




LOS ALTOS HIGH SCHOOL
Counseling Department



Class of 2025

COURSE SELECTION

for Senior Year

Today's **AGENDA**

- Review Requirements (Graduation & A-G)
- 12th Grade Course Selection Info.
 - ◆ Process Updates & Expectations
 - ◆ Course Options & Pathways
 - ◆ 11th Grade Counselor Appointments
- Q&A





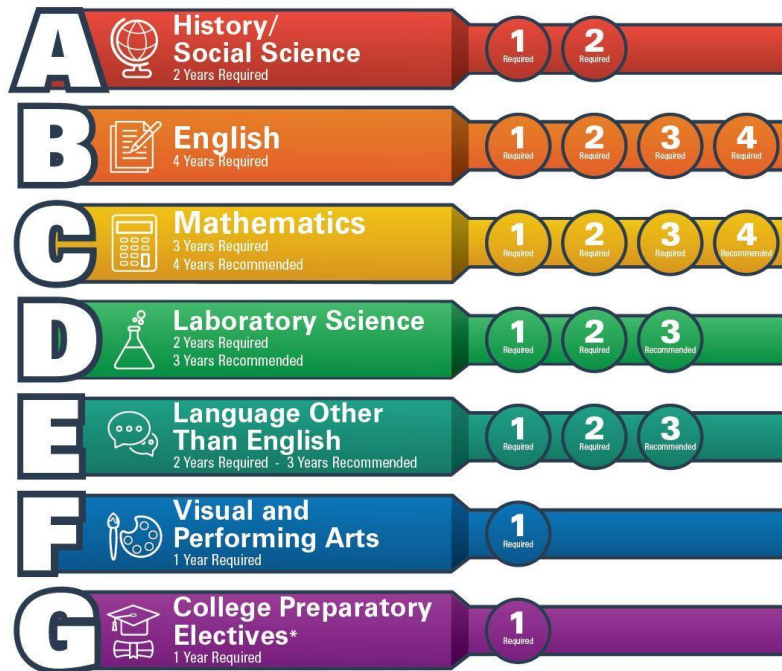
GRADUATION Requirements

- Critical for 12th grade course choices
- Your Graduation Status Report available in Aeries



Los Altos High School										1/9/2024
2023-2024 HIGH SCHOOL GRADUATION STATUS REPORT										Page 1
ID#:	Student Name: Eagle, Eddie			Grade: 11		Gender:				
Subject Area	Req. Credit	Courses Completed	Comp. Credit	Currently Enrolled	Enrol. Credit	Courses Planned	Plan. Credit	Need. Credit		
English	40.00	Survey Comp/Lit Wrlt Literature	10.00 10.00							
				Amer Lit Survey	5.00				--NOT COMPLETED--	15.00 *
Sci Life & Physical	20.00	Biology H Chemistry	10.00 10.00							
Mathematics	20.00	Algebra II Geometry H	10.00 10.00							
Physical Ed	20.00	Gr 9 PE	10.00							
				JV Boys Soccer Var Track Coed	5.00 5.00				--NOT COMPLETED--	5.00 *
Health	5.00								--NOT COMPLETED--	5.00 *
Global Studies	15.00	AP Eur Hist World Studies	10.00 5.00							
U.S. History	10.00			US History	5.00				--NOT COMPLETED--	5.00 *
Civics	5.00								--NOT COMPLETED--	5.00 *
Economics	5.00								--NOT COMPLETED--	5.00 *
Fine Art-PA-WL	20.00	Spanish I Spanish II	10.00 10.00							
Electives	60.00	IntroCompProg World Studies	10.00 5.00							
				ACT Tutorial	-					
				AP Comp Sci A	5.00					
				Physics	5.00					
				Counselor	-					
				Spanish III	5.00					
				Trig/Math Ana	5.00					
									--NOT COMPLETED--	25.00 *
* TOTALS *	220.00		120.00		40.00					60.00 **

A-G Requirements



*Any courses taken in excess of the minimum required in any subject area may count toward the fulfillment of the College Preparatory Elective requirement

A-G Requirement Checklist

Student Name _____ Stu # _____

**To be eligible for a university and meet A-G requirements C's or better are required. Earning a D does NOT count toward A-G requirements for the university.

