



ST. FRANCIS CATHOLIC HIGH SCHOOL

5900 ELVAS AVENUE

SACRAMENTO, CA 95819

COURSE DESCRIPTION CATALOG

2019-2020

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GRADUATION REQUIREMENTS

- A minimum of 48 semesters or 240 credits is required for graduation.
- Each semester of coursework earns 5 credits.
- The semester requirements are:

SUBJECT	# OF REQUIRED SEMESTERS
THEOLOGY	8 (every semester of attendance)
ENGLISH	8
SOCIAL STUDIES	7
MATHEMATICS	6
SCIENCE	6
MODERN & CLASSICAL LANGUAGES	4
VISUAL & PERFORMING ARTS	2
PHYSICAL EDUCATION	3
HEALTH	1
ELECTIVES	3
TOTAL	48 semesters

GENERAL GUIDELINES

Prerequisites

Prerequisites are designed to ensure that a student is prepared to succeed in the course. For example, a student needs to master Algebra 2 in order to be successful in Precalculus.

Course Load Requirements

A student must be enrolled in a minimum of six courses (30 credits) each semester. Students may not exceed eight courses (40 credits) each semester; exceptions are made for one academic team (1 credit) each semester. Only seniors may register for one (5 credit) Teaching Assistant course per semester to meet their six courses (30 credit) minimum.

Schedule Changes

The school will not process schedule changes for the next academic year, after the last day of second-semester finals. Students may not request a schedule change based upon teacher preference. Unfortunately, we also cannot process schedule changes to accommodate free block preferences or carpools.

During the academic year, schedule changes are only allowed under the following circumstances:

- Students are cut from a sport and must add P.E. (see P.E. Policy).
- The school initiates the change, determined through student performance in a class.
- The school erred in scheduling; for example, a schedule that is missing a required course.

Dropping A Course

Students may not drop a Theology, Social Studies, or English class. Students may not drop a course and add a Teaching Assistant course to meet the six courses (30 credit) semester minimum requirement.

Yearlong Courses:

- No course/grade will appear on the transcript as long as the course is dropped within the within twenty-five (25) school days of the start of the year.
- Students will receive a “W” on their report card for courses dropped after the twenty-five (25) school day window has expired. No drops may occur within twenty-five (25) school days of the first scheduled final.
- Students who request a drop at semester will receive their first-semester grade and a “W” on their transcript for the second semester.
- Students who request a drop after the second semester has begun will receive their first-semester grade and a “WF” on their transcript for the second semester. A “WF” will be counted as an “F” (0-grade points) in the GPA.

Semester-Long Courses:

- No course/grade will appear on the transcript as long as the course is dropped within the within twenty-five (25) school days of the start of the semester.
- Students will receive a “W” on their report card for courses dropped after the fifteen (15) school day window has expired. No drops may occur within twenty-five (25) school days of the first scheduled final.

Students on Academic Teams may request a drop if initiated by the teacher by halfway through the team's season and at the discretion of the Academic Team coach. Because each Academic Team season differs in duration, each team's halfway point is determined by the number of meetings held in that season, per the team syllabus.

Retaking A Course Policy

If a student receives a "D" or "F" semester grade and retakes the course, both courses and grades will remain on the transcript. However, the higher grade will be used in GPA calculation and receive the credit. For courses a student retakes a course and originally had a grade higher than a "D", the new grade will not appear on their transcript. A student requesting to retake a course at another institution must receive counselor and administrative approval for placement on the St. Francis Catholic High School transcript.

P.E. Policy

Students participating in any level of a St. Francis Catholic High School athletic team are exempt from Physical Education (P.E.) in the semester during which their sport competes. (See Athletic Policies)

A senior who has taken two courses (10 credits), and is on a Spring sport must complete the entire season. If she is cut from a team or quits within the first two weeks of the semester, she must join a St. Francis non-cut sport or will be placed in Cardio or Rec-Fitness. If she chooses to not try out or quits after the first two weeks of the semester, she will be placed in a Cardio or Rec-Fitness class with a grade reduction commensurate with the amount of class time missed.

Students wishing to receive a P.E. waiver for a sport that is not a contract P.E. offering at St. Francis Catholic High School, must submit a P.E. Waiver form found on the school's website.

Honors and Advanced Placement Policy

Students may enroll in no more than three Honors or AP classes per semester at St. Francis Catholic High School. Students wishing to take a fourth Honors or AP class must meet with their Guidance Counselor prior to registration.

Honor Roll

Honor Roll is granted to students whose semester, weighted GPA falls into the following categories:

3.50 - 3.74 *Honor Roll*

3.75 - 3.99 *High Honor Roll*

4.00 - and above *Highest Honor Roll*

ENGLISH DEPARTMENT

Eight semesters of English are required for graduation. The overall goal of the English program is critical thinking and effective communication, both written and verbal, reached through close examination of literature and informational texts. Students analyze literary and informational works, relying on shared inquiry methods for discussions and formal writing assignments. Writing assignments (both analytical and creative), verbal skills (in both discussions and presentations), and vocabulary all stem from the works studied. Grammar is taught in the context of the writing assignments. Classes contain a wide variety of genres, styles, and periods of literature in order to help students develop an appreciation for the subject matter. Students should complete their Summer Reading prior to the first day of school.

English 9 (*Grade: 9; Credit: 10*)

English 9 is a literature-based class that develops the skills students need to interpret, analyze, discuss, and write about literature. Students participate in the “shared inquiry” method of literary analysis, which develops their interpretative skills. Seminar discussions promote clear communication and the use of textual support to answer complex questions. In addition to the core literature, various informational texts supplement the curriculum. The writing component of the class develops competence in fundamental grammar, rules of usage, and basic paragraph and essay writing. UC A-G approved – b English. NCAA approved.

Prerequisite: None

English 10: Great Books (*Grade: 10; Credit: 10*)

English 10 is a literature-based class that further develops the skills students need to interpret, analyze, discuss, and write about literature and informational texts. Students participate in the “shared inquiry” method of literary analysis, which develops their interpretive skills. Seminar discussions promote clear communication and the use of textual support to answer complex questions. In addition to the core literature, various informational texts supplement the curriculum. The writing component of the class develops competence in fundamental grammar, rules of usage, and more advanced paragraph and essay writing. UC A-G approved – b English. NCAA approved.

Prerequisite: English 9

English 10: Honors Great Books (*Grade: 10; Credit: 10*)

Honors Great Books is a seminar-style course designed for sophomores with advanced skill levels in reading and literary interpretation. Literature selections are more challenging and range from Shakespearean drama to contemporary short stories. Students engage in the “shared inquiry” method of literary analysis, with emphasis on purposeful reading, open discussion of ideas, clear communication, and effective argumentation. In addition to the core literature, various informational texts supplement the curriculum. The writing program includes analytical and interpretive essays, autobiographical papers, and creative writing, with intense work on revision skills. UC A-G approved – b English. NCAA approved.

Prerequisite: English 9 and department approval

English 11: American Literature (Grade: 11; Credit: 10)

American Literature surveys the unfolding of our American literary heritage from its roots into twentieth-century forms. Students explore fiction, poetry, drama, and non-fiction texts. Assignments require students to recognize elements particular to each genre. The goal of this course is to develop critical reading skills and clear self-expression through writing, enhancing the student's ability to interpret and analyze American literature. Students are challenged to generate and explore questions that rely on higher level thinking skills, such as analysis, evaluation, and application to new situations. UC A-G approved – b English. NCAA approved.

Prerequisite: English 10: Great Books or English 10: Honors Great Books

English 11: Honors American Literature (Grade: 11; Credit: 10)

Honors American Literature is designed for juniors with advanced skills in critical reading and analytical writing. Students in this course must take the AP English Language exam in May. Honors American Literature surveys the unfolding of our American Literary heritage from its Native American and African American roots into twentieth-century forms. Students explore all genres of literature: fiction, poetry, drama, and non-fiction texts. Students read and discuss all genres, not only recognizing those elements particular to each genre but also assessing how the genres fit into the larger American literary tradition. The course goal is to produce students who express themselves clearly in both writing and speaking and who read and write critically, as well as interpret and analyze American Literature. The course focuses on generating and exploring questions that rely on higher level thinking skills, such as analysis, evaluation, and application to new situations. UC A-G approved – b English. NCAA approved.

