



(FAQ's) Frequently Asked Questions for Incoming Freshmen

How does the block schedule work?

Students will attend 3 classes/day that last approximately 90 minutes with breaks in between. Odd classes (1-3-5) on one day, even (2-4-6) classes the next. See block schedule calendar:

<http://www.oakparkusd.org/cms/lib5/CA01000794/Centricity/Domain/369/2016-17%20Block%20Schedule%20rev%207-16.pdf>

Is there tutoring available at OPHS?

Yes! Free math tutoring is offered daily through the Math Honor Society. For more information on math tutoring, visit:

<https://www.oakparkusd.org/cms/lib/CA01000794/Centricity/Domain/238/MathHonorsSociety.pdf>. Also, a list of private peer and professional tutors can be found in the College and Career Center in room C-6.

What is Peer Counseling?

Advanced Peer Counselors are students trained to offer guidance, understanding and conflict mediation. This group of students run a variety of programs on our campus including Awareness Week- a week-long event dedicated to fostering a sense of inclusion and awareness on our campus. If you are interested in meeting with a peer counselor, see Mrs. Svoboda. If you would like to become a peer counselor, sign up for the Peer Counseling Club during club week. <http://www.oakparkusd.org/Page/966>

How does a student join clubs on campus?

At OPHS in the fall semester we promote CLUB week. During CLUB week, each club sets up a table where club members distribute information, answer questions, and sign up students. Students may sign up for clubs during the year at any time. There are numerous clubs and the complete list is available on the OPHS web page. For a list of all clubs at OPHS please refer to <http://www.oakparkusd.org/site/Default.aspx?PageID=7877>

What is 7th period Support?

7th period support is available every day to students between 2:25-3:10. During this time teachers are available to help students. You should attend 7th period regularly to get additional help, prepare for tests or quizzes, make up work or even to get homework done. <http://www.oakparkusd.org/Page/2251>

Am I required to attend seventh period support?

No. However, most students utilize 7th period regularly. If you need to improve your grade, this is the first place to start. Teachers often keep attendance records so they know who has been putting in the effort.

How much homework is assigned?

You can expect approximately 1½ -2 hours of homework daily. Do the homework on the day it's assigned- don't procrastinate! This way, if you have questions, you still have time to get help. Individual courses will require different amounts of homework depending on the class and material covered. On the first day of school students will receive a course syllabus containing homework information. Always do ALL your homework. It counts a great deal towards your grade.

Why is it recommended to do homework on the day it is assigned?

This allows students to visit their teacher for help before the due date. Also, the "curve of forgetting" shows we remember the best when we practice right after we have been taught. This curve shows how information is lost over time when there is no attempt to retain it.

How is my math placement determined?

Your math course for next year is determined by your success in your current math class. Students new to the District will be required to take a math readiness exam. Visit the following links for more information on math readiness exam: <http://www.oakparkusd.org/Page/9104>

How do you tell if an elective or any other course is approved by the UC/CSU?

College Prep courses have the letters "CP", "H", or "AP" after their titles in the course selection guide. The course selection guide can be found at on OPHS website, under the "Academics" tab, then under Course Advisement. If you would like further information regarding college prep courses and the UC/CSU A-G requirements you can visit the following link:

<https://www.oakparkusd.org/Page/10510>

How do I know what colleges look for and if they weight honors and AP courses?

See the a-g subject list on the OPHS website, under the "College Information" tab. Even though honors/AP courses are not weighted by OPHS they ARE weighted by the universities. <http://www.oakparkusd.org/page/879>

Interested in instrumental music opportunities?

Contact Mr. Borquez at zborquez@opusd.org. Visit the instrumental music webpage at: <http://oakparkmusic.org/>

Is Foreign Language a high school graduation requirement?

No, it is not a high school graduation requirement. However, there is a minimum requirement of two or more years for UC/CSU admissions. Visit the Foreign Language webpage at: <http://www.oakparkusd.org/domain/239>

What is Foundations of Science (P & C)?

Foundations of Science is a one-year science course with an emphasis on laboratory practices, as outlined in the new Next Generation Science standards. One semester will concentrate on Chemistry while the other semester will concentrate on Physics and both courses will support Common Core objectives. The class is structured so that either concentration can be taken first. This class is taken in the 9th or 10th grades and is a prerequisite for ensuing science courses. <http://www.oakparkusd.org/Page/7174>

What is the prerequisite for Foundations of Science (P & C)?

Completion of Algebra 1A is required for students to take this course. Students who will be enrolled in Algebra 1A as 9th graders will take an elective in place of Science. For these students, their science curriculum will begin with Foundations of Science in the 10th grade.

