

The window to select classes in Q opens on March 7th at 9:00am. Students must have their course requests completed in Q by 11:00 pm on March 8th.

****RETURN THIS FORM TO MRS. SVOBODA AT YOUR INDIVIDUAL COUNSELING SESSION**

1. **REQUIRED CLASSES:** all 9th grade students will take the following classes.

- English I
- Health and World Geography (a semester of each)
- Math (level will be determined by grades in current math class- refer to 8th grade to 9th grade math transition chart)

2. **SCIENCE:** All incoming freshmen will take Foundations of Science unless your math level in 9th grade will be Algebra 1A. In this case, you will not take Science. You will take an elective instead. (select one of the following):

- ☐ Foundations of Science
☐ No Science

3. **0 PERIOD OFFERINGS:** Optional period that meets Tuesday – Friday 7:20-8:20am. Students taking 0 period are taking 7 classes. Please select a choice below:

Fall Semester Offerings	Spring Semester Offerings	Year Long Offerings	
<input type="checkbox"/> Office Systems & Tech. <input type="checkbox"/> Intro to Personal Finance <input type="checkbox"/> PE I	<input type="checkbox"/> Office Systems & Technology <input type="checkbox"/> Football Team Class (coach approval req.) <input type="checkbox"/> PE I <input type="checkbox"/> Athletic Training II <input type="checkbox"/> Intro to Personal Finance	<input type="checkbox"/> Intro to Engineering Design <input type="checkbox"/> Geometry <input type="checkbox"/> Art Drawing and Painting <input type="checkbox"/> English I <input type="checkbox"/> Algebra II <input type="checkbox"/> Jazz Band <input type="checkbox"/> 3-D Design (Ceramics)	<input type="checkbox"/> No 0 period

4. **PHYSICAL EDUCATION:** or participation in an OPHS sport, Dance team, Cheer, Stunt, Marching Band, Cologuard or Drumline (select one of the following):

- ☐ PE-yearlong (see PE requirement on reverse page)
☐ I plan on participating in 1 Interscholastic Athletic Activity- I need 1 semester of PE. (select "Athletics" in Q) **PLEASE INDICATE WHICH ACTIVITY HERE:**
☐ I plan on participating in 2 Interscholastic Athletic Activities- PE not required for the year. (select "Athletics" 2 times in Q) **PLEASE INDICATE WHICH ACTIVITIES HERE:**

5. **ELECTIVE CHOICES (CAN NOT BE GUARANTEED):** Please select 1 yearlong (Y) course OR 2 semester-long (S) courses. If you will not be taking Science and/or PE, choose an additional electives.

PICK CLASSES AS IF YOU ARE NOT ATTENDING SUMMER SCHOOL

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Athletic Training I (S) | <input type="checkbox"/> Construction Tech (Woodshop) (S) | <input type="checkbox"/> Spanish I (Y) | <input type="checkbox"/> Intro to Digital Photo (Y) |
| <input type="checkbox"/> CERT/EMS (S) | <input type="checkbox"/> Creative Writing (S) | <input type="checkbox"/> Spanish II (Y) | <input type="checkbox"/> Chamber Choir (Y) |
| <input type="checkbox"/> Ultimate Sports (not for PE credit) (S) or (Y) | <input type="checkbox"/> Office Systems & Tech. (S) | <input type="checkbox"/> American Sign Language I (Y) | <input type="checkbox"/> Wind Ensemble (Y) |
| <input type="checkbox"/> Intramural Basketball (not for PE credit) (S) or (Y) | <input type="checkbox"/> Web Design (S) | <input type="checkbox"/> Art Drawing and Painting (Y) | <input type="checkbox"/> String Orchestra (Y) |
| <input type="checkbox"/> Strength and Conditioning (not for PE credit) (S) or (Y) | <input type="checkbox"/> Intro to Computer Programming (S) | <input type="checkbox"/> Game Design (Y) | <input type="checkbox"/> Journalism I (Y) |
| <input type="checkbox"/> Walking for Exercise (not for PE credit) (S) or (Y) | <input type="checkbox"/> Robotics (S) | <input type="checkbox"/> Computer Graphics (Y) | <input type="checkbox"/> ASB (must be elected) (Y) |
| | <input type="checkbox"/> Technical Drafting & Design (S) | <input type="checkbox"/> 3-D Design (Ceramics) (Y) | <input type="checkbox"/> Yearbook (S) or (Y) |
| | <input type="checkbox"/> Intro to Personal Finance (S) | <input type="checkbox"/> Video Production (Y) | <input type="checkbox"/> Study Hall (S) or (Y) (no credits) |
| | <input type="checkbox"/> Speech (S) | <input type="checkbox"/> IT Essentials/Intro to Cyber Security (Y) | |
| | <input type="checkbox"/> Chinese I (Y) | <input type="checkbox"/> Intro to Engineering (Y) | |
| | <input type="checkbox"/> French I (Y) | <input type="checkbox"/> Computer Animation (Y) | |