Prerequisite: English 10: Great Books or English 10: Honors Great Books

English 12: Writing from Literature (Grade: 12; Credit: 10)

This year-long course offers a thematic study of writing, focusing on the narrative perspectives, methods of expression, and techniques particular to various literary genres—non-fiction, fiction, drama, and poetry. Students read excerpts from each literary genre, study and discuss the historical and literary influence, and create their own writing in a similar style or write an analytical essay in response to the work. Themes addressed include rites of passage, gender roles and expectations, marginalization, and recognition of self. Through class discussions and peer writing workshops, students will develop critical thinking, communication, analytical and creative writing skills. Assignments emphasize pre-writing and revision skills necessary for developing effective expression through writing. The course aims to produce students who think critically as they interpret and analyze literature and who write creatively in a variety of genres. UC A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: Honors American Literature

English 12: Heroes and Villains (*Grade: 12; Credit: 10*)

In this year-long course, students will learn to apply the monomyth of the hero's journey based on the teachings of Joseph Campbell to the protagonists of classic and contemporary works of literature. Students explore the trials and triumphs of characters who face the challenges of personal circumstance, supernatural monsters, Christian ethics, and human morality. Various types of heroes will be encountered through the study of a wide range of literary works: Greek mythology, folk and fairy tales, epic poetry, medieval romance, Shakespearean drama, Victorian novel, modern drama, and future dystopia. In analyzing and comparing monomyths, students will articulate and critique what constitutes both archetypal and modern, everyday heroism. The course challenges students to reflect critically as well as creatively through archetypal criticism and literary analysis. Students will prepare for college-level English courses through spoken and written analysis, class seminar, in-class and take-home writing, and supplementary creative presentations and projects. UC A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: Honors American Literature

English 12: Literature & Film (*Grade: 12; Credit: 10*)

Throughout this year-long course, students will analyze an assortment of written works and view a selection of films adapted from those works to gain a stronger understanding of the possibilities and problems involved in the process of adaptation. Rather than merely distinguishing the differences between literature and film, students will determine stylistic and thematic intersections between the two media by exploring the transposition of literary elements to film and by considering the ways in which films are original works that can be “read.” Through this comparative study, students will gain an appreciation of literary expression in both written and visual forms while further developing skills in writing, verbal communication, and critical thinking. Typical classroom activities include film viewings, short writing exercises, group projects, and seminar-based literature discussions. UC A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: Honors American Literature

English 12: Philosophy In Literature (*Grade: 12, Credit: 10*)

This course seeks to understand how writers throughout the centuries have used literature as a means for intense philosophical examination of the world around them. To this end, students will read drama, poetry, fiction, and non-fiction while simultaneously learning about and grappling with the essential philosophical questions that drive each of the famous works. The class utilizes supplemental materials including videos, interviews, TED talks, artistic and musical pieces, and articles to better inform students' understanding of the core literature as well as the philosophical issues they present. Through the use of seminars, students analyze complex, abstract philosophical topics while connecting those topics to classic pieces of literature. Students present their thoughts and arguments through seminar class discussions, written analysis, and projects. UC A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: Honors American Literature

AP English Literature & Composition (*Grade: 12; Credit: 10*)

AP Literature and Composition is offered to advanced seniors who want to experience a college-level course and are interested in taking the AP Exam in English Literature and Composition. The course involves extensive reading, writing, and discussion, and is ordered to higher level thinking skills. Literature selections favor works originally written in English, include authors from the 16th century through the 20th, and feature a wide variety of genres and styles. Writing instruction focuses on the critical analysis of literature, application of rhetorical principles, and development of stylistic maturity. All students enrolled in this course are required to take the AP English Literature and Composition exam spring semester. UC A-G approved – b English. NCAA approved.

Prerequisite: B or higher in English 11: American Literature or English 11: Honors American Literature, or with department approval

VISUAL & PERFORMING ARTS DEPARTMENTS

Two semesters of Visual and/or Performing Arts are required for graduation, though additional courses may be taken as electives. The school has a vibrant academic arts program with over twenty courses offered. An integral part of the school curriculum and community, our students develop their interests with beginning through advanced classes in music, theatre, dance, and visual arts.

Dance Courses:

SF Apprentice Dance Company (*Grade: 9-12, Credit: 10*)

This year-long course satisfies the UC requirement for Visual & Performing Arts. An upper intermediate dance company, this class increases technique and performance skills through studies in multiple dance genres. Major choreographers and dance performers are studied through written and visual materials. Students create and perform original choreography through group collaboration. Students have several performance opportunities, including the Fall Dance Concert. Students enrolled in this course may request a PE waiver for one semester. UC A-G approved – f -Visual & Performing Arts.

Prerequisite: Audition

SF Dance Company (*Grade: 9-12, Credit: 10*)

This year-long class fulfills the UC requirement for Visual & Performing Arts. An advanced dance company, this class develops student understanding, appreciation, and artistic expression through dance. Students will advance their skills in ballet, lyrical, modern, tap and jazz techniques, as well as develop their own choreography. Stage presence and confidence are vital for performers and students will work on enhancing these techniques. By working on body flexibility, strength, endurance, balance, coordination and relaxation, students will strengthen technique, projection dynamics, memorization skills, and confidence. Local diocesan schools will be invited to class for dance art enrichment programs. This company studies and prepares for the annual Fall Dance Concert. Company members will also participate in competitions and workshops during the Spring semester. Students enrolled in this course may request a PE waiver for one semester. This course may be repeated for credit. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Audition

Show Choir (*Grade: 9-12, Credit: 5*)

Show Choir is an advanced choral and dance group which is open to all students 9-12 by audition only. Students will perform intermediate and advanced level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals, performances, and competitions are scheduled by the director. The course may be repeated for additional credit.

Prerequisites: Audition and teacher recommendation. A student must have the ability to sing and dance at an intermediate level; one to two years' experience or equivalent private instruction.

Dress Fee: \$75

Introduction to Show Choir (*Grade: 9-12, Credit: 5*)

Introduction to Show Choir is an intermediate choral and dance group open to all students 9-12 by audition only. Students will perform beginning to intermediate level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals and performances are scheduled by the director. The course may be repeated for additional credit.

Prerequisites: Audition and teacher recommendation.

Intermediate Dance Techniques (*Grade: 9-12, Credit: 5*)

This intermediate dance class is designed for students interested in improving their dance ability. The class will focus on ballet and modern movement in order to increase knowledge of various turns, leaps, and expand the student's overall dance vocabulary. Students will have a performance opportunity at an SFHS event.

Prerequisite: Audition

Dramatic Arts Courses:**Theater Arts 1** (*Grade: 9-12, Credit: 10*)

This year-long class fulfills the UC Visual & Performing Arts requirement. Theatre Arts 1 explores the art of the actor through the acting process and performance. Each student discovers what is encompassed in the history of drama and the challenges of the dramatic profession. Coursework includes assigned readings, memorization of scripts, writing and performing of short plays, and lecture notes. The Course also surveys the history of drama and theatrical development. Students experiment with and apply different acting techniques and styles appropriate to each area of study. Students critique theatrical productions, successfully applying the terminology of evaluation. Students focus on the sense of ensemble and the special qualities needed for a collaborative arts experience. UC A-G approved – f-Visual & Performing Arts.

Prerequisite: None

SF Players (*Grade: 10-12, Credit: 10*)

This advanced course focuses on dramatic presentations of fiction, drama, poetry and music performed for a variety of audiences. Public and community outreach performances are required. All class members participate in festival and special performances with additional rehearsals required as needed. All students participate in the St. Francis High School One Act Festival and the Lenaea High School Theatre Festival with original and scripted materials. This course may be repeated for credit. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Theater Arts 1 or permission of the instructor based on experience and audition

SF Players Honors (Grade: 10-12, Credit:10)

Honors SF Players is a comprehensive theatre course designed for students with a serious interest in the theory and practice of theatre. Students will study acting technique and styles, theatre production practices, dramatic theory, and dramatic literature. This rigorous artistic curriculum will introduce best practices in the industry, modeled after college and professional level theatre traditions, and provide opportunities for those wishing to continue to college-level theatre programs to explore various careers in the arts. Students will be expected to take on leadership roles as directors, producers, writers, dramaturges, technical directors, designers and actors throughout the course, and keep written reflections analyzing their experience and culminating in a final capstone project. UC A-G approved - F Visual and Performing Arts.

Prerequisite: SF Players. All interested students must submit an application for instructor approval

Musical Arts Courses:**Concert Choir (Grade: 9-12, Credit: 10)**

The Concert Choir at St. Francis focuses on the performing beginning-intermediate level literature from selected eras and styles of music. Training in interpretation, rehearsal, vocal, and performance techniques will be emphasized. In addition, the students will learn relevant music theory and history of the music performed. The required rehearsals, performances, and competitions are scheduled by the director. This yearlong class fulfills the UC requirement for Visual & Performing Arts. The course may be repeated for additional credit. UC A-G approved – f Visual & Performing Arts.