Will I be eligible to take AP and Honors Science courses after taking Foundations of Science?

Yes. Students can be eligible to take Honors Biology and AP Biology after completing Foundations of Science. For Honors or higher, to move up a level, requires an "A" in both semesters. For AP Biology students must complete the extension activities both semesters and earn an "A" in both semesters, while being concurrently enrolled in Algebra II or higher. Visit the Science Department webpage for more information: <http://www.oakparkusd.org/domain/242>

Do you have to take a zero period or summer school classes in order to have enough credits to graduate?

No, it is not necessary to take a 0 period or summer school to fulfill all graduation requirements. Students in the 11th and 12th grade have a lot of flexibility in their schedule for electives.

How do I decide which are the right electives?

There is no one right choice. You want to pick an elective that challenges your abilities or interests. Many college-bound freshman students enroll in a Foreign Language in their freshman year although this is not necessary. Visit the following link to browse the course selection guide: <http://www.oakparkusd.org/Page/870>

How do I get to see my counselor?

All freshmen students and their parents will be invited to a small group 9th grade meeting with the freshman counselor to hear about graduation requirements, university requirements, study habits and more. Once you are a freshman at OPHS you may see your counselor on a "walk-in" basis during nutrition, lunch and 7th period support. Parents may contact Mrs. Svoboda by email at: jsvoboda@opusd.org

What is the difference between high school graduation and college admission requirements?

High school graduation requirements are listed on the Oak Park website. Students are responsible for earning 240 credits in specific areas of the curriculum. Colleges vary in the minimum recommended requirements for admittance. It is advisable to check the individual college admissions websites to see what these entail, preferably early in your student's high school career. For more information on university requirements, visit: <http://www.oakparkusd.org/site/Default.aspx?PageID=1146>

Does the work I do in the 9th grade count towards college admission?

9th grade matters! Universities will see everything posted on your transcript, including 9th grade marks. For eligibility, the UC/CSU do not use your GPA from the 9th grade. However, they do look at the 9th grade during the comprehensive review before making their selection. Additionally, a grade of "D" in the 9th grade can make you ineligible for a 4-year university. While the admission process varies from college to college, all high school work helps the college form a picture of you as a student. Therefore, it is highly recommended to do as well as possible all the way through your high school career. Private and many out of state universities use grades from the 9th grade. Throughout high school no D's or F's are allowed by colleges in college prep courses. For information on the college prep pathway for Freshmen, visit: <http://www.oakparkusd.org/Page/1096>

Should a ninth grader take the PSAT?

The PSAT is a test normed for juniors. Taking the test in your junior year provides preparation for the SAT and is the only time that a student may qualify for a National Merit Scholarship. In the past couple of years there has been a trend to take the PSAT in the 10th grade year. If a student is taking Algebra 2 in their freshmen year then taking the PSAT in the ninth grade may be appropriate. For more information on the PSAT, visit: <http://www.oakparkusd.org/page/1114>

What is an ASB card?

The purpose of an ASB card entitles the student to free entry at home athletic games and other school activities, discount prices at dances, and a discount purchase price for the yearbook. The ASB card is a sticker placed on the student's ID card. All students are required to have their school ID with them at all times.

What happens if I earn an F in a class at the semester?

A grade of "F" earns no credit and therefore puts you behind credits towards graduation. These credits must be made up. See your counselor, Mrs. Svoboda, ASAP to make a remediation plan.

Does homework count heavily towards my grade at the high school?

Yes. Most students can raise their grade a whole letter grade by having 100% of their homework in. In many classes if you do all of your homework, you cannot fail. Also completion of all homework assignments tends to increase test and quiz scores.

What happens if I earn a D in a class?

A grade of "D" earns credits, but may keep you from taking the subsequent course the following year. Also, depending on class, you may need to remediate the class in order to remain eligible for a 4-year university. Repeating a grade of "D" results in the student being behind in credits toward graduation. You need to see your counselor ASAP if you earn a "D".

What do I do if I am concerned about one of my friends or a student on campus?

Speak with your counselor and let them know of your concerns. They will keep your conversation confidential unless there is a student who is in danger of getting injured, injuring themselves or injuring another person.

Should I take Study Hall?

Study Hall is a great option for student athletes or students who would benefit from having extra time to study and do homework. Study Hall is offered either 5th or 6th period and does not receive credits. Students wanting to take Study Hall must either take a take 0 period, summer school or an 8th period class.

ATHLETICS & PHYSICAL EDUCATION:

Do 9th graders have to take PE?

