# Forecasting Worksheet

**Lake Oswego High School**

PLEASE PRINT. LOHS is a two semester school. Entered below are the standard grade level courses, as well as space to enter electives. 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. Please attach an Unofficial Transcript from last school and return to LOHS Counselor.

Student Name: ____________________________

## SEMESTER 1

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>1.</strong> (Circle one) <strong>English 11</strong> or <strong>AP English Language &amp; Composition</strong></td>
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<td><strong>2.</strong> (Circle one) <strong>America &amp; the Contemporary World</strong> or <strong>AP US History</strong></td>
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<td><strong>3.</strong> Math: determined by math teacher.</td>
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<td><strong>4.</strong> Science:</td>
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## SEMESTER 2

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**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 for Graduation from LOHS.

Health Issues must be completed by end of 12th grade.

**Alternate Courses:** Print 4 courses below in priority, and circle Semester 1 or Semester 2 credit for each course.

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|-------------|-------------|
| <strong>Sem 1</strong> | <strong>Sem 2</strong> |</p>
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<tr>
<th>DEPT/COURSE/ CREDIT AMT</th>
<th>Grad Levls</th>
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**ACADEMIC SUPPORT**
- Academic Support Center .5 9-12
- English Connections 1 9-12
- Study Hall 0 9-12

**COMPUTER SCI PHWY**
- 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 PHWY**
- 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 9 Honors 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

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

**FARM TO FORK PHWY**
- School-Farm Intern 1 9-12
- Foods and Nutrition .5 9-12
- Adv Foods and Nutrition .5 9-12
- Adv School-Farm Intern .5 10-12
- Adv Foods Entrepreneur .5 11-12

**FINE ARTS —PERFORMING**

**ACTING**
- Acting 1 .5 9-12
- Acting 2 .5 9-12
- Performance Sem .5 9-12
- Acting 3 .5 10-12

**BAND**
- Concert Band 1 9-12

**ORCHESTRA**
- Philharmonic Orchestra 1 9-12

**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 9-12
- 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 PHWY**
- Income/Money Mgmt .5 9-12
- Mkgt 1 .5 9-12
- Mkgt 2 Advertising .5 10-12
- Mkgt 2 Sports/Entertain .5 10-12
- Mkgt 3 Entrepreneur .5 10-12
- International Mkgt .5 11-12

**MATH**
- Placement by Math teacher or placement test

**OTHER ED OFFERINGS**
- Peer Mentor .5 9-12
- Link Crew Leadership 1 10-12
- 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
- Physics 1 10-12
- Ecology/Conservation 1 10-12

**SCIENCE ELECTIVES**
- AP Biology 1 11-12
- AP Chemistry 1 11-12
- AP Environmental Sci 1 11-12
- AP Physics C Mech 1 11-12
- Human Phys/Anatomy 1 11-12
- Oceanography 1 11-12

**SUPPORTIVE PROGRAMMING**
- Case Manager placement

**WORLD LANGUAGE**
- 1: Chinese, French, Japanese, Spanish or ASL (Amer Sign Lang) 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 Chinese 1 9-12
- AP French 1 9-12
- AP Spanish 1 9-12
- AP Spanish Lit 1 9-12

**OFF CAMPUS OPPS**
- Auto Fund CCC .5 9-12
- Gen Auto Repair 1 CCC .5 9-12
- Small Engine Repair CCC .5 9-12
- Early Release 0 9-12
- Late Arrival 0 9-12
- Classes at Lakeland HS** .5 9-12
- Cadet Teaching .5 11-12
- Peer Tutor - LOJ .5 11-12

**= Contact counselors to discuss**

**Note:** Prereq, App, Audition or Recs: see Curriculum Guide
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
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

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

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

SOCIAL STUDIES:
Adv Con Law-2
Americo & 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
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.

<table>
<thead>
<tr>
<th>Course Titles</th>
<th>Weekly Homework</th>
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   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: __________
3. Out of School Hours total is: __________
4. 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 CURRICULUM GUIDE ONLINE—list of courses offerings, course descriptions and prerequisites

**KEY REMINDERS:**

- Forecast for at least 7 classes (not including late arrival or early release)
- DO NOT FORECAST for
  - Leadership, Dept. Assistant, Independent Study or Work Experience
- APPLICATION CLASSES-
  - Go ahead and forecast for any classes that require an application or audition.
  - Applications can be found on the high school’s website, under the “academic” tab then by individual departments.
  - Peer Mentor, Academic Mentor & Cadet Teaching (11-12) applications are all located in counseling office.
  - All applications DUE February 28th.

**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 **Philharmonic Orchestra**, audition, and schedule adjustments will be made based on teacher placement.
- Choir: If taking a choir class, forecast for **A Capella**, audition, and schedule adjustments will be made based on teacher placement.

**SENIORS:** 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 grade forecasting closes February 11th
- 10th grade forecasting closes February 20th
- 9th grade forecasting closes February 26th
- 8th grade forecasting closes February 23rd
COURSES REQUIRING AN APPLICATION

All applications due February 28th

- 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)
- English 9 Honors (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)
- Peer Mentor (located in counseling office)
- Cadet Teaching (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.*