Dress Fee \$60

Chamber Singers (Grade: 9-12, Credit: 10)

The chamber singers at St. Francis focus on performing intermediate and advanced level literature from selected eras of music. Training in interpretation, rehearsal techniques and performance will be emphasized. In addition, students will learn relevant theory and history of the music performed. Required rehearsals, performances, and competitions are scheduled by the director. This performance group represents St. Francis and the diocese in the community of Sacramento as the primary singing ensemble with many scheduled events. The course may be repeated for additional credit. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Audition and teacher recommendation. A student must have the ability to sing at an intermediate level; one to two years' experience or equivalent private instruction.

Dress Fee \$60

Honors Chamber Singers (Grade: 9-12, Credit: 10)

Students enrolled in Honors Chamber Singers are members of the Chamber Singers ensemble. Students with the honors designation are required to develop an individualized semester or year-long project involving the Chamber Singers or other school vocal groups. With instructor support, students are allowed to focus on areas of musical leadership that interest them - such as rehearsal leadership, conducting, composing and arranging, research, liturgical music, assessment, accompanying and even social media.

Prerequisite: One full year of Chamber Singers. Application required.

Dress Fee \$60

Chamber Orchestra (*Grade: 9-12, Credit: 10*)

This is an advanced level ensemble performing as the music representatives of St. Francis in many school events and venues. The Chamber Orchestra will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be graded on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director schedules required performances and competitions. The students will continue to study music theory with an emphasis in sight singing, ear training and basic written theory. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Audition only. Chamber Orchestra is limited to 25 members.

Dress Fee: \$60

Vocal Solos (*Grade: 9-12, Credit: 5*)

Students enrolled in this one-semester course receive one-on-one and small group instruction as a soloist and member of a small ensemble. Students are instructed in standard classical repertoire, performance technique and stylistic interpretation. In addition, students learn the history of the music performed and the relevant theory. Students are required to attend rehearsals, recitals and may choose to participate in spring semester festivals and competitions.. This course does not meet the UC Visual & Performing Arts requirement. The course may be repeated for additional credit.

Prerequisite: Audition and/or teacher recommendation. A student must have the ability to perform vocal musical at an intermediate-advanced level with two to three years' experience of participation in a group or private lessons. Course Fee: \$50

Visual Arts Courses:**Drawing 1** (*Grade: 9-12, Credit: 5*)

This introductory semester drawing course introduces the student to the basic materials, procedures, drawing techniques, and skills used in the drawing mediums. In order to acquire these skills, students have to be aware of the beauty in everyday life and its transformation to personal artistic language. The visual art elements and principles of design will be emphasized and developed through various drawing projects. UC A-G approved – f Visual & Performing Arts.

Prerequisite: None

Drawing 2 (*Grade: 10-12, Credit: 5*)

This class, when taken with its prerequisite Drawing 1, fulfills the one year UC requirement for Visual and Performing Arts. Drawing 2 builds upon the skills learned in Drawing 1, with an emphasis on light and shadow, perspective, and drawing from a model. UC A-G approved – f Visual & Performing Arts.

Prerequisite: B or better in Drawing 1 (P)

Painting 1 (*Grade: 9-12, Credit: 5*)

This semester course, when taken with Painting 2, fulfills the UC Visual and Performing Arts requirement. The course introduces students to the basic materials, procedures, painting techniques, and skills used in painting. The course is designed to develop students' observation, imagination, and creativity through artistic expression. Using the vocabulary of visual arts, students will also gain the ability to analyze and respond to various works, including their own. Through critiques, students will display the ability to aesthetically value and appreciate works of painting, as well as understand the relationship between art, culture, and history. UC A-G approved – f Visual & Performing Arts.

Prerequisite: None

Painting 2 (Grade: 10-12, Credit: 5)

This course, when taken with its prerequisite, Painting 1, fulfills the UC requirement for Visual and Performing Arts. The class builds upon the techniques learned in Painting 1 and introduces the student to basic acrylic techniques. Students are encouraged to explore different paint media to develop their own style. UC A-G approved – f Visual & Performing Arts.

Prerequisite: B or higher in Painting 1

Figure Sculpting 1 (Grade: 9-12, Credit: 5)

This semester course, when taken with Sculpture 2, fulfills the UC Visual and Performing Arts requirement. The course introduces students to the basic materials, procedures, techniques, and skills used in the creation of clay sculpture. The course is designed to develop a student's observation, imagination, and creativity through artistic expression. Students will begin to build a vocabulary of visual arts and will learn the principles & elements of art as they apply to sculpture. Through critiques, students will identify and analyze the elements and principles of art evident in their own work and the work of others. UC A-G approved – f Visual & Performing Arts.

Figure Sculpting 2 (Grade: 10-12, Credit: 5)

This class, when taken with its prerequisite, Sculpture 1, fulfills the UC requirement for Visual and Performing Arts. This class builds upon the techniques learned in Sculpture 1 and introduces the student to more advanced techniques and processes involved in the creation of three-dimensional art. Students will refine their ability to apply the elements and principles of art in the creation of unique sculptures using clay and other mediums. Through critiques, students will display the ability to aesthetically value and appreciate works of 3-dimensional art, as well as understand the relationship between art, culture, and history. Through an exploration of the cultural, historical and technical aspects of sculpture, the students will access an extensive palette of sculptural styles. UC A-G approved – f Visual & Performing Arts.

Prerequisite: B or better in Figure Sculpture 1 (P)

Digital Photography 1 (Grade: 10-12, Credit: 5)

This class, when taken in conjunction with Digital Photography 2, fulfills the UC requirement for Visual and Performing Arts. A course emphasizing the synthesis of painting, drawing, photography and design skills in a contemporary approach to artistic production through electronic imaging, manipulation, and design. Class discussions and studio projects address a range of technical, compositional, and aesthetic issues fundamental to image making. Strong emphasis is on the development of both a technical grasp of the tools and a critical awareness of the medium through assignments and critiques, lecture and demonstration. UC A-G approved – f Visual & Performing Arts.

Digital Photography 2 (Grade: 10-12, Credit: 5)

This class, when taken with its prerequisite, Digital Photography 1, fulfills the UC requirement for Visual and Performing Arts. A course emphasizing the synthesis of painting, drawing, photography and design skills in a contemporary approach to artistic production through electronic imaging, manipulation, and design. Class discussions and studio projects address a range of technical, compositional, and aesthetic issues fundamental to image making. Strong emphasis is on the development of both a technical grasp of the tools and a critical awareness of the medium through assignments and critiques, lecture and demonstration. UC A-G approved – f Visual & Performing Arts.

Prerequisite: B or better in Digital Photography 1 (P)

Digital Film (*Grade: 11-12, Credit: 10*)

This Digital Film course focuses on the art of video production, video editing and the exploration of communication within the medium of film. Students will learn the history of film, develop proficiency of specialized film vocabulary, as well as analyze film and its narrative structure. Both the individual and group film projects will include story development, screenwriting, digital editing, digital audio, digital photography, and digital film production. Group projects will consist of students organized as modern movie production teams with each student participating as director, editor, producer, and camera and boom operator. UC A-G approved – f Visual & Performing Arts.

Prerequisite: None

Advanced Studio Art (*Grade: 10-12, Credit: 10*)

A rigorous, advanced level studio art course open to students working in two or three-dimensional art media. This class is for the serious art student who wishes to proceed to AP Studio Art. Methods of instruction include lecture, demonstration, guest speakers, field trips, hands-on group, individual image production, and critique. Art will be examined in a historical context utilizing research, critical analysis, and studio exploration. Each student will be required to assemble a portfolio of their work at the end of the year in preparation for AP Studio Art. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Successful completion of sections 1 & 2 of Drawing (P), Painting (P), Figure Sculpting (P), or Digital Photography 1 & 2

AP Studio Art (*Grade: 11-12, Credit: 10*)

This course offers the time, facilities and guidance to advanced art students in drawing, painting or sculpture who wish to invest more time into creating their individual works of art. Each student will be required to assemble a portfolio of their work at the end of the year for submission to College Board. Note: This class is also offered after school. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Permission of instructor

Art History/Honors Art History (*Grade: 11-12, Credit: 10*)

This Art History course is designed to provide students with an understanding and enjoyment of architecture, sculpture, painting, and other art forms within historical and cultural contexts. In the course, students examine major forms of artistic expression from the past and the present from a variety of cultures. Students will learn to look at works of art critically, with intelligence and sensitivity, and analyze what they see. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Permission of instructor

MATHEMATICS DEPARTMENT

Six semesters of Mathematics are required for graduation. Mathematics is the study of systems of logic and relationships. The specific systems of logic studied by each student at Saint Francis High School are Algebra and Geometry through Integrated Math courses. Upon building this strong logical foundation, students choose to pursue a further understanding of abstract math through a Precalculus and Calculus pathway, or a more applied approach to mathematics through Statistics.

