Lake Oswego High School
Forecasting Worksheet

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: 

<table>
<thead>
<tr>
<th>SEMESTER 1</th>
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<tbody>
<tr>
<td><strong>Course Name</strong></td>
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<tr>
<td>1. (Circle one) English 10 or English 10 Honors</td>
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<td>2. U.S. History &amp; Government</td>
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<td>4. Science:</td>
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<td>5. (Circle one) Lifetime Health or Physical Education</td>
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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.

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

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<th>SEMESTER 2</th>
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Alternate Courses: Print 4 courses below in priority, and circle Semester 1 or Semester 2 credit for each course.

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### Academic Support
- Academic Support Center: 0.5, 9-12
- English Connections: 1, 9-12
- Study Hall: 0, 9-12

### Computer Sci Phwy
- Networking Academy: 1, 9-12
- AP Computer Science A: 1, 9-12
- AP Comp Sci Principles: 1, 9-12
- Programming Projects: 0.5, 10-12
- Computer Program C++: 1, 10-12
- Intro to Programming: 0.5, 9-12

### Engineering Phwy
- Digital Media: 0.5, 9-12
- Engineering/Design (EL): 1, 9-10
- Engineering Concepts (SC): 1, 10-12
- Makerspace Projects: 0.5, 10-12

### English
- Adv Comm Skills (AC): 0.5, 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
- AP English Lit/Comp: 1, 12

### English 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: 0.5, 9-12
- Adv Foods and Nutrition: 0.5, 9-12
- Adv School-Farm Intern: 0.5, 10-12
- Adv Foods Entrepreneur: 0.5, 11-12

### Fine Arts – Performing

#### Acting
- Acting 1: 0.5, 9-12
- Acting 2: 0.5, 9-12
- Performance Sem: 0.5, 9-12
- Acting 3: 0.5, 10-12

#### Band
- Concert Band: 1, 9-12

#### Orchestra
- Philharmonic Orchestra: 1, 9-12

### Fine Arts – Visual

#### Art
- Art 1: 0.5, 9-12
- Art 2: 0.5, 9-12
- Art 3: 0.5, 9-12
- Ceramics 1: Beginning: 0.5, 9-12
- Ceramics 2: Advanced: 0.5, 9-12
- Graphic Design: 0.5, 9-12
- Ceramics 3: Sculpture: 0.5, 10-12
- Photography 1: 0.5, 10-12
- Photography 2: 0.5, 10-12
- Photography 3: 0.5, 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

### Marketing Phwy
- Income/Money Mgmt: 0.5, 9-12
- Mktg 1: 0.5, 9-12
- Mktg 2 Advertising: 0.5, 10-12
- Mktg 2 Sports/Entertain: 0.5, 10-12
- Mktg 3 Entrepreneur: 0.5, 10-12
- International Mktg: 0.5, 11-12

### Math
- Placement by Math teacher or placement test

### Other ED Offerings
- Peer Mentor: 0.5, 9-12
- Link Crew Leadership: 1, 10-12
- Academic Mentor: 0.5, 11-12

### Physical Education
- Physical Education (Required): 0.5, 9-12
- Lifetime Sports/Fitness: 0.5, 9-12
- Personal Fitness/Yoga: 0.5, 9-12
- Weight Training: 0.5, 9-12
- Mindfulness/Yoga: 0.5, 9-12

### Science
- Geoscience: 1, 9-12
- Biology: 1, 9-12
- Intro to Chemistry: 0.5, 10-12
- Chemistry: 1, 10-12
- Intro to Physics: 0.5, 10-12
- Physics: 1, 10-12
- Ecology/Conservation: 1, 10-12

### Social Studies
- World Hist/Geography: 1, 9-12
- US Hist/Gov: 1, 10-12
- America/Contemp Wrld: 1, 11-12
- AP US History: 1, 11-12

### Science Electives
- AP Biology: 0.5, 11-12
- AP Chemistry: 0.5, 11-12
- AP Environmental Sci: 0.5, 11-12
- AP Physics C Mech: 0.5, 11-12
- Human Phys/Anatomy: 0.5, 11-12
- Oceanography: 0.5, 11-12

### Supportive Programming
- Case Manager placement

### World Language
1. Chinese, French, Japanese, Spanish or ASL (Amer Sign Lan): 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
5. AP Chinese: 1, 9-12
6. AP French: 1, 9-12
7. AP Spanish: 1, 9-12
8. AP Spanish Lit: 1, 9-12

### Off Campus Opps
- Auto Fund CCC: 0.5, 9-12
- Gen Auto Repair I CCC: 0.5, 9-12
- Small Engine Repair CCC: 0.5, 9-12
- Early Release: 0, 9-12
- Late Arrival: 0, 9-12
- Classes at Lakeridge HS**: 0.5, 11-12
- Cadet Teaching: 0.5, 9-12
- Peer Tutor – LOJ: 0.5, 11-12

** Contact counselors to discuss

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* = Prereq, App, Audition or
Reqs: see Curriculum Guide

1/16/20
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 Long (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:
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:
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
American & 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

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.

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<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
  o Leadership, Dept. Assistant, Independent Study or Work Experience
➢ **APPLICATION CLASSES**-
  o Go ahead and forecast for any classes that require an application or audition.
  o Applications can be found on the high school’s website, under the “academic” tab then by individual departments.
  o Peer Mentor, Academic Mentor & Cadet Teaching (11-12) applications are all located in counseling office.
  o **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

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**FORECASTING TIPS:**

- Review the curriculum guide online for course offerings, descriptions and prerequisites.
- Forecast for at least 7 classes, excluding late arrival or early release.
- Do not forecast for courses like Leadership, Dept. Assistant, Independent Study or Work Experience.
- Go ahead and forecast for application classes if required, such as Peer Mentor, Academic Mentor & Cadet Teaching.
- Applications for these classes can be found on the school’s website under the “academic” tab.
- All applications are due by February 28th.

**AUDITION CLASSES:**

- Band: Forecast for Symphonic Band with an audition, schedule adjustments will be made based on teacher placement.
- Jazz Band is an option if you're interested.
- Orchestra: Forecast for Philharmonic Orchestra with an audition, schedule adjustments will be made.
- Choir: Forecast for A Capella with an audition, schedule adjustments will be made.

**SENIORS:**

- If applying to University of California colleges, ensure you have 2 consecutive years of art.
- Example courses: Acting 1 & Acting 2 or Ceramics & Advanced Ceramics or Art 1 & Art 2.

- Forecasting deadlines:
  - 11th grade: February 11th
  - 10th grade: February 20th
  - 9th grade: February 26th
  - 8th grade: February 23rd

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**Additional Tips:**

- "Forecast" for classes that require an application or audition.
- Use the high school’s website to access application forms.
- Ensure all applications are submitted by the deadline.

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**Summary:**

- Review the curriculum guide online.
- Forecast for at least 7 classes, excluding specific courses.
- Apply for classes that require an application or audition.
- Ensure all applications are submitted on time.

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For more information or assistance, contact the counseling office.
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.*