

Presentation High School
Scheduling Guide
Incoming Freshman Edition



Academic Year
2019-2020





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WORDS

BUT DEEDS



Guiding the Whole Child

For I knew well the plans I have in mind for you—says the Lord—plans for your welfare and not for woe, so as to give you a future of hope. When you look for me, you will find me.”

Jeremiah 29:11,13



Graduation Outcomes

At Presentation High School each student is challenged to be:



*Intellectually
Competent*



*A Woman
of Faith*



*Dedicated to Working
with Others*



*Committed to
Personal Growth*



Scheduling Philosophy

*At Presentation we prepare students for college
and beyond through Catholic education.*

The scheduling process reflects our commitment to teach the whole student and to **empower our students** to thrive in all aspects of their lives. In partnership with the family, academic mentors advise students in an effort to guide them down the **educational pathway** that is most appropriate for their development and growth. We encourage students to choose classes that best align with their strengths and interests and complement their extracurricular pursuits.



Guidance from *College Counseling*

- If your schedule allows it, *take a study period during fall semester senior year* so you will have time to work on college applications.
- Most *four-year colleges* take into account courses and grades from 9-12th grade.
- *CSU and UC campuses* take into account courses and grades from 10-12th grade.

Course selection should be about challenging yourself, finding balance and pursuing your academic interests.



Guidance from *Student Activities*

- See Appendix C for more information on the time commitment associated with various student activities.

“Involvement in Student Activities should not be viewed as an end in itself or a way to pad the college resume. The value of participation in these activities is derived from *meaningful and sustained involvement* in programs that contribute to a student’s development and reflect their interests and passions.”

Tim Case
Vice Principal of Student Activities





Guidance from *Athletics*

- On average, student athletes commit **10-15 hours per week** to their team and training. See Appendix C, or contact the Athletic Director for more specific questions regarding the time commitment of your sport.
- If your schedule allows it, **take a study period during your athletic season.**

“All students, but especially student athletes need adequate sleep.” Sleep deprivation can affect motor function, mood, and cognitive functions, all of which could affect a young student athlete’s performance and injury risk.” (*Milewski, et al. 2014*)

“The important takeaway is balance. Whether you’re an athlete or involved in other extracurriculars, being in tune with your mind and body will help you avoid injury, exhaustion, negative cognitive ability, etc.”

Kevin Saldivar
Assistant Athletic Director



“Once student-athletes have established their routine for their school, homework and team time commitments, they figure out how to balance school and their sport. In fact, often times, **student-athletes perform better in their classes during their season** because they know they can’t waste time and procrastinate so they get their homework done on time or early and plan ahead to get big projects completed before the deadline.”

Stacey Mallison
Athletic Director



It’s important to take the time commitment seriously and plan a balanced schedule.



Guidance from Student Wellness

Create a schedule that is balanced and allocates enough time everyday for the important things in your life. This includes classes, clubs, sports, extracurriculars, jobs, special events, time with family and friends, and most importantly time for yourself. *Your schedule should not come at the expense of your self-care.* Having enough time each day to maintain the basic foundation of self-care (food, water, exercise, sleep) must be a priority for your mental health.

Developing these healthy habits now will allow you to thrive and sustain them throughout college and beyond.

Use the time management worksheet in Appendix B to help you determine how to balance your academic and extracurricular commitments.



Sleep

“The National Sleep Foundation defined:

Optimal

9 or more hours of sleep

Borderline

Between 8-9 hours of sleep

Insufficient

Less than 8 of hours sleep

Those whose sleep was judged as *“insufficient” on school nights* were more likely to: struggle to stay awake in classes and while doing homework; oversleep in the morning and come in late or miss school; and to have *poor grades*. Lack of sleep impairs learning, memory, attention span, and academic performance, and also has a significant impact on mood and emotions.

These insufficient adolescent sleepers were also more likely to be depressed.”
(Carskadon, 2009).



“Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.”

Source: *Teens and Sleep.* (n.d.). Retrieved from www.sleepfoundation.org/sleep-topics/teens-and-sleep.





Graduation Requirements

Visit the website to view Presentation's graduation requirements:
www.presentationbs.org/academics/graduation-requirements



Presentation High School Graduation Requirements

English

4 years

Mathematics

3 years

Science

3 years

Modern Language

3 years of the same language

Religious Studies

7 semesters

Social Studies

7 semesters

Physical Education

2 semesters

Visual & Performing Arts

4 semesters

Computer Technology

1 semester of Computer Applications





Curriculum Guide for Incoming Freshmen

For complete course descriptions, visit
www.presentationbs.org/academics/academic-departments

The information that follows is an overview of the courses available to freshman. Please review the options and submit your course requests through the Powerschool portal **no later than 8 a.m. on Monday, May 6, 2019:**

<http://powerschool.presentationhs.org/public/home.html>



General Guidelines

Students must enroll in at least six classes per semester.