Integrated Math 1 (*Grade: 9-10, Credit: 10*)

In Integrated Math 1 student formalize and extend the mathematics learned in the middle grades and explore the relationships between the standards from the conceptual categories of Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability. Math 1 focuses on six critical areas: (1) extend understanding of numerical manipulation to algebraic manipulation; (2) synthesize understanding of function; (3) deepen and extend understanding of linear relationships; (4) apply linear models to data that exhibit a linear trend; (5) establish criteria for congruence based on rigid motions; and (6) apply the Pythagorean Theorem to the coordinate plane. The emphasis within all 6 of these areas being to develop a deep understanding of the concepts of congruence and equality. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: Based on entrance test scores or math placement test.

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 2 (*Grade: 9-10, Credit: 10*)

Integrated Math 2 will culminate the conceptual standards of traditional Algebra 1 and Geometry courses, preparing students to matriculate into Algebra 2. The focus of Math 2 is on quadratic expressions, equations, and functions, and comparing their characteristics and behavior to those of linear and exponential relationships from Math 1. In addition, it will introduce complex numbers, explore the link between probability and data, the relationships of right triangle trigonometry, and prove basic theorems (using a variety of methods) about circles, similarity, congruence, and triangles. Integrated Math 2 is comprised of standards selected from the Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability conceptual categories. UC A-G approved – c Mathematics. NCAA approved.

Prerequisites: Integrated Math 1 (Required.)

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

Geometry (*Grade: 9-12, Credit: 10*)

Offered only to incoming freshmen who have successfully completed Algebra 1, Geometry continues to review basic Algebra skills but focuses on completing the common core standards for Geometry. Major topics include geometric proofs, properties of parallel and perpendicular lines, congruent triangles, basic properties of two- and three-dimensional figures including area and volume, similarity and proportions, basic trigonometric functions and coordinate Geometry. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *Incoming Freshmen: Passing score on Geometry Placement test*

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3A (*Grade: 10-12, Credit: 10*)

Integrated Math 3A is the first half of Integrated Math 3 (and is paired with a subsequent course, Integrated Math 3B). Integrated Math 3A will focus on analyzing functions and relationships and synthesizing geometric and algebraic reasoning to create models, with the support of reviewing the necessary concepts from prior courses. Throughout this course, the following topics will be explored: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic functions, Rational Functions. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *C- or better (second semester) in both Algebra 1 and Geometry*
- *Note: Department will determine placement in this course based on a combination of the overall course grade and final exam grades.*

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3B (*Grade: 10-12, Credit: 10*)

Integrated Math 3B is the culminating course in the Integrated Math 3A/3B series and covers the second half of Integrated Math 3. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, apply right triangle trigonometry to general triangles, and synthesize geometric and algebraic reasoning to create models while building a stronger foundation in concepts and procedures introduced in previous courses. Throughout this course, the following topics will be explored: Sequences and Series, Trigonometry of triangles, Trigonometric functions, Trigonometric Identities, and Data Analysis. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: at least C- (second semester) in Integrated Math 3A.

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

Algebra 2B (*Grade: 10-12, Credit: 10*)

This course is the second year of a two-year course in Algebra 2. Students who study Algebra 2B gain knowledge and experience in solving systems of non-linear functions, conic sections, logarithms, exponential functions, complex systems and exploration of trigonometry over a period of one year. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: at least C- (second semester) in Algebra 2A

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3 (Grade: 9-12, Credit: 10)

Integrated Math 3 is the culminating course in the Integrated Math series and develops analytic math skills. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, apply right triangle trigonometry to general triangles, and synthesize geometric and algebraic reasoning to create models. Throughout this course, the following topics will be explored: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic functions, Rational Functions, Sequences and Series, Trigonometry of triangles, Trigonometric functions, Trigonometric Identities, and Data Analysis. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: B- (both semesters) in Integrated Math 1 & 2 or approval of the Department Chair.

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Important for Incoming Freshman: UC and CSU college systems require Geometry or Integrated Math 2 on a high school transcript. Students taking Geometry or Integrated Math 2 in the 8th grade may submit their 8th-grade report card to the university when applying but the report card must state Geometry or Integrated Math 2 not just Math. Incoming freshmen who have taken either Algebra 1 and Geometry or Integrated Math 1 and Integrated Math 2 must demonstrate proficiency on an Algebra 2 placement test.

Honors Integrated Math 3 (Grade: 9-12, Credit: 10)

Honors Integrated Math 3 is the culminating course in the Integrated Math series and develops analytic math skills. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, apply right triangle trigonometry to general triangles, and synthesize geometric and algebraic reasoning to create models, and will explore these points of focus with a greater emphasis on the development of formal mathematics and the deep reasoning necessary for the intended next course, Honors Precalculus. Throughout this course, the following topics will be explored: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic functions, Rational Functions, Sequences and Series, Trigonometry of triangles, Trigonometric functions, Trigonometric Identities, and Data Analysis.

Prerequisite:

- *Important for Incoming Freshmen: UC and CSU college systems require Geometry or Integrated Math 2 on a high school transcript. Students taking Geometry or Integrated Math 2 in the 8th grade may submit their 8th-grade report card to the university when applying but the report card must state Geometry or Integrated Math 2 not just Math. Incoming freshmen who have taken either Algebra 1 and Geometry or Integrated Math 1 and Integrated Math 2 must demonstrate proficiency on an Algebra 2 placement test and Honors test.*
- *Sophomore/Junior: Note: Teacher's Recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of the preceding course. Please see the Honors spreadsheet distributed in January for more details.*

Required supplies: Texas Instruments TI-84 plus graphing calculator

Precalculus (*Grade: 10-12, Credit: 10*)

This course is designed to help students understand and extend the fundamental concepts of Algebra and Trigonometry. Algebra and Trigonometry will be used to model and solve real-life problems through extensive mathematical analysis. A successful student will be prepared for Calculus. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: Both semesters: B in Algebra 2 or C in Honors Algebra 2

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Honors Precalculus (*Grade: 10-12, Credit: 10*)

This course is an accelerated class designed to prepare the student for AP Calculus AB. A partial listing of topics covered in this class includes analytic geometry, trigonometry, linear algebra, and probability. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: Both semesters:

- *A in Algebra 2 or B in Honors Algebra 2*
- *Note: Teacher's Recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of the preceding course. Please see the Honors spreadsheet distributed in January for more details.*

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Statistics (*Grade: 11-12, Credit: 10*)

This course covers the basic principles of descriptive statistics, exploratory data analysis, design of experiments, sampling distributions and estimation, and fitting models to data. Statistical concepts are studied in order to understand related methods and their applications. Measuring the probability of an event, interpreting probability, and using probability in decision-making are central themes of this course. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: Complete Algebra 2 with a C- or better (second semester)

Required Supplies: Texas Instruments TI-84 plus graphing calculator

Calculus (*Grade: 11-12, Credit: 10*)

This course covers most of the College Board Advanced Placement Calculus AB curriculum. Emphasis is placed on understanding the basic concepts. Topics include a study of limits and continuity; the definition of a derivative and learning several applications of the derivative, including graph analysis, optimization problems, and related rates; and applying the definite integral to analyze motion problems and finding areas and volumes. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: Second semester: B in Precalculus or C in Honors Precalculus

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

AP Calculus AB (Grade: 11-12, Credit: 10)

This course covers the entire College Board Advanced Placement Calculus AB curriculum and prepares students for the AP Calculus exam given in May. These topics include a study of limits and continuity; the definition of a derivative and learning several applications of the derivative, including graph analysis, optimization problems, and related rates; and apply the definite integral to analyze motion problems and finding areas and volumes. In addition, it includes several topics, not in the AB curriculum, most notably some integration techniques and volumes by shells. Students learn to solve simple differential equations. All students enrolled in this course are required to take the AP Calculus exam in the spring. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *Both semesters: A in Precalculus or B in Honors Precalculus*
- *Note: Teacher's Recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of the preceding course. Please see the Honors spreadsheet distributed in January for more details.*

Required supplies: Texas Instruments TI-84 plus graphing calculator

AP Calculus BC (Grade: 11-12, Credit: 10)

This is a full-year course in the calculus of functions of a single variable. It includes all topics covered in Calculus AB, plus infinite series, Taylor polynomials and expanding the analysis of functions to include vectors, parametric and polar functions. This course prepares students to take the Calculus BC Exam. All students enrolled in this course are required to take the AP Calculus exam in the spring. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *Passing score on AP Calculus AB Exam*
- *Note: Teacher's Recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of the preceding course. Please see the Honors spreadsheet distributed in January for more details.*

Required supplies: Texas Instruments TI-84 plus graphing calculator

AP Statistics (Grade: 11-12; Credit: 10)

AP Statistics is a one year course that introduces students to the major concepts and tools for collecting, analyzing and drawing conclusions from data. Students are exposed to four broad conceptual themes: 1. Exploring Data: Describing patterns and departures from patterns 2. Sampling and Experimentation: Planning and conducting a study 3. Anticipating Patterns: Exploring random phenomena using probability and simulation 4. Statistical Inference: Estimating population parameters and testing hypotheses. Students who successfully complete the course and exam may receive credit, advanced placement or both for a one-semester introductory college statistics course.