A. HISTORY/SOCIAL SCIENCE (2 years required): One year of World History; One year of US History or one-half year of US History and one-half year of American Government)

World Studies Sem. 1 Sem. 2
 CWI/AP Euro History/AP Human Geo Sem. 1 Sem. 2
 US History/AP US History Sem. 1 Sem. 2
 Civics/AP Gov/Global Conn Sem. 1 Sem. 2

B. ENGLISH (4 years required)

Survey Comp/Lit Sem. 1 Sem. 2 World Lit/World Lit H/English 10 Sem. 1
 Sem. 2 Am Lit Survey/AP Eng Lang/SoPol Sem. 1 Sem. 2 Eng Lit
 Survey/Film Analysis/AP Eng Lit/Global Conn Sem. 1 Sem. 2

C. MATH (3 years required, 4 years recommended): Students must complete at least Algebra I, Geometry, and Algebra II or a higher level math.

1st year Math _____ Sem. 1 Sem. 2 2nd year Math _____ Sem. 1 Sem. 2 3rd
 year Math _____ Sem. 1 Sem. 2 4th year Math _____ Sem. 1 Sem. 2

D. LAB SCIENCE (2 years required, 3 and/or 4 years recommended): Students must complete at least 2 years of lab science classes providing fundamental knowledge in two of these three foundational subjects: biology, chemistry, and physics.

(Human Bio, Bio, Bio H, AP Bio, Chem, Chem H, AP Chem, AP Physics I/II/C: E&M, Intro/Biotech, Env Sci, APES) 1st
 year Science _____ Sem. 1 Sem. 2 2nd year Science _____ Sem. 1 Sem. 2 3rd
 year Science _____ Sem. 1 Sem. 2 4th year Science _____ Sem. 1 Sem. 2

E. LANGUAGE OTHER THAN ENGLISH (2 years required 3 and/or 4 years recommended): Must complete two years of the same language (French, Spanish, Latin, Mandarin Chinese)

1st year LOTE _____ Sem. 1 Sem. 2 2nd year LOTE _____ Sem. 1 Sem. 2 3rd
 year LOTE _____ Sem. 1 Sem. 2 4th year LOTE _____ Sem. 1 Sem. 2

F. VISUAL/PERFORMING ARTS (1 year required)

Many to choose from on the LAHS A-G approved course list.

1st year Visual/Performing Art _____ Sem. 1 Sem. 2

G. COLLEGE PREPARATORY ELECTIVE (1 year required)

Students can use an A-F class they have already taken which exceeds the minimum requirement for that particular area. For example, a 4th year of math can be counted as a college prep elective if no other class has fulfilled this requirement. OR choose from many College Prep Electives listed on the LAHS A-G approved course list.

1st year College Prep Elective _____ Sem. 1 Sem. 2

4-YEAR PLAN

- You began this in 9th grade
- Available in your Google Drive
- Check with your counselor if you can't find it
- If you are new to LAHS, create a 4-Year Plan and share it with your counselor (make sure s/he have access to edit)



<http://tinyurl.com/lahs4yrplan>



FOUR-YEAR PLAN

STUDENT NAME:

COUNSELOR:

STUDENT #:

DATE:

CLASS OF:

Students: Click on the dropdown menus to view course options for each subject requirement. Select your current 9th grade courses and the courses are you requesting for 10th grade. For 11th and 12th grades, you not expected to know what you want to take. This document helps you get an idea of what is offered and you can take your best guess; you are not committed to these choices at all. Some subjects have the option of multiple choices that you can simply use as a placeholder, e.g. choose "AP science/Physics/Biotech/Forensics" in 11th grade with the intention that you'll likely take one of these (not all).

	9th Grade	10th Grade	11th Grade	12th Grade
ENGLISH (LAHS - 40 credits / A-G - 4 years)				
SCIENCE (LAHS - 20 credits / A-G - 2 yrs, 3 rec UC)				
MATH (LAHS - 20 credits incl. Alg I / A-G - 3 years incl. Alg II, 4 rec)				
PHYSICAL ED. (LAHS - 20 credits)				
HEALTH (LAHS - 5 credits)				
GLOBAL STUDIES (LAHS - 10 credits / A-G - 1 year)				
INDIV SOCIETY & GLOBAL PERSP (LAHS - 5 credits)				
US HISTORY (LAHS - 10 credits / A-G - 1 year)				
CIVICS & ECONOMICS (LAHS - 5 credits each)				
FINE/PERFORM. ARTS# (LAHS - see below / A-G - 1 year)				
PRACTICAL ARTS# (LAHS - see below)				
WORLD LANGUAGE# (LAHS - see below / A-G - 2 years req., 3 years rec'd for UC)				
ELECTIVES** (LAHS - 60 credits / A-G - 1 year)				
ELECTIVE #2				
SUMMER SCHOOL				
TOTALS: (minimum 220)				

1-semester course = 5 credits / 1-year course = 10 credits

Fine Arts/Practical Arts/World Language: 2 years – 20 credits in any combination

** Electives include courses which exceed the minimum requirements in any given subject area

NEW! Course Selection Process



1. Course Selection Week

Workshops, Info. Sessions, etc.



