

Sophomore Parent Night Class of 2026

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January 24, 2024





# Tonight's Topics

- Course Registration Process and Information for Selecting Courses
- Introduction to College Planning
- Updates and next steps

# Graduation Requirements: 240 credits

\* each semester class= 5 credits

Theology  
4 years

English  
4 years

Math  
3 years

Social Studies  
3.5 years

Science  
3 years

Modern &  
Classical Lang  
2 years

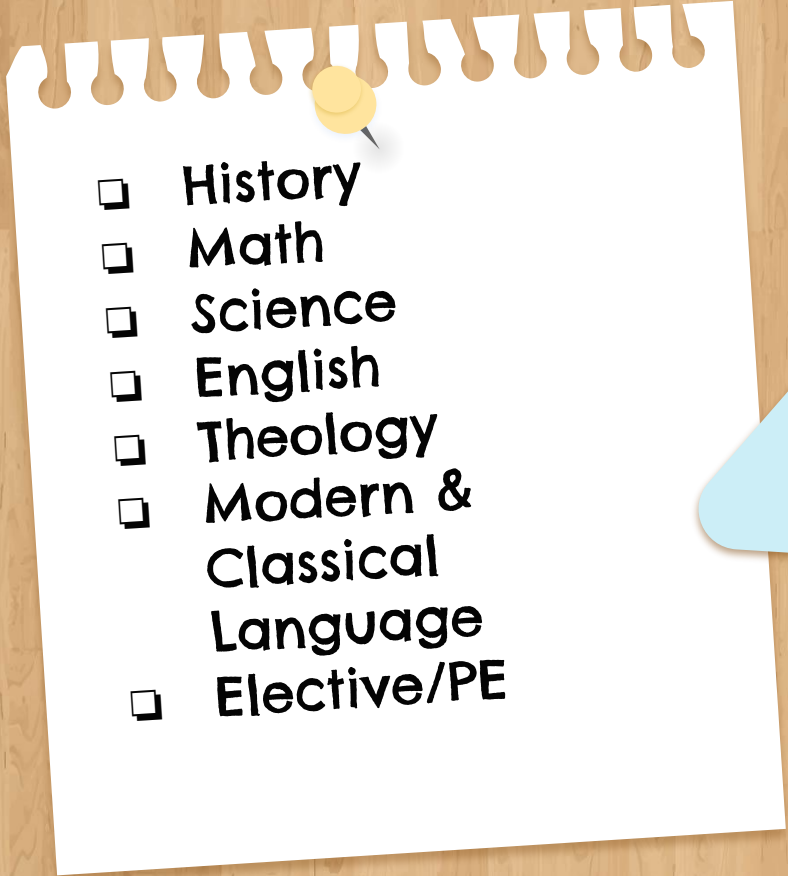
VAPA (Fine  
Arts)  
1 year

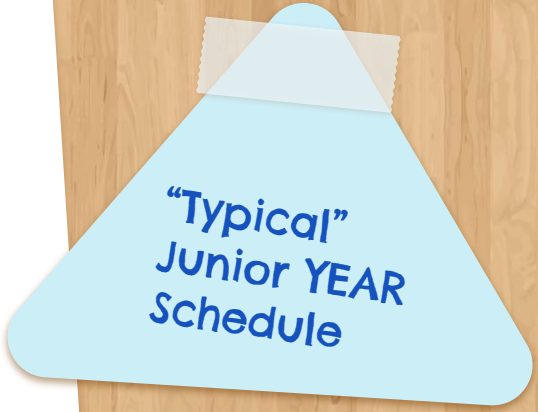
PE  
3 semesters

Health  
1 semester

Electives  
3 semesters



- 
- History
  - Math
  - Science
  - English
  - Theology
  - Modern & Classical Language
  - Elective/PE