UC A-G approved – c Mathematics. NCAA approved.

- *Prerequisite: B Precalculus or Statistics.*
- *Note: Teacher's Recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of the preceding course. Please see the Honors spreadsheet distributed in January for more details.*

Required Supplies: TI-84 calculator

AP Computer Science Principles (Grade: 10-12, Credits: 10)

This course utilizes resources from Harvard University's popular CS50 course to meet the standards of AP CS Principles, a new computer science course created by the College Board and debuting in 2016-17. CS50 is Harvard's introduction to the intellectual enterprises of computer science and the art of programming. This course teaches students how to think algorithmically and solve problems efficiently. Topics include abstraction, algorithms, data structures, encapsulation, resource management, security, software engineering, and web development. Languages include C, PHP, and JavaScript plus SQL, CSS, and HTML. Problem sets are inspired by real-world domains of biology, cryptography, finance, forensics, and gaming. CS50 is designed for all students with or without prior programming experience. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Completion of Algebra 1 or Integrated Math 1 and Computer Programming with C C-STEM. Teacher's Recommendation will be required for this course.

AP Computer Science A (Grade: 10-12; Credit: 10)

AP Computer Science A is a full-year introductory course in computer science, comparable to a first-semester college course. Students will learn to design and implement solutions to problems by writing, running, and debugging computer programs in the Java programming language. Students will learn to code fluently in an object-oriented programming language, to use and develop common algorithms and data structures, to read and understand programs developed by others, and to recognize the ethical and social implications of computer use. Students will be prepared and required to take the AP Computer Science A exam. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Note: Teacher's Recommendation will be required for this course.

Computer Programming with C – C-STEM (Grade: 9-12; Credits: 10)

This course provides students with the fundamental knowledge of computer programming for solving applied problems in C. Students learn how a computer works and structured programming in C for software development. The topics include programming constructs, data types, and declaration of variables, expressions, and operators, selection statements, repetition, flowcharts for algorithm development, functions for modular programming and applications in math and science. The emphasis of the course is to introduce the students to software development concepts. Considerable attention is devoted to program design, task decomposition, testing, debugging, and software reuse. Through problem-based projects, students develop critical thinking, problem-solving, computational thinking, effective communication, and teamwork skills. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Completion of Algebra 1 or Integrated Math 1.

MODERN & CLASSICAL LANGUAGES DEPARTMENT

Studying a second language provides the cognitive and intellectual preparation necessary to succeed in the academic and social environment the St. Francis graduate will encounter. Learning a second language allows her to gain an understanding of languages other than English, as well as of the peoples who communicate in French, Italian, Latin, and Spanish and their cultural products.

Faculty members teaching in the Modern and Classical Languages Department are native speakers and/or have lived extensively in countries where the language is spoken. Although the graduation requirement for St. Francis is two years, most students complete 3 or 4 years of one language and may take more than one language concurrently.

French 1 (*Grade: 9-12, Credit: 10*)

This first-year communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar

French 2 (*Grade: 9-12, Credit: 10*)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. This course aims to develop a Novice High Level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in French 1 (P)

French 3 (*Grade: 10-12, Credit: 10*)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary and classic literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the native speaking world through class discussions, foreign videos, reading, and

researching authentic contemporary publications. Students at this level should be prepared to be in a “total immersion” environment. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in French 2 (P)

Honors French 3 (*Grade: 10-12, Credit: 10*)

This course is an accelerated, in-depth third level language program of study intended for the motivated language student. It continues to foster a communicative approach to the teaching of the French language. Proficiency in the 4 basic language skills - reading, writing, listening and speaking - continues to be developed in a context that emphasizes communicative and practical activities in the target language and the use of authentic material. The course aims to increase the student’s ability to communicate in the language through extensive vocabulary building and mastery of advanced grammar structures. Grammar concepts are reviewed in the context of contemporary and classic literary pieces and written and oral assignments advance the usage of all tenses. An integrated approach to the culture and countries where French is spoken --"Francophonie"-- is a key component of this course: the student learns more about the native-speaking world in class discussions, foreign films’ evaluation, projects and by reading and researching contemporary publications. It is the recommended class for students who plan to enroll in AP French 4. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: A in French 2 (P)

French 4 (*Grade: 11-12, Credit: 10*)

This course is designed for the motivated student who wishes to complete four years of a foreign language. It is a civilization course that focuses on major periods of French history, highlighting its literature, arts, music, fashion, and lifestyle. It is an interactive course where students are expected to do presentations in the target language using various media. This course aims to develop an Intermediate Mid to Intermediate High level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in French 3 (P)

AP French 4 (*Grade: 11-12, Credit: 10*)

This course is intended to get students ready to take the AP French language and culture examination. It strives to promote both fluency and accuracy in language use and not to overemphasizes grammatical accuracy at the expense of communication. It is designed to challenge the highly motivated student in the study of the language and in aspects of its literature, its films, and its culture. This course is intended for the student who wishes to continue studying the language at the university level, and is aimed, and is aimed to develop an Advanced Level of proficiency (in accordance with ACTFL - American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Competence in speaking is promoted by discussions about current events, newspaper articles and literary pieces read, as well as films viewed. Strong emphasis is placed on narrative, analytical, and persuasive writing. In order to best facilitate the study of language and culture, the course is taught in the target language and uses authentic material from various countries throughout the world where French is spoken. All students enrolled in this course are required to take the AP French exam at the end of the year. UC A-G approved - e Language Other than English. NCAA approved.

Prerequisite: B+ or better in Honors French 3 or A in French 3

Italian 1 (*Grade: 9-12, Credit: 10*)

This is a first-year communicative-based course that introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar

Italian 2 (*Grade: 9-12; Credit: 10*)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. These courses aim to develop a Novice High Grade of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in Italian 1 (P)

Italian 3 (*Grade: 10-12, Credit: 10*)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary and classic literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the native speaking world through class discussions, foreign videos, reading, and researching authentic contemporary publications. Students at this level should be prepared to be in a "total immersion" environment. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Italian 2 (P)

Honors Italian 4 (*Grade: 11-12, Credit: 10*)

This total immersion course is an intense review of Italian. This course is an advanced level course designed to challenge the highly motivated student in the study of the Italian language and aspects of its literature and culture. It is designed especially for the student who wishes to continue the study of Italian at the university level. This course aims to develop a medium to high range of competency in all areas of the language: speaking, listening, reading, and writing. Conversations and discussions promote facility in speaking. Students read, study, and discuss various literary genres from the Middle Ages/renaissance era through the post WWII period. Strong emphasis is placed on writing at a more

intensive level (than level three.) The textbook is used for an in-depth grammatical review and to ensure grammatical accuracy. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Italian 3 (P)

Spanish 1 (*Grade: 9-12, Credit: 10*)

This first-year languages communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar

Spanish 2 (*Grade: 9-12, Credit: 10*)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. These courses aim to develop a Novice High Level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in Spanish 1 (P)

Spanish 3 (*Grade: 10-12, Credit: 10*)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary and classic literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the native speaking world through class discussions, foreign videos, reading, and researching authentic contemporary publications. Students at this level should be prepared to be in a "total immersion" environment. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Spanish 2 (P)

Honors Spanish 3 (*Grade: 10-12, Credit: 10*)

This course is an accelerated, in-depth third level language program of study intended for the motivated language student. It is the recommended course for any student who plans to enroll in Spanish IV AP. The course aims to increase the student's ability to communicate in the language through extensive vocabulary building and mastery of advanced grammar structures. Grammar concepts are reviewed in the context of contemporary and classic literary pieces. Written and oral assignments advance the usage of all tenses. The student learns more about the native-speaking world in class discussions, foreign films'

evaluation and by reading and researching contemporary publications. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: A in Spanish 2 (P)

Spanish 4 (*Grade: 10-12, Credit: 10*)

Spanish IV is an advanced level course designed for the motivated student who wishes to complete four years of a foreign language. This course aims to develop an Intermediate Low to Intermediate Mid level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Students read and study various literary genre. Discussions of literary pieces and foreign films, as well as conversations about current events, promote facility in speaking. There is a strong emphasis on writing. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Spanish 3 (P)

AP Spanish Language (*Grade: 11-12, Credit: 10*)

This course, conducted in the language, includes a thorough grammar review as well as the study of literary works and films. AP Spanish Language is an advanced level course designed to challenge the highly motivated student in the study of the language and in aspects of its literature, its films, and its culture. Intended for the student who wishes to continue studying the language at the university level, this course aims to develop a Medium to High Intermediate Level of proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Competence in speaking is promoted by discussions about the literary pieces read and the films viewed. Strong emphasis is placed on narrative, analytical, and persuasive writing. Students enrolled in the course are required to take the AP Exam in the spring. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B+ or better in Honors 3 or A in Spanish 3

AP Spanish Literature (*Grade: 10-12, Credit: 10*)

The AP Spanish Literature course is comparable to a third-year college Introduction to Hispanic Literature course. Students will learn to develop a high degree of competence in language skills and in the interpretation of literature. Students are required to read, analyze and discuss in writing a wide variety of representative works from three major genres: narrative, poetry, and drama, using the appropriate terminology and applying the different tools of literary criticism. Students will do a close reading of all fifty-three required readings in preparation for the AP Spanish Literature Exam. All students enrolled in this course are required to take the AP Spanish Literature exam at the end of the year. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Completion of AP Spanish Language with a grade of B or better or completion of Spanish 4 with a grade of A, and teacher recommendation.

