



Lake Oswego High School

Forecasting Worksheet

This worksheet is to be filled out before you enter courses into StudentVue Online Forecasting. Entered below are the standard grade level courses, as well as space to enter electives and alternative electives. Go to the LOHS Website to access the online [Curriculum Guide](#), which contains all course descriptions, prerequisites and graduation requirements. You may also reference the Quick Course Reference Guide found under the "Forecasting Information" icon under Trending Topics on our [homepage](#). To verify your graduation requirements you can obtain a copy of your transcript in StudentVue under the Course History tab (click on the blue Unofficial Transcript button).

Student Name: _____

SEMESTER 1	
Course Name	
1.	English 10 or English 10 Honors
2.	U.S. History & Government
3.	Math: determined by math teacher.
4.	Science:
5.	Lifetime Health or Physical Education
6.	
7.	
8.	

Scheduling Notes:

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

Two years (4 semesters) of a World Language and One year (2 semesters) of Fine Arts (Performing or Visual) are required to earn a district diploma.

Recommended: Each semester students in grade 10 should have 7 credited classes plus a Study Hall or free period (Early Release or Late Arrival) to allow for support time.

SEMESTER 2	
Course Name	
1.	English 10 or English 10 Honors
2.	U.S. History & Government
3.	Math: determined by math teacher.
4.	Science:
5.	
6.	
7.	
8.	

Alternate Courses: Print <u>4</u> courses below in priority, and <u>check</u> Semester 1 or Semester 2 credit for each course.		
1.	Sem 1	Sem 2
2.	Sem 1	Sem 2
3.	Sem 1	Sem 2
4.	Sem 1	Sem 2

LOHS 2022-23 Forecasting Quick Course Reference by Grade Levels
 See Online [CURRICULUM GUIDE](#) for all course details and required (■) prerequisites!

DEPT/COURSE/CREDIT AMT	Grd Lvl
ACADEMIC SUPPORT	
Academic Support Center .5	9-12 ■
English Connections 1	9-12
Math Connections 1	9-12
Study Hall 0	9-12

COMPUTER SCIENCE PATHWAY	
Networking Academy 1	9-12
AP Computer Sci A 1	9-12 ■
AP Comp Sci Principles 1	9-12 ■
Programming Projects .5	10-12
Computer Program C++ 1	10-12 ■
Intro to Programming .5	9-12 ■

ENGINEERING PATHWAY	
Digital Media .5	9-12
Engineering/Design (EL) 1	9-10
Engineering Concepts (SC) 1	10-12 ■
Makerspace Projects .5	10-12

ENGLISH	
Adv Comm Skills (AC) .5	9-12
English 9 1	9
English 10 1	10
English 10 Honors 1	10 ■
English 11 1	11
AP English Lang/Comp 1	11 ■
English 12 1	12
AP English Lit/Comp 1	12 ■

--- ENGLISH ELECTIVES	
Argum/Analys/Present .5	9-12
Journalism .5	9-12
Poetry .5	9-12
Reading for Enjoyment .5	9-12
Creative Writing .5	10-12
Lit through Film .5	10-12
Newspaper 1	10-12 ■
Yearbook 1	10-12
Philosophy: Understanding Happiness .5	9-12
Storytelling with Media .5	11-12
Alt Prog English 11 1	11-12 ■
Alt Prog English 12 1	12 ■

ENG LANG DEVELOPMENT	
ELD Lit/Comp (EN) 1	9-12 ■
English Lang Dev (EL) 1	9-12 ■

FARM TO FORK PATHWAY	
School-Farm Intern 1	9-12
Culinary Arts I .5	9-12
Culinary Arts II .5	9-12 ■
Culinary Arts/Entrepren .5	11-12 ■

FINE ARTS –PERFORMING	
ACTING	
Acting 1 .5	9-12
Acting 2 .5	9-12 ■
Acting 3 .5	10-12 ■

BAND	
Concert Band 1	9-12 ■
Jazz Band 1	9-12 ■
Symphonic Band 1	10-12 ■

ORCHESTRA	
Philharmonic Orchestra 1	9-12 ■

CHOIR	
A Cappella 1	9-12 ■
Laker Choir (Tenor/Bass voice) 1	9-12
Treble Choir (Treble voice) 1	9-12

---FINE ARTS ELECTIVES	
Performance Seminar 1	9-12 ■
Studio/Music Production .5	9-12
Theater Tech .5	9-12
Musical Theater Workshop 1	9-12 ■
AP Music Theory 1	10-12

*All students forecast for entry level **Band, Orchestra or Choir** courses, and then audition for placement into upper levels. courses.

FINE ARTS –VISUAL	
Art 1 .5	9-12
Art 2 .5	9-12 ■
Art 3 .5	9-12 ■
Ceramics 1: Beginning .5	9-12
Ceramics 2: Advanced .5	9-12 ■
Graphic Design .5	9-12
Ceramics 3: Sculpture .5	10-12 ■
Photography 1 .5	10-12
Photography 2 .5	10-12 ■
Photography 3 .5	10-12 ■
AP Studio Art/Draw 1	11-12 ■
AP Studio Art/3-D 1	11-12 ■
AP Studio Art/2-D 1	11-12 ■

HEALTH	
Lifetime Health .5	9-12
Health Issues .5	11-12

MARKETING PATHWAY	
Income/Money Mgmt .5	9-12
Mktg 1 .5	9-12
Mktg 2 Advertising .5	10-12 ■
Mktg 2 Sports/Entertain .5	10-12 ■
Mktg 3 Entrepreneur .5	10-12 ■
International Mktg .5	11-12 ■

