

Lowell High School Counseling Department
PROGRAM WORKSHEET FOR 10TH GRADERS FOR FALL 2009

COUNSELOR: _____ REGISTRY: _____ DATE: _____

LAST NAME FIRST NAME EMAIL

Before completing the form below, check the list of Course Offerings and Prerequisites and the Course Index provided. They will be posted in your registry and will also be on the Lowell website. List courses in both semesters and columns. Be sure to include the course #'s next to your proposed classes. Students who request a late start or early dismissal due to his/her involvement with a job, athletics, or other special circumstances must file a Schedule Exception form. All counseling forms can be found on the Lowell website.

Lowell High School Website: www.sfusd.edu/schwww/sch697/documents/

9TH GRADE SPRING 2009 COURSE TITLES	SPRING GRADES	10TH GRADE FALL 2009 COURSE TITLES	FALL 2009 COURSE #S
English		English	
Mathematics		Mathematics	
Social Studies		Science	
Science		World Languages	
World Languages		Visual & Performing Arts	
Visual & Performing Arts		PE 3	
PE 2		Other	
Other			

Note: All students should enter only 6 courses above. Write Course Titles & Course Numbers LEGIBLY.

- Students must have a 3.0 GPA to request a 7TH class.
- If you are requesting a 7TH class, write the Course Title and Course Number in the box provided for it below.
- Your Counselor will approve the 7TH class request based on the budget, prerequisites and GPA.
- If you are requesting a late or early start, you must fill out the Schedule Exemption Form and attach it to the worksheet.

GPA FOR 7TH CLASS REQUEST:
SPRING 2009: (NOTE: 7TH class may not be offered due to Fall 2009 budget cuts.)

First Quarter:	7TH Course Title:	7TH Course Number:
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Reviewed/Checked by REGISTRY TEACHER: _____ <div style="text-align: right; margin-right: 50px;">(Signature)</div> <input type="checkbox"/> Four Academic Courses <input type="checkbox"/> Five/Six Courses (10th, 11th, 12th) <input type="checkbox"/> Six courses (9th)
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Student:
 I understand this is my Official Course Request.

Student Signature: _____ Date _____

RETURN THIS PROGRAM WORKSHEET TO YOUR REGISTRY TEACHER BY TUESDAY, MARCH 24.
 You may also schedule an appointment with your counselor, if you have any questions.

Please check off your free mods if you want an appointment.	Mods 1-2-3	Mods 3-4-5	Mods 6-7-8	Mods 8-9-10	Mods 11-12-13	Mods 13-14-15	Mods 16-17-18	Mods 18-19-20

SEE BACK for Grade Level Guidelines!!!



FALL 2009 - TENTH GRADE LEVEL GUIDELINES

REGISTRY TEACHERS are asked to help their registry students plan their Fall 2009 programs. These programs must include:

1. ENGLISH

Freshmen presently in **9th Grade English 1** must sign up for **10th Grade English 1**

Freshmen presently in **9th Grade English 2** must sign up for **10th Grade English 2**

Students who are currently enrolled in an honors class may continue in the honors track as long as they have earned a B. Students who have passed the Honors Placement Test and received permission of the Department Head, may sign up for an honors class. If you have not heard about your placement test status, enter a regular class.

2. OTHER COURSES

- a. **Mathematics:** minimum 2 years of UC approved math courses required for graduation (California Requirement - CR)
- b. **Science:** minimum 3 years of lab science: 1 physical, 1 biological (CR), plus one additional science course.
- c. **World Language:** SFUSD graduation requires 1 year.
UC/CSU require 2 years of same language for admission. (UC recommends 3 years)
- d. **Social Studies:** 10th grade Social Studies electives: AP European History and AP World History.
- e. **Other:** 9 weeks of College & Career Planning, (Even numbered registries will take College & Career Planning in the fall and odd numbered registries will take it in the spring. One semester of Health Education (Odd numbered registries will take Health Education in the fall and even numbered registries will take it in the spring.)
- f. **Visual & Performing Arts:** SFUSD requires 2 semesters of Visual and Performing Arts for graduation. UC/CSU requires 2 semesters of the same subject of Visual and Performing Arts for entry.

3. PHYSICAL EDUCATION Sign up for PE 3.

PLEASE NOTE: Students should **consult the Course Offerings and Prerequisites** to be sure they are eligible to enroll in the next course sequence.

RECOMMENDED program is 6 classes - 4 academic courses, plus PE and 1 elective.

MAXIMUM 7 classes may only be possible if funds are restored.

SFUSD Graduation Requirements

Four years of English (Students must pass eight semesters of English)

Two years each of Math, & Science (Biological, Physical) & a third year of math or science

Two years of PE and successful pass of the Physical Fitness Exam

One year of World Language

One year of Visual & Performing Arts

One year each of Modern World and U.S. History

One semester each of American Democracy and Economics

One semester of Health Education

Nine weeks of College & Career

Swimming requirement

Pass the State mandated California High School Exit Exam

Complete two hundred and thirty (230) semester units of credits.

If you have any problems or questions, see your counselor.

REGISTRY TEACHER

Please help us ensure that:

Every student understands the requirements

Every student has at least a minimum program

Write your questions and/or concerns to your counselor in this box :