Latin 1 (*Grade: 9-12, Credit: 10*)

The Latin 1 course endeavors to develop a coherent and clear understanding of the overall structure of the Latin language and incorporate elements of Latin grammar, vocabulary building and mastery of basic translation skills. It includes elements of early Roman civilization, culture, and history. Through the study of English derivatives and a thorough comparison of English and Latin grammatical concepts, the student strengthens her knowledge of English grammar, syntax, and vocabulary. The student learns noun declensions and verb conjugations and becomes skilled at translating and analyzing sentences that

incorporate all parts of speech. This course is also appropriate for the student who wishes to improve her English language skills. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar

Latin 2 (*Grade: 9-12, Credit: 10*)

The Latin 2 course completes the coverage of Latin grammar, syntax and vocabulary initiated in Latin I. A comprehensive study of Latin grammar includes the passive voice, relative pronouns, the subjunctive, sequence of tenses, deponent and irregular verbs, participles and case usage as well as a more intensive study of English derivatives. This course includes additional advanced translations and a greater in-depth study of Roman civilization and mythology focusing on the characteristics of first century B.C. to first century A.D. Roman Society. By the end of this course, students will be able to read Roman authors in their original form, both prose and poetic. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C- or better in Latin 1 (P)

Latin 3: Latin Literature (*Grade: 10-12, Credit: 10*)

The Latin III program includes an in-depth review of Latin syntax and grammar, as well as learning a few structures that were not learned in Latin 1 and 2, such as gerunds, gerundives, the volitive subjunctive, and conditional statements. The main focus of the class is on reading a variety of Latin literature in its original form, including classical poetry and prose, as well as post-classical authors. The writings of authors such as Cicero, Catullus, Horace, Caesar, and Jerome's *Vulgate* will be examined and students will learn how to scan Latin meter. Students are encouraged to go beyond simply translating and to view selections as literature by examining style and rhetorical devices employed by the Latin authors. They will also be introduced to secondary scholarship in English about classical literature. Finally, Students will study the lives of important Latin authors from the 3rd century B.C. to the 18th century A.D. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Latin 2 (P)

Honors Latin 4: Virgil (*Grade: 11-12, Credit: 10*)

Honors Latin 4 is designed to promote the students' proficiency in advanced translation skills and their mastery of complex Latin syntax. The students learn poetic style, history, and mythology through the concentrated reading and translation of sections of Vergil's Aeneid and reading in English of the rest of the work. They discuss the Aeneid's literary style and the use of epic influence in the dactylic hexameter poem. Through the study of the Aeneid, the students delve into the historical background of the first century B.C. and what the work tells us about Roman religion, mores and national identity. This course follows the curriculum of the AP exam and students will also read selections from Caesar's *De Bello Gallico* that were not read in Latin 3. UC A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B in Latin 3 (P); Latin Literature and teacher recommendation.

PHYSICAL EDUCATION DEPARTMENT & SPORTS

The Physical Education Department strives to enrich the mental, physical and the moral development of all students by promoting spiritual, creative, and healthy lifestyles through high-quality programs. The department identifies the components of successful health-related physical education and implements these into all classes. Through the practice of dance, weight training, recreational fitness, yoga, and other physical activities students improve their physical coordination, body alignment, awareness, agility, balance and strength.

In addition, the breathing, meditation, and instruction on healthy nutritional and lifestyle choices assist students in dealing with the stresses associated with adolescence. Teachers emphasize participation in developmentally appropriate and enjoyable physical activities while providing students with the skills to assess their progress.

Health (*Grade: 9-12, Credit: 5*)

Health is a one-semester required course for graduation. The course focuses on helping students understand and develop healthy behaviors. The student will assess her current lifestyle choices and set personal goals aimed at improving her quality of life. Students learn to identify teenage health investigate and women's health issues in a supportive and collaborative environment.

Prerequisite: None

Recreational Fitness (*Grade: 9-12, Credit: 5*)

The course will offer an extensive array of recreational sport activities that will develop skill, interest, and appreciation for the need for lifelong learning, activity, and recreation. The goal of this class is to provide experiences that give release from emotional strain and tension by allowing students to experience competitive and noncompetitive activities through team and individual activities. The course will incorporate background information about the games and activities, equipment use, sequence of skills, drills, game strategies, rules, safety, health benefits, and assessments. The recreational games will include but are not limited to the following: Basketball, Volleyball, Indoor Soccer, Badminton, Pickle Ball, Capture the Flag, Kick Boxing, Self Defense, Frisbee, and Disc Golf.

Prerequisite: None

Yoga (*Grade: 9-12, Credit: 5*)

This course will introduce the student to the practice of Mindful Yoga that has been approved by our Catholic Diocese. Students will learn about five elements that make up this course: Connect, Breath, Move, Focus and Relax. This class will provide tools that help all teens navigate physical, mental and emotional barriers to learning, including improving focus and concentration skills and increasing emotional regulation capacity. Mindful Yoga fosters a space for joyful exploration and sharing of ideas while providing an environment of support and encouragement, where all students can feel safe and respected. All the poses can be modified, depending on the student's abilities and flexibility. Students

who have previous experience will be challenged with intermediate and advanced levels of combinations.

Cardio & Weight Training (*Grade: 10-12, Credit: 5*)

Cardio & Weight Training surveys movement, skills, and knowledge of body mechanics through achieving and maintaining a health-embracing level of physical fitness. The course focuses on the components of physical fitness (strength, flexibility endurance, balance, coordination, and relaxation), the benefits of exercise and good nutrition, and the proper uses of the different fitness machines and apparatuses in the fitness center. Instruction in proper conditioning technique will also be included in the course. The goal of the class is to enable the student to design her personal fitness program.

Dance Styles (*Grade: 9-12, Credit: 5*)

This beginning dance course introduces the student to a variety of modern dance genres, including jazz, modern, hip-hop, funk, and character. Students in this class will develop their knowledge of dance techniques while improving their body flexibility, strength, endurance, balance, coordination, and relaxation. The dance course encourages students to collaboratively create choreography. This class may be repeated for PE credit.

Intermediate Dance Techniques (*Grade: 9-12, Credit: 5*)

This intermediate dance class is designed for students interested in improving their dance ability. The class will focus on ballet and modern movement in order to increase knowledge of various turns, leaps, and expand the student's overall dance vocabulary. Students will have a performance opportunity at an SFHS event.

Prerequisite: Audition

Hula: Na Wahine 'O 'Olu (The Women of Grace) (*Grade: 9-12, Credit: 5*)

This year-long course enables students to learn basic Hawaiian language, Polynesian dance, and history. Through hula basics and choreography, the students will learn discipline, grace, teamwork, and commitment to reach each dancer's full potential in hula. Students learn techniques to dance hula gracefully through hand gestures, body movement and facial expression in addition to learning basic Hawaiian language and Hawaiian history. This class performs in many of the school events as well as some outside events. [View Nā Wāhine O 'Olu Hula performance dates here.](#)

Prerequisite: By audition only

Basketball (*Grade: 9-12, Credit: 5*)

This winter/spring semester course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Cross-Country (Grade: 9-12, Credit: 5)

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. *Any student may participate.*

Dive Team (Grade: 9-12, Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Golf (Grade: 9-12, Credit: 5)

The fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Lacrosse (Grade: 9-12, Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Soccer (Grade: 9-12, Credit: 5)

This winter/spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Softball (Grade: 9-12, Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Swimming (Grade: 9-12, Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. Any student may participate.

Tennis (Grade: 9-12, Credit: 5)

This fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Track & Field (Grade: 9-12, Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. Any student may participate.