- We recommend that students take proficiency tests in any subject area in which they qualify. All proficiency tests begin at 3:30 p.m. and take about one hour to complete. In late May, students will receive course placement based on proficiency test results. Students who are eligible to advance in multiple subjects may choose whether or not to do so.
- We recommend that freshmen take no more than 2-3 honors courses.
- Please make every attempt to attend the proficiency test dates as scheduled. If you have a conflict with any one of the proficiency test dates, please contact Linda Doolin, ldoolin@presentationhs.org to arrange a makeup date.



English

| Year-long

English 9A and English 9B

The study of literature in English 9 includes the short story, the essay, the novel, and the play. A thorough study of grammar, punctuation, spelling, and vocabulary is included. The ninth grade composition program begins with helping students to write clear, interesting, informative, and unified single paragraphs. This skill is then expanded into the development of longer essays. English 9 also includes units on speech and study skills.

or

Honors English 9A and Honors English 9B

Honors English 9 covers the same areas as English 9; however, it also includes additional short stories and essays, more in-depth coverage of material, advanced vocabulary lists, and longer writing assignments. This course is designed for the high-achieving English student who has a strong background in reading, grammar and writing.

Prerequisites for Honors English 9A and Honors English 9B:

- Students must have scored 90% or higher at the national level on the reading and verbal sections of the HSPT **or**
- Received “Honors at Entrance” distinction



Mathematics

Year-long

✓ All freshmen must take a year-long math course

Students wishing to take Algebra I may do so without taking a proficiency test. Students wishing to enroll in any math class beyond Algebra I must take a proficiency test. The test results will be used to properly place students in a math class freshman year. Students currently in Math Common Core 9 or a course with the title of Algebra should take the Algebra I proficiency exam.

Course	Prerequisite	Proficiency Test Date
Algebra I	No prerequisite	No test required
Geometry	Score at required level on the Algebra I proficiency test or advance through summer school ⁺	Thursday, May 16 from 3:30-4:30 p.m.*
Honors Geometry	Score at required level on the Algebra I proficiency test or advance through summer school ⁺	Thursday, May 16 from 3:30-4:30 p.m.*
Algebra II, Honors Algebra II	Score at required level on the Algebra I/Geometry combined proficiency test or advance through summer school [^]	Thursday, May 16 from 3:30-4:30 p.m.*
Higher than Algebra II	The student has taken year-long Geometry and Algebra II courses and scores at the required level on the appropriate math proficiency test	Please contact the Math Department Chair, Shikha Naik at snaik@presentationhs.org to inquire about testing into a math class higher than Honors Algebra II.

*An alternate test date is available for students unable to test on Thursday, May 16.

Math Advancement through Summer School

- ⁺ Students wishing to take Algebra I over the summer may take the summer advancement course if they meet the prerequisites of A- or better in eighth grade math (Math 8 or Algebra I) **and** score a 50-59% on the Algebra I proficiency test. Students who score between 60-69% on the Algebra I proficiency test qualify to take just the second three-week session of Algebra I (Algebra I: Semester 2). Upon successful completion of Algebra I in summer school, a student will be placed in Geometry or Honors Geometry freshman year.
- [^] In order to take Geometry over the summer, a student must be placed in Honors Geometry based on the proficiency test results. Upon successful completion of Geometry in summer school, a student will be placed in Honors Algebra II or Algebra II freshman year.
- More information on summer school advancement will be provided with the proficiency test results. You can refer to www.presentationhs.org/summer-at-pres for more detailed information regarding prerequisites.



Science | Year-long

The Science Department recommends that students begin with Biology freshman year. Some students choose to begin Biology sophomore year.

_____ *I do not plan to take science freshman year.*

OR

_____ *Biology I*

The Biology I course explores the variety of life on earth while focusing on fundamental principles of biological science. The major topics include ecology, cell biology, genetics and human anatomy and physiology. Individual units incorporate a variety of laboratory and interactive computer experiences as well as group activities.

OR

_____ *Honors Biology I*

Biology I Honors provides a more in-depth exploration of the Biology I topics and assumes that students have solid organizational skills, good study habits, and are able to learn material with high degree of self-initiative.