Twenty credits of Physical Education are required for graduation. However, students may be exempt for one or more semesters of 9th grade PE based on participation in an interscholastic athletic program. Ninth-grade students who are participating in an OPHS interscholastic athletic program may be exempted from taking PE during the semester their program takes place. **(Exempt means that freshmen do not have to take a PE I class during the semester when they are participating in the interscholastic athletic program.)** This includes participation in the following programs: Football, Tennis, Volleyball, X-Country, Golf, Basketball, Soccer, Baseball, Track & Field, Softball, Lacrosse, Stunt, Cheerleading, Marching Band, Color Guard, Drumline and Dance Team. If you are not planning to participate in one of these programs in the 9th grade you must take the PE I class during your freshmen year. Students who continue to participate athletic programs in grades 10-12 may earn the 20 credits of PE through their participation.

Students who do not participate in an interscholastic athletic program in 9th grade will be required to take 10 credits of 9th grade PE.

What are the California Physical Fitness Tests (CPFT's)?

All 9th-grade students are required to take the California State Physical Fitness Test (CPFT). The 6 tests include the mile run, sit-ups, push-ups, body composition, sit and reach and trunk extensor. Upon passing 5 out of the 6 CPFTs, students may elect to satisfy the PE requirement in a number of ways. Students who fail to pass 5 of the 6 CPFT, may not use athletic participation to satisfy the 20 credit requirement. Students who do not pass 5 of the 6 tests in the 9th grade will be enrolled in a PE class in 10th grade even if they passed the PE 1 class and have been selected for an OPHS Sports team. Students who have not passed the CPFT may play sports but will not earn PE credit until they have passed the CPFT. These tests are administered in all PE1 classes. Additional testing information can be found at: <http://www.cde.ca.gov/ta/tg/pf/>

What if I am participating in a Fall athletic program (Football, Girls Tennis, Girls Volleyball, X-Country, Girls Golf, Marching Band, Color Guard, Drumline)?

A fall athlete may be exempted from the fall semester of PE. They will, however, be enrolled in the spring semester of PE.

What if I am participating in a Spring athletic program (Baseball, Boys Tennis, Track & Field, Softball, Boys Lacrosse, Girls Lacrosse, Stunt)?

A spring athlete may be exempted from the spring semester of PE. They will, however, be enrolled in the fall semester of PE.

What if I am a 1-sport winter athlete (Boys Basketball, Girls Basketball, Boys Soccer, Girls Soccer)?

A winter athlete may be exempted from the fall or spring semester of PE. But if he or she is not enrolled in a fall PE Class they will be enrolled in PE during the spring semester.

What if I participate 2 interscholastic athletic activities in the 9th grade?

9th graders participating in 2 interscholastic athletic activities will be exempted from taking PE. It is important to note that although you are not required to select a 9th grade PE class, you must still take and pass the CPFT. Additionally, if you do not make a team, or change your mind and don't end up trying out for the team, OPHS has the right to drop the elective you selected and put you back into 9th grade PE.

What if I participate in Cheer or Dance Team (both are yearlong activities)?

9th graders participating on the Cheer or Dance Team can be exempted from both semesters of PE in the 9th grade. Both Cheer and Dance Team will earn 10 credits of PE/year (for a maximum of 20 credits) beginning in the 10th grade. Students must take and pass the CPFT in 9th grade in order to earn PE credits.

What if I don't plan to participate in an Interscholastic Athletic Activity in 9th grade?

Students who do not participate in an Interscholastic Athletic Activity in 9th grade will be required to take 10 credits of 9th grade PE I.

	9 th Grade		10 th Grade	11 th Grade	12 th Grade	PE
	Semester 1:	Semester 2:				Credits earned:
1 Inter-scholastic Athletic Activity during first semester	Request a 1 semester elective in place of PE	Take Spring Semester PE I (earn 5 PE credits)	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	20
1 Athletic participation (Winter season)	Request a 1 semester elective in place of PE	Take Spring Semester PE I (earn 5 PE credits)	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	20
1 Interscholastic Athletic Activity during 2nd semester	Take PE I (earn 5 PE credits)	Request a 1 semester elective in place of PE	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	Continue with interscholastic athletic activity-earn (5) PE credits	20
2 Interscholastic Athletic Activities	(Fall, Winter or Spring) Request 2 one-semester electives, or 1 yearlong elective in place of PE.	Continue with Interscholastic Athletic Activity	Continue with 2 interscholastic athletic activities- earn (10) PE credits	Continue with 2 interscholastic athletic activities- earn (10) PE credits		20