6. **ALTERNATE ELECTIVE CHOICES:** Please select alternate electives in the case your first elective choice is full. Choose different alternate choices.

Alternate 1: _____
 Alternate 2: _____

Alternate 3: _____
 Alternate 4: _____

7. **8th PERIOD OPTIONS** - 8th period classes are optional after school activities, where credit can be earned (Please circle your requests)

Acting (2.5 credits/production - by audition); **Stagecraft** (2.5 credits per production - teacher approval); **Academic Decathlon** (teacher approval); **Mock Trial** (teacher approval); **Marching Band FALL; Drumline/Color Guard SPRING.** **Note:** concurrent enrollment in a Wind Ensemble course is required for both band courses.

Course Selection for Incoming OPHS Freshmen

**INDIVIDUAL COUNSELING SESSIONS WILL TAKE PLACE DURING MATH CLASS @ MCMS ON THE FOLLOWING DATES:
MARCH 18, 19, 20, 25, 26**

OPHS Graduation Requirements:

ENGLISH - (40 credits) Four years including English I, II, III and IV.

HEALTH - (5 credits) One semester of Health taken in the 9th grade.

HISTORY/ SOCIAL SCIENCE - (35 credits) Three and one-half years including: World Geography 9th, World History 10th, U.S. History 11th, Government and Economics 12th.

MATH - (30 credits) Three years including: Algebra and Geometry.

SCIENCE - (30 credits) Three years of science including biological and physical sciences.

PHYSICAL EDUCATION - (20 credits) Two years of P.E. All or part of the PE requirement may be earned through a PE class, or through a student's successful participation in a school-sponsored interscholastic athletic team, including Marching Band, Color Guard, Drumline, Cheer, Stunt, and Dance Team.

VISUAL/PERFORMING ARTS OR WORLD LANGUAGE - (10 credits)

For students attending colleges in the UC/CSU system, the requirement is a year-long class in a single emphasis area. Or, students may take one year (10 credits) of a World Language to fulfill this high school requirement. For students who are planning to attend a 4-year university immediately after high school, most schools require (20 credits) or the equivalent of two years of the same language other than English.

GENERAL ELECTIVES - (60 credits): In addition to the requirements above, students must complete 60 credits of electives to meet the graduation credit total. Any courses not used to meet prescribed graduation requirements may be used to meet the general elective requirement, including additional academic courses.

A total of 230 credits must be completed in order to earn an OPHS diploma

	9 th grade	9 th grade	10 th grade	11 th grade	Total credits:
	Semester 1:	Semester 2:			
1 Inter-scholastic Athletic Activity during first semester	Request a 1 semester elective in place of PE. Earn 5 credits for your sport.	Take Spring Semester PE (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)	Take PE (earn 5 PE credits)	Request a 1 semester elective in place of PE. Earn 5 credits for your sport.	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 (earn 5 PE credits)	Request a 1 semester elective in place of PE (earn 5 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 (earn 10 PE credits)	Continue with Interscholastic Athletic Activity	Continue with 2 interscholastic athletic activities-earn (10) PE credits		20

