

Sophomore Parent Night Class of 2027

January 22, 2025



A 3D rendered image of Lightning McQueen, a red race car with yellow lightning bolt accents, smiling and looking towards the right. He is positioned on the left side of the slide against an orange background.

This Evening's Topics

- Course Registration Process
- Important information for selecting courses for next year
- College planning information

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

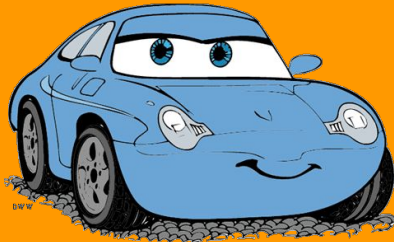
Modern &
Classical Lang
2 years

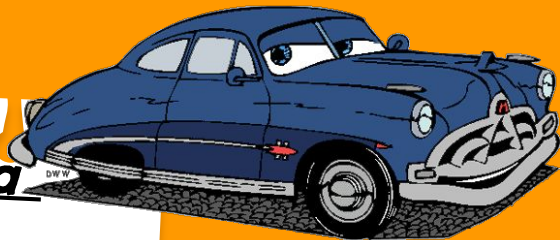
VAPA (Fine
Arts)
1 year

PE
3 semesters

Health
1 semester

Electives
3 semesters





Before requesting a Course

- Review the Course Catalog - can be found under the “Academics” tab on the SF Website
- Remind your Troubie to talk to her teachers and attend any interest meetings
 - They’ve already begun

When researching courses - your Troubie should talk to her Counselor





- ❑ US History/APUSH
- ❑ Math
- ❑ Science
- ❑ American Lit/AP Lang.
- ❑ Theology
- ❑ Modern & Classical Language
- ❑ Elective/PE/VAPA

***must be enrolled in a minimum of 6 courses each semester**

"Typical"
Junior YEAR
Schedule



English

- ❑ Freshman:
 - ❑ English 9
- ❑ Sophomore:
 - ❑ Great Books or Honors Great Books



- ❑ ***Junior:***
 - ❑ ***American Literature or AP English Language***

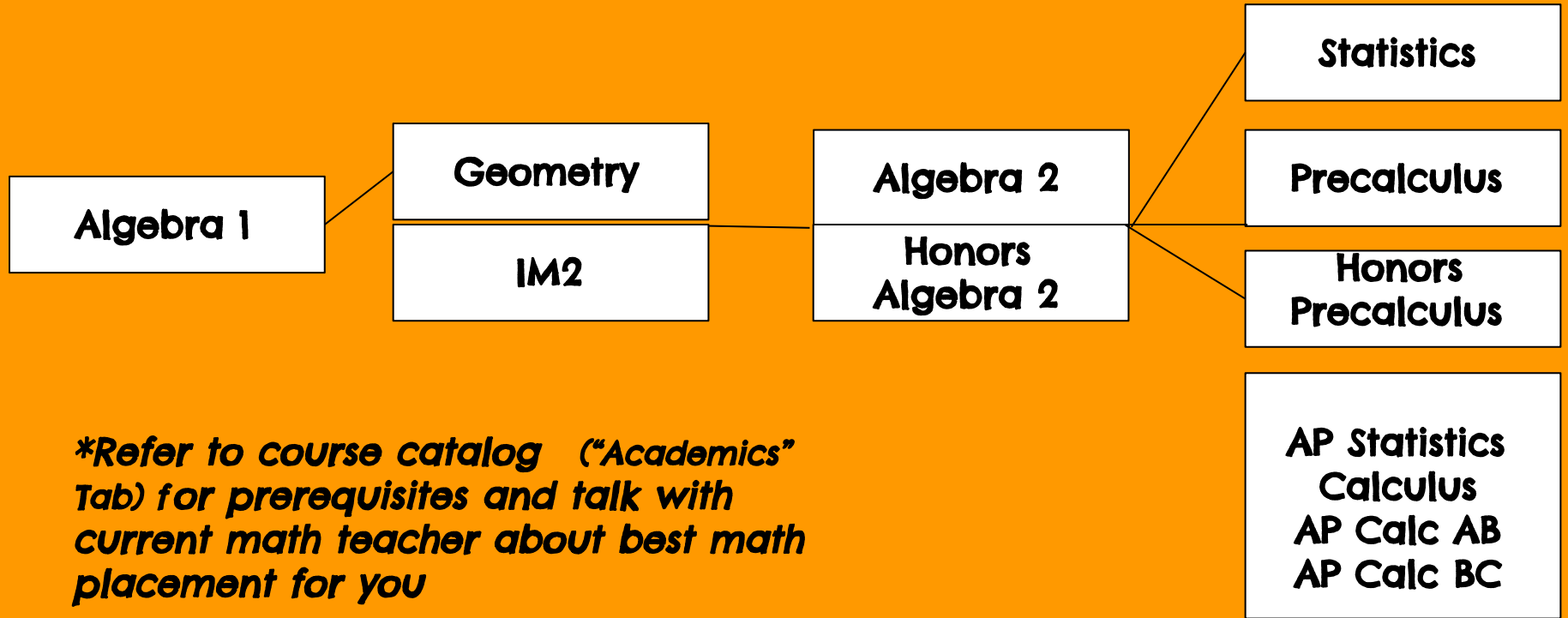
- ❑ Senior
 - ❑ AP English Literature or English Elective (Lit & Film, Philosophy & Lit, Writing from Literature)