**“Typical”  
Junior YEAR  
Schedule**

**\*must be enrolled in a minimum of 6 classes each semester (but no more than 8)**

# History/Social Studies

**Early World and  
Geography**

**World History**

**AP World  
History**

**US History**

**AP US History**

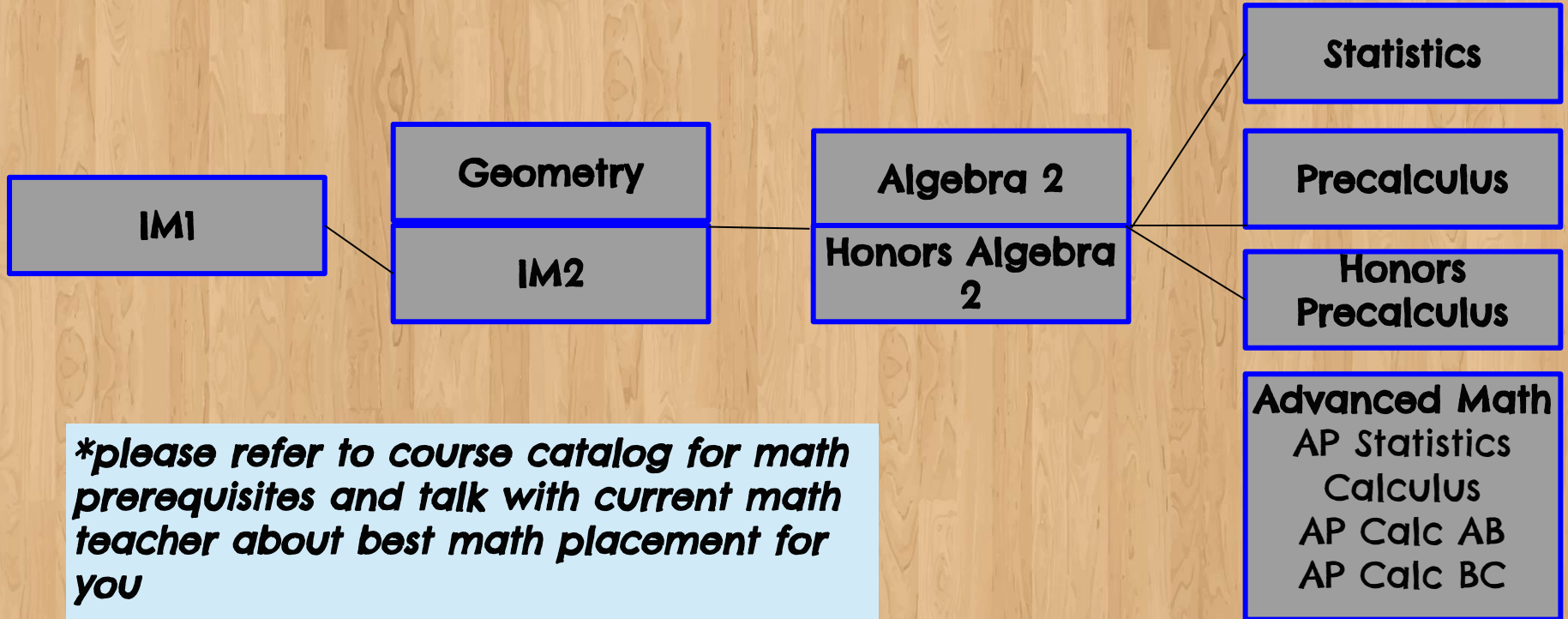
**Econ/Civics**

**Econ/AP Gov**

**AP  
Microecon/Civics**

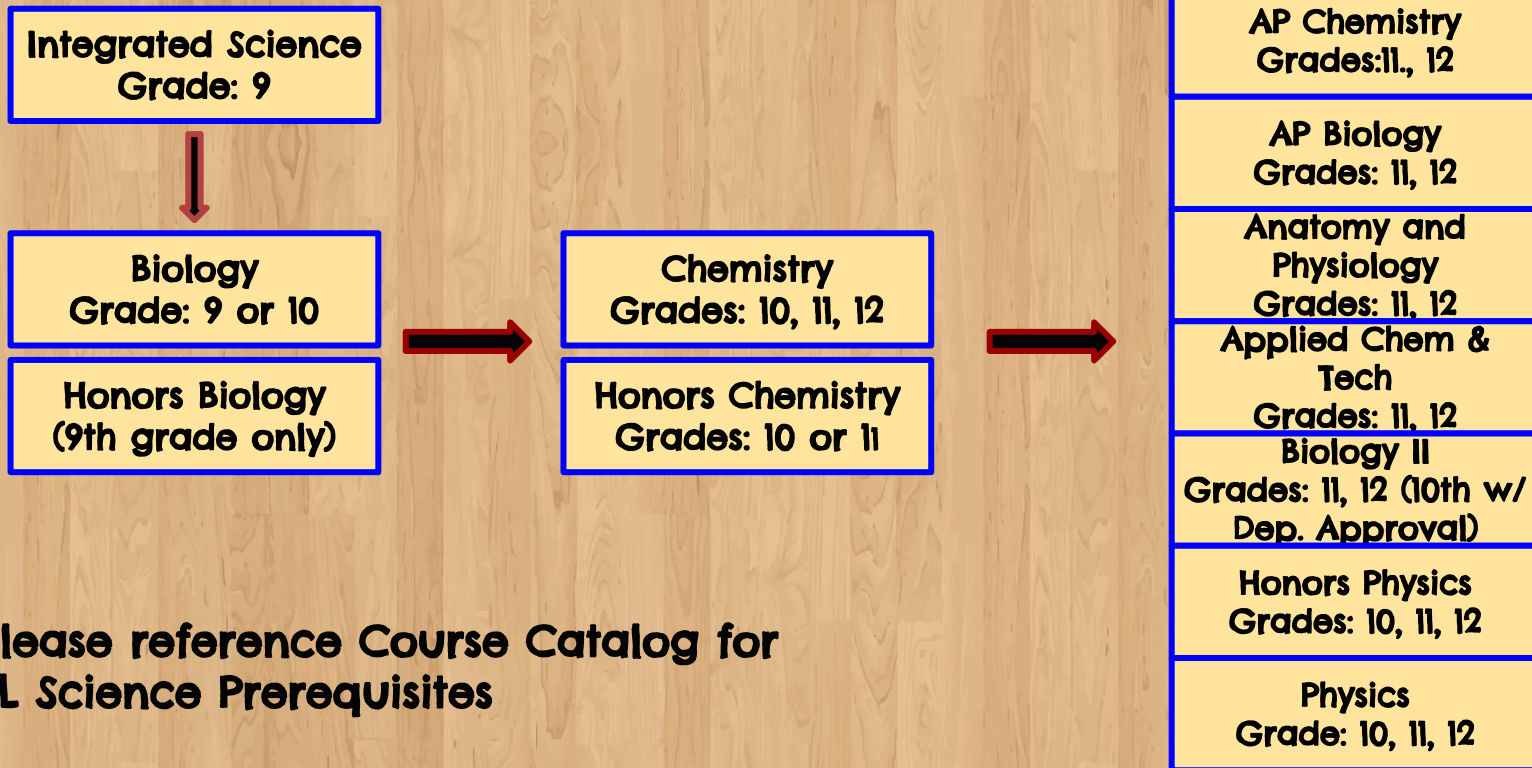
**AP Microecon/AP  
US Gov**

# Math





# Science



**\*please reference Course Catalog for ALL Science Prerequisites**

# English

- ❑ Freshman:
  - ❑ English 9
- ❑ Sophomores:
  - ❑ Great Books or Honors Great Books
- ❑ **Junior:**
  - ❑ **American Literature or AP English Language**
- ❑ Senior
  - ❑ AP English Literature or English Elective (Lit & Film, Philosophy & Lit, Creative Writing)





# Theology

- ❑ Freshmen Year
  - ❑ Intro to Scriptures/Christology
- ❑ Sophomore Year
  - ❑ Paschal Mystery/The Church
- ❑ **Junior Year**
  - ❑ **Moral Life in Christ/Catholic Social Teaching**
- ❑ Senior Year (pick 2 of the 3 elective options) **\*NEW!\***
  - ❑ Feminine Icons, Francis and the Franciscans, Interfaith Dialogue



