

10-12th Counselors

Located in the Main Office



Ms. Lanter 10-12 Grade Counselor Last Name: Fj-Ln



Mrs. Katz 10-12 Grade School Counselor Last Name: A-Fi



Mrs. Matson
10-12 Grade School Counselor
Last Name: Rp-Z



Ms. Charrett
10-12 Grade School Counselor
Last Name: Lo-Ro

These will be your counselors for your rising grade level.

Current 9th graders, any questions about your schedule next year should go through your assigned counselor for 10th grade. All other needs, continue to reach out to your current 9th grade counselor.

Wellness Center

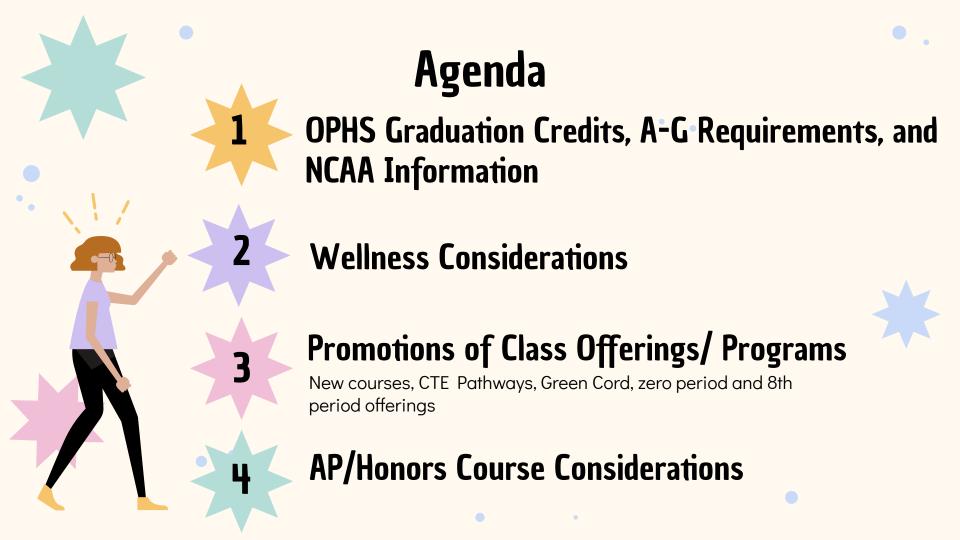


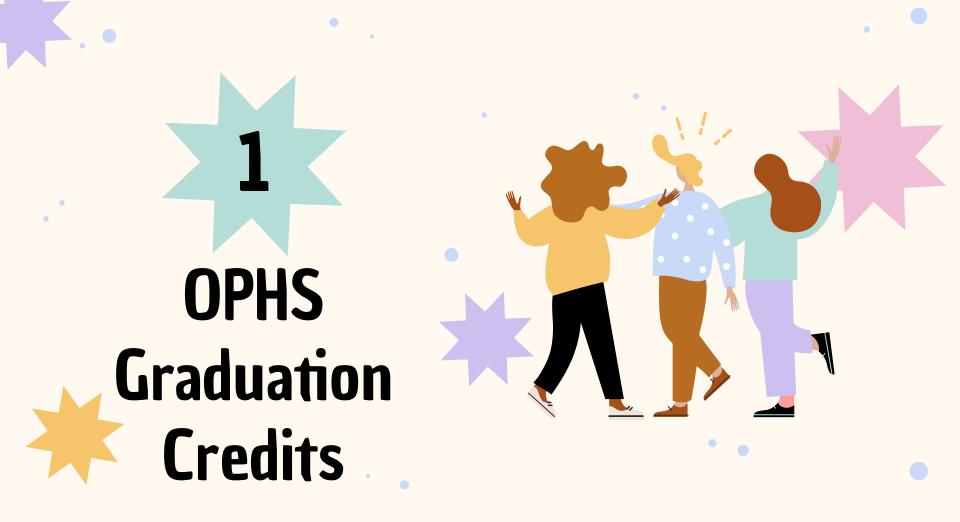
Ms. Fatima Hernandez
Wellness Counselor
fhernandez@opusd.org

