

## COURSES REQUIRING AN APPLICATION

*All applications due March 8th*

- AP Biology *(located on school website by department)*
- AP European History *(located on school website by department)*
- AP Physics C: Mechanics *(located on school website by department)*
- AP Psychology *(located on school website by department)*
- AP US Government *(located on school website by department)*
- AP US History *(located on school website by department)*
- AP English Language *(located on school website by department)*
- AP English Literature *(located on school website by department)*
- Sophomore Honors English *(located on school website by department)*
- Freshman Honors English *(located on school website by department)*
- International Marketing *(located on school website by department)*
- Newspaper *(located on school website by department)*
- Yearbook *(located on school website by department)*
- Academic Mentor *(located in counseling office)*
- Cadet Teaching *(located in counseling office)*
- Peer Mentor *(located in counseling office)*
- Peer Tutor-LOJ *(located in counseling office)*

## COURSES REQUIRING AUDITIONS

*Audition dates TBD*

- A Cappella Choir
- Bel Canto Choir
- Jazz Band
- Symphony Orchestra
- Wind Ensemble
- Windjammers

**\* If you do not fill out an application or audition and input the course as a selection, you will not be considered for acceptance and the course will be removed.\***

**TIME MANAGEMENT WORKSHEET:**

1. **SCHOOL HOURS:** Time spent in classes at LOHS is 5 days x 7 hours = **35 hours**
2. **HOMEWORK HOURS:** List all the course titles you plan to take along with the estimated hours of homework per week.

<b>Course Titles</b>	<b>Weekly Homework</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

**Total hours of homework per week = \_\_\_\_\_**

3. **OUT OF SCHOOL ACTIVITIES HOURS:**  
Estimate your number of weekly hours (including transportation) for your out of school activities. Examples include: The Arts (Music, Theatre, Art, etc.), Athletic Teams, School Clubs and Activities, Paid Jobs, Hobbies, Interests, Volunteering.

**Total hours of out of school activities per week = \_\_\_\_\_**

4. **LIVING ACTIVITIES TIME:**  
**Sleep** is 7 days x 8 hours and equals **56 total hours**. Yet, there are additional living activities. Add to your list the time it takes for all the other necessities. Examples are: Eating (food prep, clean up, consuming food, food shopping, etc.), showering, chores, family time, free time (friends, TV, phone, internet, games, etc.), travel time related to any of these (time in car, bus, etc.), etc.

**Total hours of living activities per week = \_\_\_\_\_**

**Now enter and add up your results.**

1. School Hours total is: **35**
2. Homework Hours total is: \_\_\_\_\_
2. Out of School Hours total is: \_\_\_\_\_
3. Living Activities Hours total is: **56** plus \_\_\_\_\_ = \_\_\_\_\_

**Total = \_\_\_\_\_ There are only 168 hours in a week.**

*If your anticipated weekly average is more than 168, you need to think about healthy ways you can balance your schedule and still have a great high school experience.*