Theology

- ❑ Freshman 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)
 - ❑ Feminine Icons, Francis and the Franciscans, Interfaith Dialogue



Math



****Refer to course catalog ("Academics" Tab) for prerequisites and talk with current math teacher about best math placement for you***

History/Social Studies

Early World
and
Geography

World History

AP World
History

US History

AP US History

Econ/Civics

Econ/AP Gov

AP Microecon/
AP US Gov



Science

**Integrated
Science
Grade: 9**



**Biology
Grade: 9 or 10**

**Honors Biology
(9th grade only)**



**Chemistry
Grades: 10, 11, 12**

**Honors Chemistry
Grades: 10 or 11**



AP Chemistry Grades: 11, 12
AP Biology Grades: 11, 12
Anatomy and Physiology Grades: 11, 12
Applied Chem & Technology Grades: 11, 12
Biology II Grades: 11, 12
Honors Physics Grades: 10, 11, 12
Physics Grade: 10, 11, 12

***refer to course catalog for ALL science prerequisites and discuss options with your daughter (or her counselor)**

VAPA, Health, PE, Other Courses

- ❑ PE/Sports (15 credits required for graduation)
 - ❑ Yoga, Fusion Fitness, Hula (auditions), Dance Grooves
 - ❑ SF Apprentice Dance, SF Dance Company, Show Choir
 - ❑ Non-SF sport (a sport that SF does NOT offer, waiver required)
- ❑ Health
- ❑ Ethnic Studies
- ❑ Technology Classes
 - ❑ Comp Programming (C-STEM), AP Comp Sci Principles, APCSA
- ❑ Yearbook, Ministry Leadership, Leadership
- ❑ Visual and Performing Arts
- ❑ Applied Academic Strategies

*** Course offerings may change (added or deleted)**

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.
- ❑ These courses develop students' skills in research, analysis, evidence-based arguments, collaboration, writing, and presenting.
- ❑ Students must have 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



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

Although there is not a limit on how many AP/Honors courses students can take, we recommend taking no more than 3.

*Apply for all courses she's interested in taking and then decide which to request

To take an Honors/AP class:

- Students need to apply for them.
- Attend an informational meeting or take an assessment.
- Know the deadlines. *It is the student's responsibility to meet all deadlines*

Your Troubie should request an AP/Honors

- To challenge your Troubie in a subject of interest/strength.
- Preparation for college course
- Subject of interest

Your Troubie should not request an AP/Honors course

- Because a student thinks it's an easy course to get into
- Because friend say so
- They feel like they have to

**If a Troubie chooses to take an AP/Honors course, they're making a year long commitment to that course.*

Your Troubie should talk to her Counselor if they plan to take more than 3 AP/Honors classes

AP/Honors Courses

❑ Be aware of:

- ❑ The academic demands and time commitment courses require
- ❑ Academic, athletic, and personal commitments so your Troubie doesn't overextend herself.
- ❑ Even if your Troubie is eligible for, and **requests,** AP/Honors courses, *she's NOT guaranteed to get them all*
- ❑ Just because they "can" can take a course doesn't mean they "should" take the course!

❑ Consider:

- ❑ Your Troubie is **requesting** courses that won't begin until August
- ❑ There's no such thing as "*trying out a course*".
- ❑ It will be difficult/impossible to change schedule after 5/21.

Academic Rigor - What is it?