College & Career Center



Mrs. Amanda Fitts
College & Career
Counselor
afitts@opusd.org





OPHS Graduation Credits

SUBJECT	Required	CREDITS
English	4 years	40
Health	1 semester	5
Mathematics (must include Geometry)	3 years	30
Physical Education	2 years	20
Phys. Sci – Foundations of Science and Chemistry or Fundamentals of Science	2 years	20
Biology	1 year	10
World Geography	1 semester	5
World History	1 year	10
US History	1 year	10
United States Government	1 semester	5
Economics	1 semester	5
VPA OR World Language OR CTE	1 year	10
Electives		60
	Total	230

Check your Grad Requirements on Q/Student Connect

	Requirement Rule: OPHS Di	ploma 230		
				Reqmt
Requirement	Required	Actual	Short	Met
Total Credits	230.0000	175.0000	55.0000	
English	40.0000	25.0000	15.0000	
Mathematics	30.0000	25.0000	5.0000	
Life Science	10.0000	10.0000		✓
Physical Science	20.0000	15.0000	5.0000	
Geography	5.0000	5.0000		✓
World History	10.0000	10.0000		✓
US History	10.0000	5.0000	5.0000	
Government	5.0000	0.0000	5.0000	
Economics	5.0000	0.0000	5.0000	
Physical Education	20.0000	20.0000		✓
Health	5.0000	5.0000		✓
Visual/Perf Art	10.0000	10.0000		✓
General Electives	60.0000	45.0000	15.0000	

Visual Performing Art, World Language, OR CTE*

A-G SUBJECT REQUIREMENTS

CALIFORNIA STATE UNIVERSITY (CSU) & UNIVERSITY OF CALIFORNIA (UC)

Ds DO NOT COUNT!

Subject	1 yr	1 yr	1 yr	1 yr
a <u>History-2 years</u> Two years of History/Social Science, including: one year of U.S. History or one semester of U.S. History and one semester of American Government, AND for CSU , two semesters of History/Social Science from either "a" or "g" subject areas AND for UC , two semesters of World History, Cultures and Geography from the "a" subject area.				
b English-4 years Four years English, which can include not more than one year of ESL/ELD courses				
c <u>Mathematics-3 years</u> Three (3) years Math (Algebra I and II, Geometry); four years recommended				
d <u>Laboratory Science-2 years</u> Two years laboratory Science including: For <u>CSU</u> , one year of Physical (e.g. Chemistry) and one year of Biological Science (one of which must be from the "d" subject area with the other from either "d" or "g") and <u>for UC</u> , at least two of the three core disciplines of Biology, Chemistry and Physics (both from the "d" subject area and three years recommended).				
e <u>World Language-2 years</u> Two years of language other than English. Must be the same language. Three years recommended.				
f <u>Visual or Performing Arts-1 year</u> One year Visual or Performing Arts. Students must complete a single year-long course selected from the disciplines of dance, drama/theater, music or visual arts.				
g College Preparatory Elective-1 year One year elective chosen from any of the areas on the approved "a-g" course list, excluding those designated as non-elective (lower-level mathematics, language other than English, and visual and performing arts).				

NCAA DI Core Course Requirements



For Division I, 10 of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science.



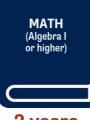
NCAA DII Core Course Requirements

DIVISION II

Earn 16 NCAA-approved core-course credits in the following areas:



3 years



2 years



2 years



3 years



2 years

ADDITIONAL COURSES

(Any area listed to the left, world language or nondoctrinal religion/philosophy)

4 years



The 2023-2024 bell schedule is changing. Please keep an eye on your email for more information.

