



Lake Oswego High School

Forecasting Worksheet

Current LOJHS 8th Graders: This worksheet is to be filled out before you enter courses into StudentVue Online Forecasting. All 8 slots in each semester should be filled in. To assist you in making course choices, see the LOHS Website for the Curriculum Guide containing all Course Descriptions and Graduation Requirements, plus the quick Course Level Reference Guide on the back of this worksheet.

Student Name: _____

SEMESTER 1	
Course Name	
1.	(Circle one) Freshman English <u>or</u> Freshman Honors English
2.	Geoscience
3.	World History & Geography
4.	Advanced Communication Skills
5.	Math: determined by math teacher.
6.	
7.	
8.	Study Hall

Online Forecasting in StudentVUE is due:

Scheduling Notes:

This worksheet is for full year planning; please know that Semester courses can end up in either semester.

SEMESTER 2	
Course Name	
1.	(Circle one) Freshman English <u>or</u> Freshman Honors English
2.	Geoscience
3.	World History & Geography
4.	(Circle one) Lifetime Health <u>or</u> Physical Education
5.	Math:
6.	
7.	
8.	Study Hall

Two years (4 semesters) of a World Language and One year (2 semesters) of Fine Arts (Performing or Visual) are required for Graduation from LOHS.

Recommended: Each semester freshmen should have 7 credited classes plus a Study Hall.

Alternate Courses: Print <u>5</u> courses below in priority, and <u>circle</u> Year (Yr) or Semester (Sem) credit for each course.		
1.	Yr	Sem
2.	Yr	Sem
3.	Yr	Sem
4.	Yr	Sem
5.	Yr	Sem

2019-20 LHS Online Quick Reference List - See Curriculum Guide for all courses & details

DEPT & COURSE TITLES	Credit	Grades
ACADEMIC SUPPORT		
Academic Support Center	.5	9-12
Alternative Prog. English	1	12
English Connections	.5	9-12
Math Connections	1	9-12
Strategic Math	1	9-12
Study Hall	0	9-12
BUSINESS		
Income & Money Mgt	.5	9-12
Marketing 1	.5	9-12
Marketing 2: Adv	.5	10-12
Marketing 2: Spts & Entrep	.5	10-12
Marketing 3: Entrepren*	.5	10-12
International Mktg	.5	11-12
ENGLISH		
Adv Comm Skills	.5	9-12
Freshman English	1	9-12
Freshman Hon English	1	9
Sophomore English	1	10-12
Sophomore Hon English	1	10
Junior English	1	11-12
AP English Lang & Comp	1	11-12
Senior English	1	12
AP English Lit & Comp	1	12
Broadcast Journalism	.5	9-12
Creative Writing	.5	10-12
Journalism	.5	9-12
Literature Film Study	.5	10-12
Newspaper	1	10-12
Reading for Enjoyment	.5	9-12
Yearbook	1	10-12
ENGLISH LANGUAGE DEV.		
ELD Lit & Comp (EN)	1	9-12
English Language Dev (EL)	1	9-12
FINE ARTS - Performing		
A Capella	1	9-12
Acting 1	.5	9-12
Acting 2	.5	9-12
Acting 3	.5	10-12
AP Music Theory	1	10-12
Bel Canto Choir	1	10-12
Concert Band	1	9-12
Jazz Band	1	10-12
Laker Choir	1	9-12
Musical Theater Wksp	.5	9-12
Performance Seminar	.5	9-12
Philharmonic Orchestra	1	9-12
Studio/Music Production*	.5	9-12
Symphonic Band	1	9-12
Symphony Orchestra	1	9-12
Treble Choir	1	9-12
Wind Ensemble	1	9-12
Windjammers	1	11-12
FINE ARTS - Visual		
Art 1	.5	9-12
Art 2	.5	9-12
Art 3	.5	10-12
AP Studio Art/2-D Des	1	11-12
Ceramics 1: Beginning	.5	9-12
Ceramics 2: Advanced	.5	9-12
Ceramics 3: Sculpture	.5	10-12
AP Studio Art/3-D Des	1	11-12
Graphic Design*	.5	9-12
Photography 1	.5	10-12
Photography 2	.5	11-12
Photography 3*	.5	11-12