Volleyball (Grade: 9-12, Credit: 5)

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Water Polo (*Grade: 9-12, Credit: 5, Cut -Varsity only*)

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

PE Waiver-Non SFHS Team (*Grade: 9-12, Credit: 0*)

Students who have been active and competitive for at least a year in a sport not offered at St. Francis High School may be eligible for a PE waiver. Students must provide appropriate documentation to be considered for approval. The Non-SF Sport PE Waiver application can be downloaded below. Coaches are required to sign the application and attach a letter of recommendation and competition calendar. Students who are not approved will be assigned to a P. E. class. This is a zero credit course. Students enrolled in this course are exempt from one semester of P.E. and their graduation requirement for that semester is fulfilled.

All P.E. waivers must be submitted within the first two weeks of the school year. No late waivers will be considered.

SCIENCE DEPARTMENT

The SFHS Science Department promotes an understanding of the basic principles of science. After four years, the student will have an understanding of the basic order in nature and have an appreciation of the laws of the universe. Science courses are designed to meet the state standards and UC requirements.

Courses starting with the freshman year are developed in a sequential fashion to encourage upper-level courses in the future.

Integrated Science (*Grade: 9, Credit: 10*)

Integrated Science is a survey course that engages students in scientific inquiry while developing their natural curiosity about the world around them. Students participate in discussion, projects, and lab investigations. The curriculum of this course is designed to provide students with a solid foundation for future lab sciences. The class integrates the concepts from physics, chemistry, biology and earth science. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Placement in this course is determined by the High School Placement Test scores.

Biology (*Grade: 9-10, Credit: 10*)

Biology is a laboratory science course that focuses on the study of life. The course begins with an inquiry into the chemistry of life and proceeds to an examination of the fundamental concepts of cellular biology, including an in-depth study of cellular structure and function. Biology students study photosynthesis, cellular respiration, cell growth and division, the fundamentals of DNA and RNA, genetics, and the anatomy and physiology of the human reproductive systems. The Biology course introduces students to bacteria, viruses, fungi, animals, and plants, focusing on their cellular similarities and differences. Scientific thinking, analysis, and laboratory skills are emphasized along with Biology's connections to other scientific disciplines. Students practice scientific writing skills and learn to think deeply in order to apply what they have learned during laboratory activities. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Incoming freshmen: Placement in this course is determined by the High School Placement Test scores. Sophomores: who have completed Integrated Science

Honors Biology (*Grade: 9, Credit: 10*)

This course is designed to teach the student the fundamental principles of Biology and to prepare her to succeed in future biologically based courses on the high school and college level. The curriculum is covered in greater depth and at a more accelerated pace than Biology. Honors Biology engages the student with demonstrations, laboratory exercises, case studies, debates, microscopy, and dissections as they discover Chemistry, Biochemistry, Cytology, Molecular Biology, Genetics, and Anatomy and Physiology. The course aims to teach students the necessary laboratory skills needed for success in science courses, such as observation, analysis of data, microscopy, and dissection. Critical thinking and

communication are an integral part of this course. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Incoming freshmen: Placement in this course is determined by the High School Placement Test scores.

Chemistry (Grade: 10-12, Credit: 10)

This course is designed to teach the fundamental principles of chemistry and to prepare students for physical science classes on the high school and university level. The class stresses basic problem solving techniques and understanding the major theories in chemistry through written and laboratory work. Since chemistry is an experimental science, time equivalent to one period a week is spent in the laboratory. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Biology or Honors Biology (for either course, passed both semesters with a C or higher); Algebra 1 (passed both semesters with a C or higher)

Co-Requisite: Geometry or Algebra 2

Honors Chemistry (Grade: 10-11, Credit: 10)

This course is designed to teach the highly motivated student fundamentals of Chemistry and to prepare her to succeed in further physical science classes at the high school and university level. The class stresses basic problem-solving techniques and understanding of the major theories in Chemistry through written and laboratory work. Concepts will be studied in greater depth and at a faster pace than in the regular Chemistry class. More advanced mathematical skills will be required. Since Chemistry is an experimental science, time equivalent to one class per week is spent in the laboratory. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Biology or Honors Biology and Department approval. Student must have completed Algebra 2 or be co-enrolled in Algebra 2.

Co-requisite: Algebra 2

Physics (Grade: 10-12, Credit:10)

The central theme of this UC approved lab science course is the inter-relationship between matter and energy. Students will develop an understanding of the basic concepts of physics and how they relate to our everyday world. Activities and projects will drive the learning of physics concepts. The time equivalent to one period per week or more is spent in the laboratory. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: C or better in Algebra 2 and Geometry

Honors Physics (Grade: 10-12, Credit: 10)

The central theme of Honors Physics is the inter-relationship between matter and energy. Students will develop an understanding of the basic concepts of physics and how they relate to our natural world. This course also stresses the skills necessary to set up logical solutions to more complex problems, which are developed as combinations of fundamental concepts. Laboratory work and problem solving will be key to the understanding of everyday experiences. Concepts are reinforced through homework, special projects, demonstrations, small group and class discussions, and guest speakers. The time equivalent to one period per week is spent in the laboratory. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: B or better in Algebra 2, A- or better in Geometry OR a B or better in Precalculus.

AP Biology (*Grade 11-12, Credit: 10*)

This course is equivalent to a college biology course for biology majors. The course follows the curriculum set by the national Educational Testing Service. Topics covered include molecules, cells, genetics, evolution, organisms, and populations. Extensive laboratory work will be performed. This is designed for the student who plans to pursue science in college or for the student who wishes to complete a college science requirement while in high school. All students enrolled in this course are required to take the AP Biology exam at the end of the year. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: A in Honors Biology or Biology; B in Honors Chemistry or Chemistry; Must have instructor permission.

AP Chemistry (*Grade: 11-12, Credit:10*)

AP Chemistry is a course that covers the same concepts as the Honors Chemistry course; however, the subject matter is covered in much greater depth and requires a much higher level of critical thinking and analysis skills. Topics covered in the class include atomic theory and atomic structure, chemical bonding, states of matter, solutions, reaction types, stoichiometry, equilibrium, kinetics, and thermodynamics. There is a much stronger emphasis on chemical calculations and the mathematical formulation of chemical principles. The course is based on the national Advanced Placement Curriculum in Chemistry. All students enrolled in this course are required to take the AP Chemistry exam at the end of the year. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: A in Honors Chemistry or Chemistry; A in Algebra 2; Must have instructor permission

Biology II (*Grade: 10-12, Credit: 10*)

This is a college preparatory course that provides students with the concepts, principles, and methodologies necessary to understand some of the interrelationships that occur in the natural world. The first semester investigates topics in Ecology: the biosphere, species' adaptations, natural selection, climate, weather, biomes, and fire ecology. We explore population ecology—how populations grow, how they are controlled, cycles in population growth. We look at the human population—its growth, trends, and predictions, and analyze ecological footprints. We learn about communities and ecosystems—their structure, interactions, food webs, disturbances, and nutrient cycles. The second semester encompasses topics in Environmental Science. We include solid waste, fossil fuels, renewable energy, climate change, water resources, and sustainable development. Class time consists of lectures and developing scientific investigation and thinking skills through experimental data collection, data analysis, and research, and observations. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Integrated Science and/or Biology

Anatomy & Physiology (*Grade: 11-12, Credit: 10*)

Anatomy and Physiology is a rigorous UC approved lab science course designed for the student interested in continuing studies of the life sciences. Students will receive the foundation necessary to pursue areas of medicine and other health-related fields when they enter college. This course is an

intense exploration of body systems that include many laboratory investigations. There are three mandatory dissections in this course: sheep brain, sheep heart, and a comprehensive three-week exploration of a cat. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: B or better in Biology and Chemistry

Biotechnology (*Grade: 11-12 (10th with Science Department approval), Credit: 10*)

Biotechnology is a field of applied biology that involves the use of living organisms and bioprocesses in medicine, forensics, agriculture, and many other fields. Biotechnology has been called “The Science of the New Millennium”. This is a rigorous course which begins with a comprehensive overview of the key concepts in molecular biology. Topics to be covered include nucleic acid structure and function, DNA replication, transcription, translation, chromosome structure, and regulation of gene expression in prokaryotes and eukaryotes. The course focuses on the use of this knowledge in biotechnological methods, such as recombinant DNA technology, restriction enzyme digest, creating genetically modified organisms, gene transfer, gene therapy, PCR and DNA fingerprinting, microarray technology, ELISA testing, and more. The class will also discuss bioethics and how controversial issues are addressed using a Catholic worldview. State-of-the-art equipment and materials are available for students as they learn and apply the basic molecular biology methods used in the field of biotechnology. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: B or better in Biology for both semesters, enrollment in a year-long Biology course is highly recommended; C or better in Chemistry