MATH	
Placement by Math teacher or placement test ■	

OTHER ED OFFERINGS	
Peer Mentor .5	9-12 ■
Link Crew Leadership 1	9-12
Academic Mentor .5	11-12 ■

PHYSICAL EDUCATION	
Physical Education (Required) .5	9-12
Lifetime Sports/Fitness .5	9-12 ■
Personal Fitness/Yoga .5	9-12 ■
Weight Training .5	9-12 ■
Mindfulness/Yoga .5	10-12 ■

SCIENCE	
Geoscience 1	9-12
Biology 1	9-12 ■
Intro to Chemistry .5	10-12 ■
Chemistry 1	10-12 ■
Intro to Physics .5	10-12 ■

DEPT/COURSE/CREDIT AMT	Grd Lvl
Physics 1	10-12 ■
Ecology/Conservation 1	10-12 ■

SCIENCE ELECTIVES	
AP Biology 1	11-12 ■
AP Chemistry 1	11-12 ■
AP Environmental Science 1	11-12 ■
AP Physics C Mechanics 1	11-12 ■
Engineering Concepts 1	10-12 ■
Human Phys/Anatomy 1	11-12 ■
Oceanography 1	11-12 ■
Organic Chemistry 1	11-12 ■

SOCIAL STUDIES	
World Hist/Geography 1	9-12
US Hist/Government 1	10-12
America/Contemp World 1	11-12
AP US History 1	11-12

SOCIAL STUDIES ELECTIVES	
Constitutional Law .5	9-12
Constit Law Mock Trial .5	9-12
Adv Constitutional Law .5	10-12 ■
AP European History 1	10-12
Anthropology .5	10-12
Criminal Justice .5	10-12
Ethnic Studies 1 .5	10-12
History of Eastern Civ 1	10-12
Intro Women's Studies 1	10-12
Psychology 1 .5	10-12
Psychology 2 .5	10-12 ■
Sociology .5	10-12
Sustainability 1	9-12
AP Economics 1	11-12 ■
AP Psychology 1	11-12
AP US Government 1	12

SUPPORTIVE PROGRAMMING	
Case Manager placement ■	

WORLD LANGUAGE	
1: Chinese, French, Spanish or ASL (Amer Sign Lang) 1	9-12
2: Chinese, French, Spanish or ASL (Amer Sign Lang) 1	9-12 ■
3: Chinese, French, Japanese, or Spanish 1	9-12 ■
4: Chinese, French, Japanese, or Spanish 1	9-12 ■
AP Chinese 1	9-12 ■
AP French 1	9-12 ■
AP Spanish 1	9-12 ■
AP Spanish Lit 1	9-12 ■
Spanish 5 1	9-12 ■

OFF CAMPUS OPPS	
Early Release 0	9-12
Late Arrival 0	9-12
Classes at Lakeridge HS** .5 - 1	9-12 ■
Cadet Teaching .5	11-12 ■

** Contact counselors to discuss
 ■ = Prereq, App, Audition or Recommended:
 see Curriculum Guide

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

Culinary Arts:

Culinary Arts 1-0
Culinary Arts II-0
Culinary Arts/Entrepren-0

ENGLISH:

AP English Lang (11)-6
AP English Lit (12)-6
Creative Writing-0.5
English 9-3
English 9 Honors-5
English 10-3
English 10 Honors-6
English 11-3.5
English 12-3.5
Journalism-2
Newspaper-1.5
Reading for Enjoyment-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 Theater-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
Intro. to Chemistry -2
Chemistry-5
AP Chemistry-6
Intro. to Physics-2
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

SOCIAL STUDIES:

Adv Con Law-2
America & Con World-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

TECHNOLOGY:

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

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 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, Theater, 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.

FORECASTING



TIPS & REMINDERS

FIRST STEP: REVIEW 2022-2023 CURRICULUM GUIDE — provides list of course offerings, course descriptions and prerequisites.

KEY REMINDERS:

- ★ Forecast for at least 7 credited classes (not including late arrival or early release)
- ★ DO NOT FORECAST for
 - Dept. Assistant, Independent Study, Work Experience or Leadership (but you can forecast for *Link Crew* Leadership)
- ★ APPLICATION CLASSES-
 - Go ahead and forecast for any classes that require an application or audition (course determination & placements will be made in spring).
 - All applications can be found on the high school's website, under the "FORECASTING INFORMATION" icon.

AUDITION CLASSES:

- ★ Band: If taking a band class, forecast for **Symphonic Band**, audition, and schedule adjustments will be made based on teacher placement.
- ★ If you would like to take **Jazz Band** forecast for that as well, separately.
- ★ Orchestra: If taking an orchestra course, forecast for **Symphony Orchestra**, audition, and schedule adjustments will be made based on teacher placement.
- ★ Choir: If taking a choir class, forecast for **A Cappella**, audition, and schedule adjustments will be made based on teacher placement.

SENIORS (to be): If interested in applying to University of California colleges be sure you have 2 consecutive years of art. (Example: Acting 1 & Acting 2 or Ceramics & Advanced Ceramics or Art 1 & Art 2)

11th Gr forecasting closes February 15th---10th Gr forecasting closes February 22nd

9th Gr forecasting closes Feb 28th-----8th Gr forecasting closes Feb 23rd

All applications DUE March 4th.

COURSES REQUIRING AN APPLICATION

All applications due March 4th

International Marketing (Gr. 11-12)

Newspaper (Gr. 10-12)

Yearbook (Gr. 10-12)

Academic Mentor (Gr. 11-12)

Peer Mentor (Gr. 9-12)

All applications are located on the school home page under the FORECASTING INFORMATION icon

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.