DEPT & COURSE TITLES	Credit	Grades
HEALTH		
Lifetime Health	.5	9-12
Health Issues	.5	11-12
MATH		
Algebra	1	9-12
Integrated Algebra/Geom.	1	9-12
Geometry	1	9-12
Advanced Algebra A	1	9-12
Advanced Algebra	1	9-12
Discrete Mathematics	1	11-12
AP Statistics	1	11-12
Pre-Calculus	1	9-12
AP Calculus AB	1	9-12
AP Calculus BC	1	9-12
Calculus 3	1	9-12
OTHER ED OFFERINGS		
Foods & Nutrition	.5	9-12
Adv. Foods & Nutrition	.5	9-12
Argument, Analysis & Pres*	.5	9-12
Intro to Philosophy*	.5	11-12
Link Crew Leadership	1	10-12
Academic Mentor	.5	11-12
Peer Mentor	.5	9-12
PHYSICAL EDUCATION		
Physical Education	.5	9-12
Aerobics: Strength & Fit	.5	9-12
Lifetime Sports & Fit	.5	9-12
Weight Training	.5	9-12
Mindfulness & Yoga	.5	9-12
SCIENCE		
Geoscience	1	9-12
Biology	1	9-12
Ecology & Con	1	10-12
Introduction to Chemistry*	.5	10-12
Chemistry	1	10-12
AP Chemistry	1	11-12
Introduction to Physics*	.5	10-12
Physics	1	10-12
AP Biology	1	10-12
AP Physics C: Mechanics	1	12
Human Phys & Anatomy	1	11-12
AP Environmental Science*	1	10-12
SOCIAL STUDIES		
World History & Geo	1	9-12
US History & Govern.	1	10-12
America & Con World	1	11-12
AP US History	1	11-12
AP Economics	1	11-12
AP European History	1	10-12
AP Psychology	1	11-12
AP US Government	1	12
Adv. Constitutional Law	.5	12
Anthropology	.5	11-12
Criminal Justice*	.5	10-12
Constitutional Law	.5	9-12
History of Warfare*	.5	10-12
History of Wester Civ	1	10-12
Intro Women's Studies	1	10-12
Political Action Seminar	1	10-12
Psychology 1	.5	10-12
Psychology 2	.5	10-12
Sociology	.5	10-12

*New Courses Highlighted

DEPT & COURSE TITLES	Credit	Grades
SUPPORTIVE PROGRAMS		
ACCESS LSC	.5	9-12
Applied Work Experience	.5	9-12
Community Access	.5	9-12
English Applications	1	9-12
English Explorations	1	9-12
English Fundamentals	1	9-12
English Lab LSC	.5	9-12
Health Fundamentals	.5	9-12
Home Ec. Fundamentals	.5	9-12
Learning Support Center	.5	9-12
Math Applications	1	9-12
Math Explorations	1	9-12
Math Fundamentals	1	9-12
Personal Management	.5	9-12
Social Cognition	.5	9-12
Transition Fundamentals	.5	9-12
Tran. to College & Careers	.5	11-12
TECHNOLOGY		
AP Computer Sci A	1	9-12
AP Computer Sci Prin.*	1	9-12
Computer Program. C++*	1	10-12
Digital Media	.5	9-12
Engineering Concepts (SC)	1	10-12
Engineering & Design (EL)	1	9-12
Intro to Programming	.5	10-12
Makerspace Projects*	.5	10-12
Programming Projects	.5	10-12
WORLD LANGUAGE		
1: Chinese, French, Japanese, or Spanish	1	9-12
2: Chinese, French, Japanese, or Spanish	1	9-12
3: Chinese, French, Japanese, or Spanish	1	9-12
4: Chinese, French, Japanese, or Spanish	1	9-12
AP Language and Culture: Chinese, French, or Spanish	1	9-12
AP Spanish Literature*	1	9-12
OFF CAMPUS CREDIT		
1: Automotive Repair	.5	9-12
2: General Auto Repair	.5	9-12
2: Small Engine Repair	.5	9-12
Cadet Teaching	.5	11-12
Peer Tutor - LOJ	.5	11-12
School to Farm Internship	.5	9-12
Adv School to Farm Intern*	.5	11-12
CLASSES AT LAKERIDGE H.S.^		
Adv. Foods Entrepren.	.5	11-12
Adv. Training and Perf.	.5	11-12
AP History Issues	1	11-12
AP Human Geography	1	11-12
AP Physics 2	1	11-12
Civ & Cult of Spanish World	1	11-12
Digital History	.5	11-12
Facing Hist. and Ourselves	.5	11-12
Storytelling with Media	.5	11-12
Team Sports	.5	11-12
Theater Tech	.5	11-12