2. Counseling Appointment

Course requests entered with counselor.



3. Course Request Verification

Spring, 2024. Last chance for change requests



4. Beginning of Senior Year

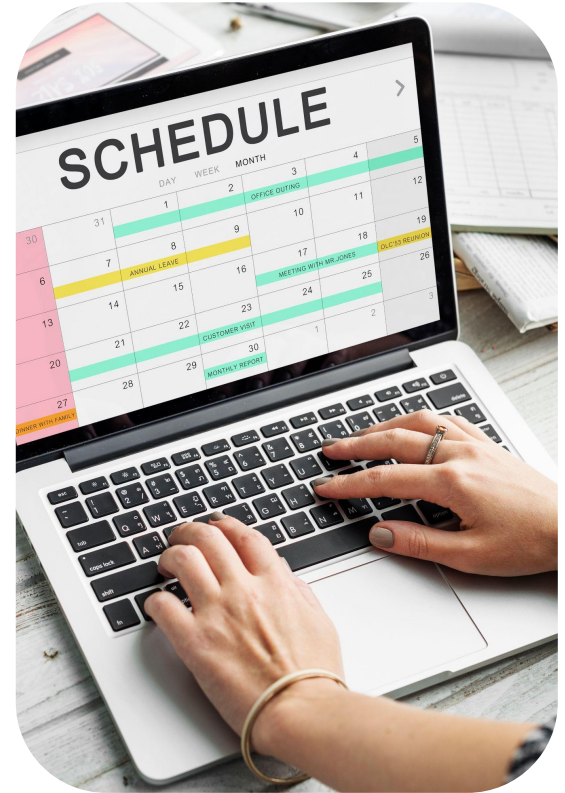
Receive schedule at Orientation.



SENIOR YEAR SCHEDULES

All Seniors take:

- ✓ **5 classes** at LAHS each semester
- ✓ **English** (2 semesters)
- ✓ **Civics** (1 semester)
- ✓ **Economics** (1 semester)
- ✓ Remaining **Graduation Requirements**



Course Selection Worksheets

Core subjects & pathways/options

- English
- Math
- History
- Science

Electives - exploration of interests,
consider future paths



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/sports/instruction> 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 II 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 -	•Tig. Math. Analysis - AC4010	•Concert Choir - JC1030 (aud)	SAI US History - MO1050
	•Tig. Math. Adv. Honors - AB4010	•Violare - JC1085 (aud)	SAI CWI** - MO1060
WORLD LANGUAGE	•Calculus - AC5010	•Bal Canto - JC1045 (aud)	SAI Economics* - MO1070
•Spanish I - FC2010	•+AP Calculus AB - AA5010	•Acting I - JC1410	SAI Reading - MO1030
•Spanish II - FC2011	•+AP Calculus BC - AA5011	•Acting II - JC1420 (aud)	SAI English IV - MO1034
•Spanish II Honors - FB2012	•+Math. 1C 1D 2B - VC1010 (F, only)	•Exploring Music - JC1310	SAI Study Skills - MO1120
•Spanish III - FC2013	•Statistics - AC6010	•Jazz Dance - JC1210	SAI Study Skills T - MO1130
•Spanish III Honors - FB2014	•+AP Statistics - AA6010	•Adv. Jazz Dance - JC1211 (aud)	SAI Life Skills I - MO1140
•+Sp III H for Spanish Speakers - FB2111	Essential Math. Concept - AI2350	VISUAL ARTS	SAI Life Skills II - MO1141
•Spanish IV - FC2015	SCIENCE	•Drawing I - IC1010	Academic Skills - NH1010
•+AP Spanish Language - FA2015	•Biotech - CC1050	•Drawing II - IC1011	Learning Skills - MI2000
•+AP Spanish Lit. - FA2017	•Biology - CC1010	•Drawing III - IC1012	Ac. Lang. Acq. - MI1035
•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	
•+French III Honors - FB1013	•Chemistry Honors - CB2010	•Painting I - IC1110	TED
•+AP French Language - FA1014	•+AP Chemistry - CA2010	•+AP Drawing - IA1015	•Intro. Comp. Program - BC1017
•Latin I - FC3010	•Physics - CC3010	•+AP 2-D Art & Design - IA1025	•Engineering I - BC2020
•Latin II - FC3011	•+AP Physics 1 - CA3010	•New Media Literacy - KC1055	•Engineering II - BC2030 (prereq)
•Latin III - FC3012	•+AP Physics C E&M - CA3042	SOCIAL STUDIES	•Innov. Design Essentials - BC2045
•+AP Latin - FA3013	•+AP Physics C Mech - CA3039	•Civics - EC4010	•Design & Prototype - BC2040
•Mandarin Chinese I - FC5010	•Forensics - CC4020	•+AP Govt. 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. Invest. (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
HEALTH	ATHLETICS	•Social Studies Electives	Culinary Arts I - KC1010
*Health - LC1010	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)
Application required. Do not sign up for these at this time, unless you're a returning student to program.	Peer Tutor - NO1060	Supervised Study - NI1030 (aud)	Marching Band PE - JC1202
	Stu. Com. Leaders - OC1025 (aud)	•Journalism - DC5051 (aud)	Rally - OO1050
	Yearbook - OC1040	Not Returning - RX1118	Comp Cheer - OO3151 (aud)
			Dance Team - OO1060 (aud)
			Yoga - PO1280