# Modern and Classical Language

**French**

**Levels**

1,2,3/3H  
AP French  
Lang and  
Culture

**Italian**

**Levels**

1,2,3  
AP Italian  
Language and  
Culture

**Latin**

**Levels**

2,3  
AP Latin

**Spanish**

**Levels**

1,2,3/3H, 4  
AP Spanish  
Language and  
Culture



# VAPA, Electives, Health, PE

- ❑ PE/Sports (15 credits for graduation)
  - ❑ Yoga, Fusion Fitness, Hula (auditions), Dance Grooves
  - ❑ SF Appren. Dance, SF Danco Co., Show Choir
  - ❑ Non-SF sport (a sport that SF does NOT offer waiver required)
- ❑ Health (recommend completion by Soph year)
- ❑ Technology Classes
  - ❑ C-Stem, AP Computer Science Principles
- ❑ Yearbook, Ministry Leadership, Leadership
- ❑ Visual and Performing Arts (10 credits)
  - ❑ \*new course: Honors Advanced Studio Art
- ❑ Applied Academic Strategies
- ❑ Ethnic Studies



## Research and Writing

# AP Capstone

Capstone is  
a 2 year  
commitment

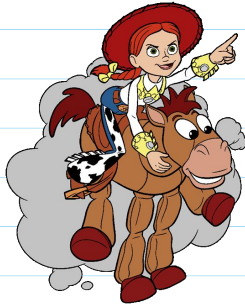
- ❑ **AP Capstone** is a College Board diploma program based on two courses: **AP Seminar** and **AP Research**. Students who complete the two-year program can earn one of two different AP Capstone awards.
  - ❑ <https://apcentral.collegeboard.org/courses/ap-capstone/how-ap-capstone-works>
- ❑ These courses develop students' skills in research, analysis, evidence-based arguments, collaboration, writing, and presenting.
- ❑ Students must be at grade-level, demonstrated by a minimum of a C+ in English and History in the most recent semester.
  - ❑ No application required
- ❑ **Students who take AP Seminar will also take AP Research senior year. This is a 2 year commitment**



# AP vs Honors Class

## AP Course

- ❑ AP = College Level Course
- ❑ Opportunity to earn College Credit
- ❑ Final in the Fall/ AP Exam in the Spring (scored 1-5)



## Honors

- ❑ Honors = Advanced Level Course
- ❑ Final for each semester

**\*Both earn 1 extra grade point per letter grade calculated into student's GPA**



# AP/Honors Courses: Update

## ❑ **Cap Lifted**

- ❑ SFHS Administration is piloting the removal of limiting AP/Honors classes next school year

## ❑ **Important for your daughter to meet with her counselor to discuss:**

- ❑ The rigorous academic demands and time commitment required for H/AP level courses, including summer work
- ❑ Her outside commitments and extracurricular activities
- ❑ **Balance**

## ❑ **Limitations with the Master Schedule**

- ❑ It's very possible there will be schedule conflicts and students may not get all of the H/AP courses they select.

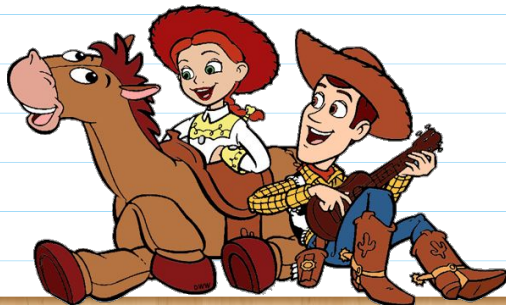
***\*It is still recommended that students take no more than 3 H/AP courses per school year.***

## AP/Honors Application Process & Info

- ❑ Your daughter received this exact info in Sophomore Advisory Today
  - ❑ Course description and prerequisites can be found in the Course Catalog (found on the SF Homepage)
  - ❑ Each department/course has its own process
    - ❑ VP Ms. Moloney outlined the process for each class in a chart emailed out to all students on 12/20/23
- ❑ **Deadline for applications - February 2**
  - ❑ **It is your daughter's responsibility to know the process**
- ❑ Students will be notified **February 23rd** regarding decision/waitlists
- ❑ Apply to any/all AP or Honors courses of interest

# Academic Rigor

- ❑ The term rigor is used to describe instruction, schoolwork, learning experiences and educational expectations that are academically, intellectually, and *personally* challenging.
- ❑ St. Francis High School does not provide student ranking on transcripts.



Academic  
rigor is  
different for  
each  
student!