^ LHS classes not visible in online forecasting. Email your counselor to express interest in a course. See LHS Curriculum Guide for descriptions. Logistics may limit scheduling opportunities at LHS. 2/13/19

TIME MANAGEMENT ESTIMATES

ESTIMATED AVERAGE NUMBER of HOURS of HOMEWORK per WEEK

Based upon teachers' survey responses on the estimated weekly hours of homework for a sampling of courses at LOHS. The TIME MANAGEMENT WORKSHEET that follows will help you anticipate the amount of homework that these, and non-listed courses, may require.

BUSINESS:

Income & Money-0.5
Int'l Marketing-1
Marketing 1-0.5
Marketing 2: Adver.-0.5
Marketing 2: Sports-0

ENGLISH:

AP English Lang (11)-6
AP English Lit (12)-6
Creative Writing-0.5
Freshman English-3
Freshman Honors-5
Journalism-2
Junior English-3.5
Newspaper-1.5
Reading for Enjoyment-0
Senior English-3.5
Sophomore Honors -6
Sophomore English-3

FAMILY & CONSUMER STUDIES:

Advanced Foods-0
Foods & Nutrition-0

FINE ARTS:

A Capella- 1
Acting 1-0
Acting 2-0
Acting 3-2
AP 2D Art - 2
AP 3D Art-1
AP Music Theory-3
Art 1 & 2 - 0
Art 3 - 1
Bel Canto-1
Ceramics 1-0
Ceramics 2-0
Ceramics 3-0.5
Laker Choir-1
Musical Theatre-0
Orchestra-2
Performance Seminar-0
Photography 1-0

Photography 2-2
Treble Choir-1
Windjammers-1

HEALTH:

Health Issues-1
Lifetime Health-1

LEADERSHIP:

Leadership-1

MATH:

Adv Algebra A-3.2
Adv Algebra-2.5
Algebra-2
AP Calculus AB-6
AP Calculus BC-6
AP Statistics-4
Discrete Math-2
Geometry-3
Integr Alg/Geometry-1
Math Connections-0
Pre-Calculus-4
Strategic Math-0

PHYSICAL EDUCATION:

Lifetime Sports-0
Mindfulness & Yoga - 0
Physical Education-.25
Weight Training-0

SCIENCE:

Geoscience-1.5
Biology-1.5
AP Biology-6
Chemistry-5
AP Chemistry-6
Physics-2
AP Physics C: Mechanics-3
Ecology-1
Engineering Conc.-0
AP Environmental Sci-3
Human Phys & Anat-4
Intro to Eng. Design-0

Oceanography-2

TECHNOLOGY:

AP Computer Science A - 4
Digital Media-.5
Programming Projects-.5

SOCIAL STUDIES:

Adv Con Law-2
America & Con Wrld-1
Anthropology-.5
AP Economics-2
AP European History-3.5
AP Psychology-3
AP US Government-2
AP US History-3
Constitutional Law-.5
Intro to Women's Std-1.5
Sociology-.5
US History & Gov-1
World History-1

WORLD LANGUAGES:

Chinese 1-1.5
Chinese 2-1.5
Chinese 3-2
Chinese 4-2
AP Chinese-2
Spanish 1-1.5
Spanish 2-1.5
Spanish 3-2
Spanish 4-2
AP Spanish-2
French 1-1.5
French 2-1.5
French 3-2
French 4-2
AP French-2
Japanese 1-1.5
Japanese 2-1.5
Japanese 3/4 -1.5

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.

Course Titles	Weekly Homework
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.

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.***