What we know now:

- There will be optional 7th period courses offered. Courses TBD.
- Thursday and Fridays will have a support block before 7th period.



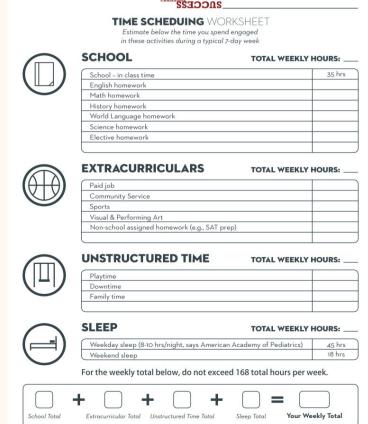
Time Management Worksheet

Thinking about your schedule - do you have time to do everything you want with homework, extracurricular, other life priorities & commitments?

Anticipate that even the best laid plans will always have disruptions.

You must leave time for adequate sleep.

*To access the worksheet, please go to the OPHS Counseling.com website under "Forms"





VIRTUAL WELLNESS CENTER



Wellness Considerations

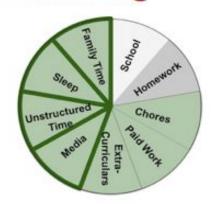
AT SCHOOL:

- Short break from class
- Deep breathing
- Utilize school counselor and/or Wellness Counselor and Center
- Tactile object for comfort
- Visualization
- Positive self-talk

P.D.F. for Wellbeing

Playtime, downtime & family time

Time in a child's day when he/she is not engaged in a formally structured activity



ROCEZZ

VIRTUAL WELLNESS CENTER



Helpful Coping Strategies

AT HOME:

- Talk to someone who will be present and listen
- Take a 20 30 min walk
- Deep breathing (Tactical Breather App)
- Progressive muscle relaxation (Virtual Hope Box App)
- Painting, drawing, journaling
- Spend 30 minutes in the sun
- Play with family pet
- Listen to music/play instrument
- Gratitude journal
- Mindful meditation





Issues From Taking On Too Much

- Sleep deprivation
- Health issues headaches, stomach aches, truancy
- Short temper
- Anxiety
- Depression
- Family conflict
- Drug use

"Ugh"

"Ugh"

"Ugh" "Ugh"

"Ugh"

VIRTUAL WELLNESS CENTER

"Ugh"

"Ugh"

"Ugh" "Ugh"

Other debilitating disorders

- Eating disorders
- Self-harm/cutting
- Suicidal thoughts

"Ugh"





Environmental and Sustainability Course of Study

Students who complete the following courses in 12th grade, and thereby demonstrate an interest in meeting the environmental challenges of our world, will be recommended for a **Sustainability Seal** on their diploma and a **Green Cord** to be worn at graduation.

- Environmental & Sustainability Literature
- Geopolitics and the World Today
- Environmental Science CP or AP





CTE Pathways at Oak Park High School									
Required Arts, Media, and Entertainment Sector		Building and Construction Trades Sector	Engineeing and Architecture Sector		Health Science and Medical Terminology Sector		Information and Communication Technologies Sector		
	Computer Animation	Computer Graphics	Film/Video Production	Cabinetry, Millwork, and Woodworking	Architectual Design	Engineering Design	Mental and Behavioral Health	Public and Community Health	Software and Systems Development
Concentration	Computer Animation	Computer Graphics	Video Production	Construction Tech: Cabinetry	Technical Drafting and Design	Digital Electronics	Intro to Mind Matters	CERT/EMS	Computer Programming, Cyber Security, IT Essentials (2 of the 3)
Capstone	Adv. Computer Animation	Adv. Computer Graphics <i>OR</i> AP 2D Design	Adv. Video Production (Coming in 2024-25)	Adv. Cabinetry (Coming in 2024-25)	Civil Engineering & Architecture	Mechatronics	Mind Matters Honors	Athletic Training 1 & 2	AP Computer Science Principles

Two NEW Arts, Media, and Entertainment Pathways -- Professional Theatre and Stage Technology

Coming in 2023-2024: Concentration Course - Theatre Performance and Production

Coming in 2024-2025: Capstone Course, Exact name of course to be released in Spring 2024

Check out the Digital Media Arts Video here, and Software and Systems Development information at the QR code!