<i>Course</i>	<i>Prerequisite</i>	<i>Proficiency Test Date</i>
<i>Biology I</i>	Recommended for students with 50% or higher on the composite score of the HSPT	No test required
<i>Honors Biology I</i>	<ul style="list-style-type: none"> • 75% or higher on the composite score of the HSPT and passing score on the proficiency test or • “Honors at Entrance” distinction 	Monday, May 13 from 3:30-4:30 p.m.*

*An alternate test date is available for students unable to test on Monday, May 13.



Modern Language

Year-long

Presentation offers two modern languages, Spanish and French. Students should enroll in level 1 if they have little or no prior experience with the language. We encourage any student who speaks the language at home, or has studied one in school, to take the proficiency test in order to determine the correct level placement.

_____ *Spanish*

_____ *French*

Course	Prerequisite	Proficiency Test Date(s)
<i>Spanish I or French I</i>	No prerequisite	No test required
<i>Any level of Spanish or French beyond Level I</i>	Score at required level on Modern Language proficiency test	Wednesday, May 15 from 3:30-4:30 p.m.*

*An alternate test date is available for students unable to test on Wednesday, May 15.



Religious Studies

Year-long

All freshman take a semester of Hebrew Scriptures and a semester of Christian Scriptures.

✓ *Hebrew Scriptures (fall semester)*

This semester will focus on the Bible, the living word of God, as revealed in the Hebrew Scriptures. The course will follow the Old Testament story of God's love and faithfulness through the stories of the patriarchs, God's desire for justice in the Exodus, Israel as a nation, and the prophets as spokespersons for God's justice. The course will begin with a discussion of God as a loving creator.

✓ *Christian Scriptures (spring semester)*

There are many questions we can ask about our relationship with Jesus of Nazareth. For example, what does Jesus' life, death and resurrection have to do with us? The relationship that Jesus calls his followers to is one that is committed to building the Kingdom of God. Students will be challenged to explore Jesus' call to relationship through prayer and spirituality rooted in and arising from Scripture. Lastly, the course will address a selection of New Testament letters, which give insight into the triumphs and challenges of the early Christian communities.



Social Studies | Year-long

World History

All freshmen take a year-long course of study in World History. The course is designed chronologically to give an overview of significant social, economic, political and religious events which have influenced society today. The first semester of the course will cover the beginning of civilization through the Industrial Revolution and imperialism, and the second semester will explore World War I through the end of the Cold War.

OR

Honors World History

The Honors World History course follows a similar curriculum. Students will use a college text and supplementary primary source readings to gain a deeper and more analytical understanding of historical events and their impact.

Prerequisite for Honors World History:

- Students must have scored at the 90% at the national level on the reading section of the HSPT; **or**
- Received “Honors at Entrance” distinction



Computer Applications | 1 Semester

Computer Applications is a one semester required course for all freshmen. Students may fulfill the Computer Applications requirement by taking it during the summer **or** during the school year.

Computer Applications (during the school year)

In this course, students will learn the touch-typing method of keyboarding to become more productive in their school work and future career. Students will learn how to use the following iPad apps to do assignments for all classes: Docs, Word, Excel, Sheets, Slides, PowerPoint, Forms, Google Drive, One Drive, Pixlr, Notability and more.

OR

I plan to fulfill the Computer Applications requirement by taking the summer school class.

Students who plan to take it during the summer must go to www.presentationhs.org/summer-at-pres to register and pay \$615 for the class. Please register for the course prior to submitting your course selection to PowerSchool. Space is limited.



Electives

- Presentation has **seven periods** and students are required to take **six classes** each semester. Depending on the class choices a student makes, she may have room in her schedule for electives and/or a study period.
- We offer electives in rhetoric, visual and performing arts and P.E.
- When selecting your courses in the PowerSchool Course Scheduler the electives that still have spaces for freshmen will be available to select. You may also choose to take a study period. A study is a free period in the day that can be spent working on homework and projects in the library.
- Auditions for the Presentation Dance Team and Choir (Cantabile) take place in May. Information about workshops and tryout dates can be found on the Class of 2023 webpage and in your Incoming Frosh BBQ information packet. Participation on both the Dance Team and Choir fulfills the Visual and Performing Art course requirement.