Remind your  
daughter  
When she's  
researching  
her courses

- Review the Course Catalog
- Talk to her current teachers
- Talk to teachers who will be teaching the course(always subject to change).
- Watch email for Course Registration info.
- Attend info meetings

# Things your daughter should keep in mind when choosing classes

**Balance**

**After School Commitments**

**Interests  
&  
Strengths**

**Homework Load**

**College entrance requirements**

**What story will  
my transcript  
tell colleges?**

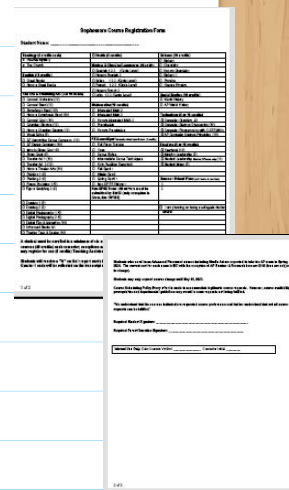


## When requesting classes, remember:

- ❑ Your daughter is **requesting** classes, not registering for them.
- ❑ There is no guarantee she will get all of the classes she requests
- ❑ There is no such thing as “trying out a class”
  - ❑ Be very intentional about choosing classes
- ❑ W and WF Policy
  - ❑ Drops that occur once the school year has begun result in a W on the transcript. Drops that occur after Q1 result in a WF on the transcript.

# Course Registration Process

- ❑ Your daughter will receive an email describing how to input her courses into PowerSchool.
- ❑ She will also mark which classes she plans to take on the Course Registration Form. She can review the form with you and have you sign it.
- ❑ She will then bring in the signed form during Course Verification Days to the Dining Hall during her free block so a counselor can verify the courses in Powerschool.



The image shows a 'Highway Course Registration Form' with a table for course selection and a section for student and parent information.

| Course Number | Course Title         | Section Number | Section Title        | Section Teacher | Section Location | Section Time | Section Days | Section Status |
|---------------|----------------------|----------------|----------------------|-----------------|------------------|--------------|--------------|----------------|
| 101           | English I            | 1              | English I            | Mr. Smith       | Room 101         | 8:00-9:00    | MTWTF        | Open           |
| 102           | Math I               | 1              | Math I               | Ms. Jones       | Room 102         | 9:00-10:00   | MTWTF        | Open           |
| 103           | Science I            | 1              | Science I            | Mr. Brown       | Room 103         | 10:00-11:00  | MTWTF        | Open           |
| 104           | History I            | 1              | History I            | Ms. Green       | Room 104         | 11:00-12:00  | MTWTF        | Open           |
| 105           | Art I                | 1              | Art I                | Mr. Black       | Room 105         | 12:00-1:00   | MTWTF        | Open           |
| 106           | Physical Education I | 1              | Physical Education I | Ms. White       | Room 106         | 1:00-2:00    | MTWTF        | Open           |
| 107           | Music I              | 1              | Music I              | Mr. Gray        | Room 107         | 2:00-3:00    | MTWTF        | Open           |
| 108           | Foreign Language I   | 1              | Foreign Language I   | Ms. Blue        | Room 108         | 3:00-4:00    | MTWTF        | Open           |
| 109           | Health I             | 1              | Health I             | Mr. Red         | Room 109         | 4:00-5:00    | MTWTF        | Open           |
| 110           | Computer I           | 1              | Computer I           | Ms. Purple      | Room 110         | 5:00-6:00    | MTWTF        | Open           |

Student Name: \_\_\_\_\_  
Parent Name: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

# Course Registration Timeline

Jan - Mar

Feb 2

Feb 23

Mar 4 - 8

Mar 11 - 13



Your daughter will meet with her Counselor about course requests



Her Honors/AP Applications Due



She'll be notified of acceptance AP/Honors



She'll request Courses in Powerschool



Course Verification Days

# Course Changes

## Reasons for a course change

- Student was moved from waitlist
- Reconsider taking a course
- Grade concern
- Last day for schedule changes is **May 22**
- Schedules mailed in summer are **FINAL**



# Community College Course

SFHS plans to offer another ARC course next Fall semester, most likely an Introductory Sociology course. This course will be open to 10-12 grade students and it will be on a first come first serve basis. The course will be capped based on ARC guidelines, 35-40 students per class. Look out for email from Principal Mendoza in March or April