Senior English Seminar Courses

Modern American Literature: Sports and Culture

• This course is a sports themed course. Heavy, controversial topics dealing with race and gender are explored in depth. There is a moderate amount of writing in this course. Some book examples: The Blind Side and Wooden: A Lifetime of Reflections on and Off the Court.

Environmental Lit

• This English course is connected to the Green Cord. This course will focus on literature that delves into various environmental issues such as environmental justice, factory farming, climate change, global access to clean water, and environmental health. Students will be encouraged to find their own voices as they explore the most pressing issues facing their generation.

Cinematic Texts

• An introduction to film studies. This course is heavy on literary theory and takes a lot of abstract, philosophical, and analytical thinking. The vast majority of films fall into one or more of the following categories: Silent, Foreign(with subtitles), black and white, and art house/indie films.

Mythology to Science Fiction

• This course focuses on understanding the important role myths play in society. There is no mythology reading in this course, but rather learning about the world of mythology and the role it has played and continues to play in the development of our culture. Some example novels are Percy Jackson: The Lightning Thief and The Hobbit.

Own Voices

• The class is highly focused on discussion (e.g. book clubs, whole-class Socratic Seminars, group and partner reads), reading a variety of texts and responding in writing. The units are designed to help students find their own voice and tell their own story. We also focus on the importance of telling stories from people's own personal perspective. These voices include the well recognized major ethnic groups in America (i.e. Black, Latinx, Asian and Indigineous), the female perspective and the voices of all identities.

Movements of Social Change

• The course focuses on the question of: How can people work together effectively to create a more socially just society? This question is explored through 3 specific Social Movements: Women's Suffrage, Civil Rights and contemporary youth activism. The culmination of this course is researching a social movement that students are interested in learning more about and presenting their findings.



World Languages













Film as Lit

- This is a film studies course. Students view, discuss, and write about films in a literary fashion. Students are taught to "read" films with an eye toward symbolism, themes, social, and historical context, and more.
- There is no homework assigned in this course.

Speech

- Promotes public speaking a skill that will be essential after high school, as there are frequent presentations in college and in many careers.
- Minimal homework

Many other options exist for electives, including Visual & Performing Arts classes, Sociology of American Pop Music, Yearbook, CP/AP Psychology, and others! Check the General Catalog for course descriptions.

PE

There are three Physical Education classes students can choose from:

Walking for PE

 Not a high impact PE class - students walk on campus and around the Oak Park community. The class is designed to teach the principles of lifetime physical fitness, including the five major components of fitness.

Strength and Conditioning

 Teaches basic to advanced fundamentals of weight training. Students will be introduced to the various fitness equipment, how to safely engage in proper technique, and how to target major muscle groups.

Ultimate Sports

Class focuses on team sports such as, Football, Softball, Speedball, Ultimate Frisbee, Capture the Flag, and more. This class is designed to be competitive and will promote teamwork, fun activities, and cardiovascular development.

*If you participate on a sports team, that will count as PE credit, as long as you meet the participation requirements.

Data Science

This course will introduce students to the main ideas in data science through free tools such as Google Sheets, Python, Data Commons and Tableau. Students will learn to be data explorers in project-based units, through which they will develop their understanding of data analysis, sampling, correlation/causation, bias and uncertainty, probability, modeling with data, making and evaluating data-based arguments, the power of data in society, and more! At the end of the course, students will have a portfolio of their data science work to showcase their newly developed abilities.