Rhetoric

| 1 Semester: Fall

- This semester-long course is an introduction to public speaking, research methods, and argumentation. This class will provide fundamental skills that students will use throughout their academic career with regards to writing techniques and effective research.
- Students will be exposed to various written and oral techniques of persuasion, argumentation, exposition, discussion, and analysis of controversial current issues. Students will further develop their reading, writing, speaking, and listening skills, and learn how to research, analyze and organize materials for effective oral presentation and argument. Students will be required to deliver speeches in interesting and creative methods.
- **Rhetoric is a recommended course for any freshman planning to participate in Speech and Debate.**



Physical Education

| PE Health & one semester of elective PE required

Current Grade Level	PE Classes
All Grade Levels	<p>One semester of PE from the following options is required, upon graduation:</p> <ul style="list-style-type: none"> • Introduction to Yoga • Women on Weights: Panther Bootcamp (WOW) • Successful completion of two seasons of a Presentation athletic team fulfill the additional semester of PE requirement.



Visual & Performing Arts

4 semesters required

- VPA credit must include a Level I & II sequence in the same art discipline. This I & II sequence does not have to be taken in the same year. **Level I must be taken prior to Level II.**
- Art classes can be taken in any grade level. Priority is given based on seniority. Freshman are placed in available classes.

Digital Arts

Broadcast Journalism* <i>Year-long; meets after school</i>	Graphic Design I Graphic Design II
Digital Photography I Digital Photography II	Graphic Publications I (Yearbook)*
Digital Video Production I* Digital Video Production II*	Graphic Publications II (Yearbook)*

Visual Arts

Performing Arts

Appreciation I: Music
Appreciation II: Film
Appreciation I must precede Appreciation II if taken for I & II credit; otherwise, Appreciation II may be taken independently

Ceramics I
Ceramics II

Design I
Design II
Prerequisite: Design I, Drawing and Painting I, Ceramics I, Photography I or Graphic Design I

Drawing & Painting I
Drawing & Painting II

Advanced Art I
Prerequisites: Drawing & Painting I & II, Ceramics I & II, Photography I & II or Design I & II

Advanced Art II
Prerequisite: Advanced Art I

AP Studio Art: 2D Design or Drawing & Painting
Year-long; Prerequisite: Advanced Art I & II with a focus in Drawing & Painting or Design

Bella Voce
Jazz Choir; audition required; year-long course, grades 10-12 only
Cantabile*
Choir I & II; audition required; year-long course; grades 9-12

Dance I
Dance II
Dance III*
Prerequisite: Dance I and II or teacher approval
Dance IV*
Prerequisite: Dance III or teacher approval

Performance Dance I and II
Audition required; year-long; meets after school

Intro to Theater Productions I
Intro to Theater Productions II

AP Music Theory
Year-long; Satisfies Level I/II requirement
Students must be able to read and write musical notation and pass a test in the spring demonstrating proficiency. It is strongly recommended that the student has acquired at least basic performance skills in voice or an instrument. Grades 10-12 only.

*Courses that typically have space for freshmen.



*Important
Dates*

Important Dates: 2019



May

Wednesday, May 1, 4:30-8:30 p.m.

Incoming Frosh BBQ

Monday May 6, 8 a.m.

Schedule requests due to PowerSchool portal

Proficiency Tests

Please inquire about the makeup dates if you are unable to test on these dates.

- **Monday, May 13 from 3:30-4:30 p.m.:** Biology proficiency test
- **Wednesday, May 15 from 3:30-4:30 p.m.:** French and Spanish proficiency tests
- **Thursday, May 16 from 3:30-4:30 p.m.:** Algebra I, Algebra I/Geometry proficiency tests

Choir Auditions

- **Monday, May 20 from 3:30-5 p.m.:** Audition Workshop
- **Tuesday, May 21 and Wednesday, May 22 from 3:30-5 p.m.:** Auditions

Dance Team Auditions

- **Monday, May 13 at 6 p.m.:** Audition Meeting
- **May 14-16 from 4-6 p.m.:** Clinic
- **Friday, May 17 at 3:30 p.m.:** Auditions



July

Monday, July 8

Students receive an email with information about their schedule and the schedule change request process.



August

Monday, Aug. 5

Student schedules are adjusted based on summer school advancement.

August 9-19: Fall Sports Try-outs

See www.presentationhs.org/athletics for more information.

Wednesday, Aug. 21

Last day to add a course. Changing level of a course is considered a drop and an add and must be completed by this day.

Wednesday, Aug. 28

Last day to drop a course for a study.



Contact Information

*At Presentation we encourage students
to advocate for themselves.*

*Students should contact faculty and
program directors with questions.*

Scheduling Questions



Andrea Duwel
Social Studies Teacher and
Academic Scheduling Coordinator
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