BALANCE Considerations

- Course workloads
- Extracurricular activities & responsibilities
- Self-care
- Consideration of personal interests & career goals
- Demonstrate a well-rounded schedule
- College Applications in 12th grade!



TIME MANAGEMENT Activity

(on the back of
Course Selection Worksheet)

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
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	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 =	168 <i>Your total cannot exceed 168 hours.</i>
Extra-Curricular Hours =	
Daily Living Hours =	
Total Hours =	

2024-2025 COURSE CATALOG

2024-2025 Course Catalog

→ Course Information

→ Course Pathways

Located on LAHS Website:
Academics Section, under Course Information

Mountain View-Los Altos Union High School
District



LAHS
LOS ALTOS HIGH SCHOOL

201 Almond Avenue
Los Altos, CA 94022

COURSE CATALOG

SCHOOL YEAR 2024-2025

Core Subjects: ENGLISH

English Literature

AP English Literature

Film Analysis

Global Connections A



Core Subjects: Science

11th Grade

12th Grade

Human Biology or
Environmental Science

Agroecology

Biology or Bio Honors

Chemistry or Chem H

Chemistry or Chem Honors

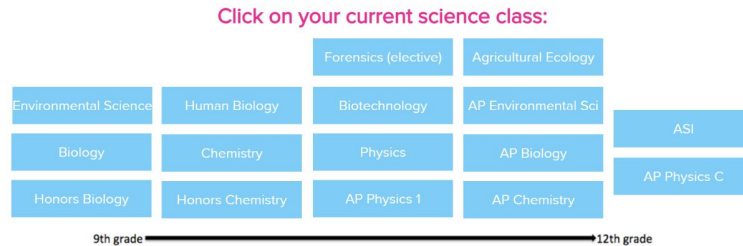
AP or College Prep Science

AP or College Prep Science

AP or College Prep Science

Core Subjects: SCIENCE

Try the new LAHS Interactive Science Chart!



LAHS Science Department

Use this course selector to help you choose what science class to take next year.

To begin, [click on your current science class.](#)