This course may be taken as an alternative to Algebra II, or in addition to Algebra II, depending on the student's individual goals.



Preparation For Course Requests

Consider values and goals; all planned time commitments





3rd Attend AP/Honors Info Meetings



Review Course Descriptions and Prerequisites



4th
Talk with teachers
regarding choices



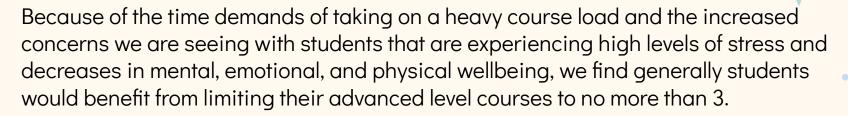
Research courses by clicking on the "Course Catalog" image below to access course descriptions, flowcharts and other resources to help you plan which classes you will request.

The <u>Course Catalog</u> can be found on the OPHS web page under the Academics tab.

AP/Honors Information
Sessions
Lunch, 12:

	Lunch, 12:55-1:15 pm	After School, 3:35-3:55 pm		
Monday, February 6	AP Comp Sci Princ - Amerikaner - C4	Spanish 3 Honors - Henning - B3		
Tuesday, February 7	English IV Honors - Wall - H9	AP Psychology - Meyer - G-4		
Wednesday, February 8	Geopolitics - Cook - G3	AP Calculus AB - Midiri - i-01		
Thursday, February 9	AP Enviro Sci - Smith - E5	Sociology of American Popular Music (SOAP) - Meyer - G-4		
Friday, February 10	AP French - Bovard - H4	AP Physics I and II - Lippincott - F-8		
Monday, February 13	Eng III Honors - Hankins/Carter - H7	Algebra II Honors - Lac - i-2 AP Calculus BC - Lory - F6		
Tuesday, February 14	Anatomy & Physiology - Kerr - E3	AP Statistics - Micek - R16 (Fabulous Forum)		
Wednesday, February 15	*After Assembly - Special Schedule* AP Gov & AP Econ - Chevalier - G9	Digital Electronics & Mechatronics - Lippincott - F8		
Thursday, February 16	AP/H Biology - W. Sloan - G9	AP/Honors Chemistry - D. Sloan - G9		
Tuesday, February 21	Eng II Honors - Wall and McCranie - G9	English III AP - Schultheis - G9		
Wednesday, February 22	Honors Math Analysis - Weintraub - i05	AP U.S. History - Dr. Anderson & Mr. Chevalier - G9		
Thursday, February 23	*After Assembly - Special Schedule*	Intro to Personal Finance - Winker - i-3		
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AP/Honors Contract



All students choosing to take 3 or more AP and/or Honors courses will be required to submit the AP/Honors Contract with both student and parent signature to acknowledge their thoughtful planning and consideration in requesting these courses. You are signing to show understanding of:

1) The expectation of an AP/Honors class:

- Show greater independence in learning, having already demonstrated strong study skills and high proficiency in reading, writing, and complex thinking
- Take on a higher degree of personal responsibility
- Meet higher standards than students in CP courses to earn the same grade

AP/Honors Contract



- 2) You intend to stay enrolled in the class for full duration.
 - Level changes must be done before the end of the 11th week, and the current grade will follow to the new class.
 - There is no guarantee that it will be space available to level down if you find the class too challenging,
 - If a class is dropped after the first 10 days of classes, it will result in a W (first 11 weeks) or WF (after 11th week).
- 3) You have read and will uphold the school policy on Academic Honesty as outlined in the OPHS Student and Parent Handbook.
- 4) You have carefully considered your overall commitments and the impact taking on too much can have on sleep and wellbeing.



Honors and AP Course Considerations



Attend the info sessions

Did you visit the AP/Honors Websites?

Get insight from peers, teachers, and family?

Honors/AP Contract
signed by both student
and parent if planning to
take 3 or more advanced
level classes.



Thank you!