- ❑ You may see/hear the term “***RIGOROUS***”, but what does that mean?
 - ❑ Rigor is used to describe instruction, schoolwork, learning experiences and educational expectations that are academically, intellectually, and personally challenging
- ❑ Some colleges want to see that an applicant has completed rigorous courses.
- ❑ Academic rigor is different for each student!

St. Francis High School does not provide student ranking on transcripts.

Course Registration Timeline

Jan - Mar

Jan 29

Feb 14

Mar 3-7

Mar 10-14



**Counselor
Spring
check-ins**



**Honors/AP
Applications
Due**



**Notified of
acceptance
AP/Honors**



**Request
Courses in
PowerSchool**



**Course
Verification
Days**

Course Request Corrections

- Your Troubie was moved from waitlist
- Reconsideration of taking a specific course
- Grade concern
- Last day for schedule request changes is 5/21
- Schedules mailed in summer are **FINAL**

** Without a compelling reason - course changes will not be approved.*



Things to keep in mind when choosing classes

Balance

After School Commitments

**Interests
&
Strengths**

Homework Load

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

**College entrance
requirements**

Summer School

- ❑ Dates and Registration will be available on the SFHS website in February
 - ❑ <https://www.stfrancishs.org/summer>
- ❑ St. Francis Summer School Offerings (subject to change)
 - ❑ Geometry
 - ❑ English Remediation
 - ❑ Math Remediation
 - ❑ Chemistry
 - ❑ Drivers Ed
 - ❑ Ethnic Studies

**** If your Troubie plans to take a summer class that is not at St. Francis, please contact your counselor about it.***

Community College Courses

SFHS plans to offer another ARC course next Fall semester, most likely a General Psychology 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. An email from Principal Mendoza in March or April will be sent out to students

**priority given to Juniors & Seniors*

Introduction to College Planning



College Options

Community College

* Over 100 CC's in California

California State University

* 23 campuses

University of

* 9 campuses California

Historically Black Colleges and Universities (HBCU)

* 107 Campuses in the US

Out of State Public Universities

Private Colleges & Universities

International

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



Important to-do's

- Make sure info on the transcript is correct
 - Name, address, birthdate
- Create a dedicated college email
- Do not use SF Email address!!!!

Verifying name and birthday on the transcript

- ❑ **Students should check their official full name (listed on Social Security card)**
- ❑ **Then they should verify that their name is correct on their transcript. This can cause confusion down the road during the college application process if there is a discrepancy.**
- ❑ **Transcripts can be viewed in PowerSchool.**
- ❑ **She should also check that her birthday is correct.**
- ❑ **If there are any errors, please contact our Registrar, Mrs. Thompson.**

Finding Transcripts in PowerSchool

- ❑ Sign in to the PowerSchool Parent/Student Portal at stfrancishs.powerschool.com/public (or sign in through the St. Francis Webpage)
- ❑ Click on the Grades and Attendance page
- ❑ Click on the “Transcript” tab at the top

Note: Fall grades are now available

What some colleges are looking for

- ❑ **Academic Rigor**
 - ❑ Does not mean students have to take every AP/Honors course
- ❑ **Grade Point Average**
 - ❑ Does not mean it has to be a perfect 4.0
- ❑ **Test Scores (ACT or SAT)**
 - ❑ Some schools don't use test scores
 - ❑ But this can depend, so do your homework!
- ❑ **Co-curricular activities**
 - ❑ Some colleges want to see a well rounded person
 - ❑ Things that show the whole person



UC & CSU Eligibility

California State Universities (CSUs)

- ❑ GPA in “A-G” college preparatory classes taken in 10th and 11th grades
- ❑ Minimum gpa of 2.5 in A-G courses *to apply*
- ❑ ACT/SAT scores not considered for admission

University of California schools (UCs)

- ❑ GPA in “A-G” college prep classes taken in 10th and 11th grades
- ❑ Minimum gpa is 3.0 in A-G courses *needed to apply*
- ❑ ACT/SAT 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**

- ❑ *UC/CSU calculate their own GPA using grades earned in all A-G courses*
 - ❑ *completed in summer after 9th grade through summer after 11th grade.*
 - ❑ [Subject requirement \(A-G\) - UC Admissions - University of California](#)

ACT VS. SAT

- Junior Year: all Juniors will take PSAT in October
- SF offers a School Day SAT and ACT
- Colleges and universities have different policies regarding testing. For example:
 - UC/CSU are test free
 - Many colleges are test optional
 - Some colleges require testing for admissions and/or scholarship awards
- ***It's important to research your colleges of interest***

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

Questions?



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