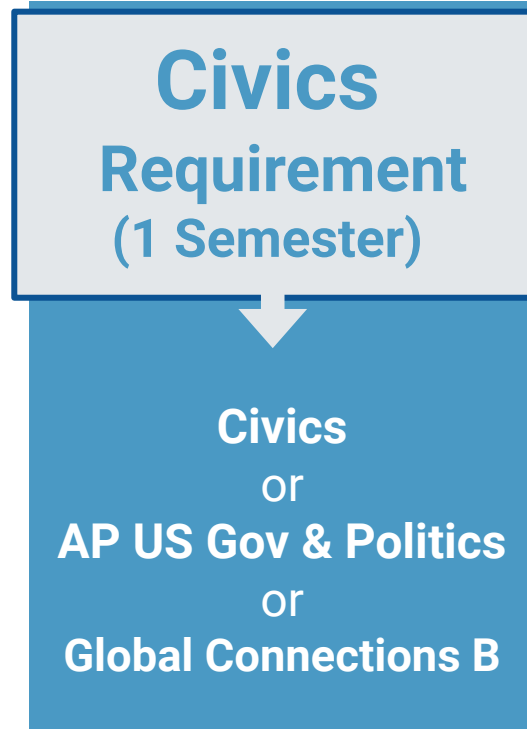
8th Grade Science

<https://trinamattson.wixsite.com/science-pathways>

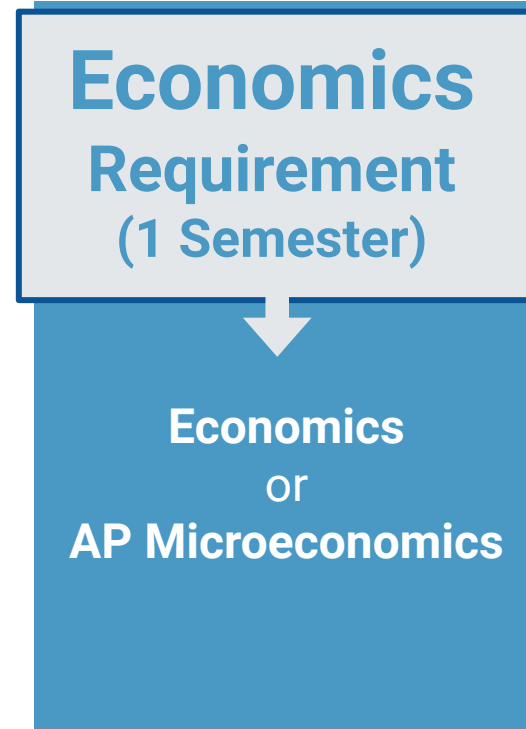
Core Subjects: MATH

11th Grade If you are currently in	Option 1 Then you can select	Option 2 Or you can select	Option 3 Or you can select	Option 4 Or you can select
Geometry or H	Algebra 2	Algebra 2 H		
Algebra 2 or H	Trigonometry	Trigonometry H	Adv Stats & Data Science	AP Statistics
Trigonometry or H	Calculus	AP Calculus AB or AP Calculus BC	Adv Stats & Data Science	AP Statistics
Calculus	AP Calculus AB or AP Calculus BC	Adv Stats & Data Science	AP Statistics	
AP Calc BC	Math 1C/1D/2B (Foothill College)	AP Statistics		

Core Subjects: SOCIAL STUDIES



+



Don't Forget!

Other Course Options/Requirements



Health

All students must complete a semester of Health in order to graduate.



C.T.E. & Art

We have many exciting CTE, visual arts, and performing arts classes available. **Remember** that one year of art is required for entrance to UC/CSU.



World Language

At least 2 years of language other than English are required to be eligible for UC/CSU.



P.E.

20 credits required to graduate.



Freestyle Academy



- UC-approved art courses
- Project-based, collaborative learning environment
- Animation, Film, or Design

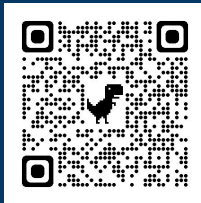
Middle College & College Now!

Middle College

- Join small, safe & supportive community
- Take both high school & college classes at Foothill College
- Earn up to 60 transferable credits for free
- Receive individualized counseling from MC Staff
- Design a flexible schedule
- Earn an LAHS diploma
- Application deadline:
February 26

Open House: Feb 7

FOOTHILLMIDDLECOLLEGE.ORG



College Now!

- For independently driven students that want to start college early
- Take college classes at Foothill College
- Earn up to 90 transferable college credits for free
- Receive college/career counseling from CN Advisor
- Earn an LAHS diploma
- For independently driven students
- Application deadline:
February 26

Open House: Feb 6

FOOTHILLCOLLEGENOW.ORG



11th Grade Individual Counselor Appointment



Junior Interview



Discuss:

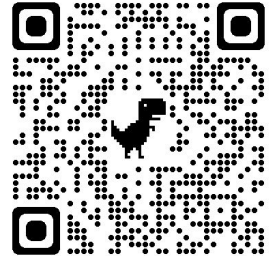
- Your **questions**
- Your **4-year plan**
- Your progress toward **graduation & A-G**



Enter your
course requests
in **Aeries**

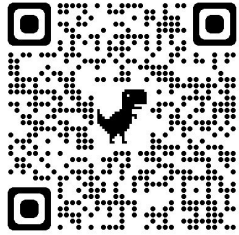
IMPORTANT! You need to sign up for your appointment!

<https://go.oncehub.com/lahs2024>



Questions?

CCC Weekly Bulletin



Spring & Summer Opportunities



GET INVOLVED

Get In Touch

- Counselors are available to meet with students on a drop-in basis during brunch and lunch. We are also available during A.C.T.
- You can also email us to arrange time to meet.
- *Our availability may be limited through March 11th due to scheduled course selection meetings.