**Class meets on  
SFHS campus  
after school**





# Introduction to College Planning



# College Process: What to Expect

10th  
grade

- ❑ Academic Planning
- ❑ Strengths/Career Exploration
- ❑ Begin researching colleges

11th  
grade

- ❑ Research colleges
- ❑ Assigned College Advisor(Spring Sem)
- ❑ Create a testing plan
- ❑ Build College List

12th  
grade

- ❑ Finalize List
- ❑ Request Letters of Rec
- ❑ Submit Letter of Rec Packets
- ❑ Submit Applications
- ❑ Apply for Financial Aid

# How to start researching:

- ❑ Visit College Campus
- ❑ Naviance Student
- ❑ Virtual College Visits
  - ❑ <http://www.ecampustours.com>
  - ❑ <https://campustours.com>
  - ❑ Directly from College Website
- ❑ View College Websites
- ❑ College Rep Visits

 Naviance | *Student*



# College Options

## Community College

\* Over 100 CC's in California

## California State University

\* 23 campuses

## University of California

\* 9 campuses

## Historically Black Colleges and Universities (HBCU)

\* 107 Campuses in the US

## Out of State Public Universities

## Private Colleges & Universities

## International

# UC & CSU Eligibility

- ❑ California State Universities (CSUs)
  - ❑ GPA in “A-G” college preparatory classes taken in 10th and 11th grades
  - ❑ Minimum gpa is 2.0 in A-G courses *to apply*
  - ❑ Test scores not considered for admission
  
- ❑ University of California schools (UCs)
  - ❑ GPA in “A-G” college preparatory classes taken in 10th and 11th grades
  - ❑ Minimum gpa is 3.0 in A-G courses *needed to apply*
  - ❑ Test scores not considered for admission



# A-G Requirements

- ❑ (a): History/Social Science - **2 years required**
- ❑ (b): English - **4 years required**
- ❑ (c): Mathematics - **3 years required, 4 years recommended**
- ❑ (d): Laboratory Science - **2 years required, 3 years recommended**
- ❑ (e): Language other than English (LOE) - **2 years required, 3 years recommended**
- ❑ (f): Visual and Performing Arts (VPA) - **1 year required**
- ❑ (g): College Preparatory Electives - **1 year required** (Inter. Dialogue and Economics)

*\*UC/CSU calculate their own GPA using grades earned in all A-G courses completed between summer after 9th grade through summer after 11th grade.*

[Subject requirement \(A-G\) - UC Admissions - University of California](#)

# Info on Testing

achieve  
more

SAT<sup>®</sup>

- ❑ Junior Year: all Juniors will take PSAT in October
  - ❑ You may take your first ACT/SAT Spring Semester of Jr year
  - ❑ May offer a School Day SAT or ACT
  
- ❑ Senior Year: Last attempts to take ACT/SAT if desired
  
- ❑ Many colleges and universities have adopted Test Free or Test Optional policies.
  - ❑ i.e. UC/CSU's are Test Free
  - ❑ Some colleges may still require testing for admissions or scholarship opportunities
    - ❑ Important to research

ACT<sup>®</sup>

# Summer School

- ❑ June 10th -July 19th
- ❑ Registration open Feb. 15th (double check as we get closer)
  - ❑ <https://www.stfrancishs.org/summer>
- ❑ St. Francis Summer School Offerings (**subject to change**)
  - ❑ IM2
  - ❑ English Remediation
  - ❑ Math Remediation
  - ❑ Chemistry
  - ❑ Auto Shop (*with Mr. Reyer*)
  - ❑ Drivers Education (*with Ms. Bueno & students must be at least 15 by the time the course starts*)

***\* If your daughter plans to take a summer class that is not at St. Francis, she needs to contact her counselor about it.***

# Questions?

- ❑ **Nora Anderson: Aki - Gri**
  - ❑ [nanderson@stfrancishs.org](mailto:nanderson@stfrancishs.org)
- ❑ **Katrina Fox: Gui - Olv**
  - ❑ [kfox@stfrancishs.org](mailto:kfox@stfrancishs.org)
- ❑ **Joe Poggi: Org - Zuc**
  - ❑ [jpoggi@stfrancishs.org](mailto:jpoggi@stfrancishs.org)