Applied Chemistry & Technology (*Grade: 11-12, Credit: 10*)

This is an upper division chemistry course designed to further students’ understanding of the concepts covered in her first year chemistry course, introduce additional topics generally encountered in a college chemistry course, and require students to apply her understanding of the material to culturally relevant topics and real-world problems in the areas of medicinal chemistry, environmental chemistry, consumer chemistry, and forensics. There will be a strong emphasis on the study of technological advances in chemistry, such as nanotechnology and alternative fuels, the use of technology in labs and the acquisition and analysis of data, and the emerging field of Green Chemistry. In addition, students will gain experience in chemical engineering principles and methods through labs and other activities. Topics covered in the class include atomic theory and atomic structure, chemical bonding, nuclear chemistry, states of matter, solutions, reaction types, stoichiometry, equilibrium, kinetics, and thermodynamics. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisites: B- or better in Chemistry or Honors Chemistry, completion of or concurrent enrollment in Algebra 2 or Algebra 2B

SOCIAL STUDIES DEPARTMENT

The Social Studies Department of St. Francis High School believes that an understanding of the human condition in the past and throughout the world today is the best preparation for concerned, responsible, and active citizenship in a society of rapid change and high technology. Through the examination of other cultures, historical time periods, the changing role of government, and economic development, students understand the importance of past events in relationship to future decisions.

We believe that strong Christian values will help our students evaluate issues on the local, national and international levels. We urge students to foster a critical sense of what is permanent and meaningful, and reject superficial and transient values, through participating in the political process, government forums and volunteer service within their community. We promote sympathy, justice, and peace in all human relations so that our students will act from a basis of love and conviction to make our world a better place to live.

Historical Geography (*Grade: 9, Credit: 5*)

The one-semester course of Historical Geography is designed to introduce students to the five themes of geography (Location, Place, Movement, Human–Environment Interaction, and Regions) in order to examine human socio-economic organization through a historical perspective. Geography and its interrelationships are viewed through the historical perspectives of Ancient Greece and Rome, Ancient China, Ancient India, the Rise of Islam, African Civilizations, and Pre-Columbian Civilizations to give students a sophisticated view of the world and an understanding of human life. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: None

World History (*Grade: 10, Credit: 10*)

World History is a College Preparatory Course for sophomores, which acts as a continuation of the narrative of historical geography begun in the Freshman year social studies course. World History continues to examine the effect of geography on the modern world, from the late eighteenth century through the present. Students trace the rise of democratic ideas and develop an understanding of the historical roots of current world issues, especially as they pertain to international relations. Major themes throughout the year-long course include: the Age of Exploration, the rise of democratic ideas, the Industrial Revolution, Imperialism, World War I and its consequences, Totalitarianism with an emphasis on Nazi Germany and Stalinist Russia, the causes and consequences of World War II, the Cold War, and the post-colonial contemporary world with a focus on the rise of nationalism and terrorism. Students will develop an understanding of current world issues and relate them to their historical, geographic, political, economic, and cultural contexts. Students analyze primary and secondary sources in order to consider multiple accounts of events and understand international relations from a variety of perspectives. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: Historical Geography (P)

AP World History (*Grade: 10, Credit: 10*)

AP World History is offered to advanced sophomores who want to experience a college-level course and will be taking the AP Exam in World History. The course develops a deeper understanding of the interaction between various human societies and the evolution of global processes and contacts. This understanding develops through both analytical skills and factual knowledge. The course involves comparing and contrasting noteworthy societies and learning the causes and consequences of transitions in societal foundations. An emphasis on knowledge of content, coupled with the interpretation of major issues and the examination of significant historical evidence is central to the course. Precedents based on culture, institutions, and technology, plus geography set the stage for human analysis. Specific time periods and themes provide an organizational framework to handle change and provide continuity for a scholarly examination of the course. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: Historical Geography (P) and department approval

US History (*Grade: 11, Credit: 10*)

U.S. History is a full year survey course beginning with an overview of early American history through the Reconstruction era. Students engage with the social, economic, and political history of the U.S. by examining major turning points in American history including industrialization, reform, imperialism, World War I, Depression and New Deal, World War II, Cold War, Civil Rights, Watergate, and more recent contemporary issues. During the year the following themes are emphasized: the expanding role of the federal government and the courts, the continuing tension between the individual and the state, the ongoing conflict between minority rights and majority power, the impact of technology on American society, the movements toward equal rights for racial minorities and women, and the growth of the United States as a world power. This course also builds the skills necessary for students to investigate, analyze, interpret, and evaluate historical materials in order to create original research projects and oral presentations. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: World History (P) or AP World History (HP)

AP US History (*Grade: 11, Credit: 10*)

Advanced Placement United States History is a chronological survey course covering the period from the indigenous people prior to Columbus contemporary America (2000). The Advanced Placement program in United States History is designed to provide students with the analytical skills and factual knowledge to deal critically with the problems and issues in United States History. Students will learn to assess historical materials, their relevance to a given interpretive problem, their reliability, and their importance, and to weigh the evidence and interpretations presented in historical scholarship. Students will be prepared to take the AP U.S. History exam offered by the College Board. All students enrolled in this course are required to take the AP US History exam at the end of the year. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: World History (P) or AP World History (HP) and Department Approval

Civics (Grade: 12, Credit: 5)

In this course, students pursue a deeper understanding of the institutions of American government and politics. Students compare systems of government in the world today and analyze the history and changing interpretations of the Constitution, the Bill of Rights, and the current state of the legislative, executive, and judiciary branches of government. Students will also analyze influences on the policymaking process from outside of the government through the study of the beliefs and behaviors of citizens and the mechanisms that allow citizens to organize as well as communicate their interests. An emphasis is placed on analyzing the relationship among federal, state, and local governments, with particular attention paid to important historical documents. These standards represent the culmination of civic literacy as students prepare to vote, participate in community activities, and assume the responsibilities of citizenship. Students will get an opportunity to see the functioning of political campaigns, local government, and the court system first hand through participation and observation. UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: US History (P) or AP US History (HP)

Economics (Grade: 12, Credit: 5)

Economics is a unique upper-division social science course which enables students to use economic concepts in a reasoned, careful manner dealing with personal, community, and national economic issues. This course involves both theoretical and practical approaches to the ideas of scarcity and exchange, and includes a study of the tools of analysis such as charts and graphs. Along with a survey of microeconomic and macroeconomic principles, students will have the opportunity to investigate current economic issues and analyze how these issues relate to the concepts studied in class. This course integrates good citizenship with the understanding of economics, and thus serves as an excellent course paired with Civics in the senior year. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: U.S. History (P) or AP US History (HP)

AP US Government & Politics (Grade: 12, Credit: 5)

AP United States Government and Politics introduces students to key political ideas, institutions, policies, interactions, roles, and behaviors that characterize the political culture of the United States. The course examines politically significant concepts and themes, through which students learn to apply disciplinary reasoning, assess the causes and consequences of political events, and interpret data to develop evidence-based arguments. Major units of study include constitutional underpinnings; institutions of national government; political beliefs and behaviors; political parties, interest groups, and mass media; and civil right and liberties. This course prepares students to take the AP U.S. Government and Politics exam by focusing on content and skills (including primary source analysis, interpreting charts & political cartoons, current event analysis, and debating constitutional issues). UC A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: US History (P) or AP US History (HP) and department approval

TECHNOLOGY DEPARTMENT

Technology is an integral part of the high school experience. At St. Francis High School, our mission is to prepare our students for 21st century learning by mastering skills of locating, analyzing, and creatively communicating information effectively. Our technology courses focus on preparing students to become independent users of technology, for academic and artistic purposes.

Technology is all about change; building confidence allows our students to adapt and grow with the hardware and software over time, preparing them for lifelong learning.

Computer Graphics (*Grade: 9-12, Credit: 5*)

This course provides students with the basic and intermediate computer graphic experience. Through the use of the Adobe Creative Suite and with a pen and tablet device, students develop computer graphics for print material. Students explore a wide range of techniques to create unique graphics. This is a semester-long course.

Prerequisite: None

Digital Concepts (*Grade: 9-12, Credit: 10*)

This course involves modeling “real-world” problem-solving using business application software. The curriculum provides an overview of the various concepts and use of applications in today’s digital world. This includes deepening their understanding of file management, document management, spreadsheets and presentation tools. The course will also cover the foundations of the World Wide Web and teach students the elements of web page design including the use and syntax of Hypertext Markup Language (HTML) and Cascading Style Sheets (CSS). Students will also explore security issues related to living in the digital age. UC A-G Pending - G Elective

Prerequisite: None

Computer Programming with C – C-STEM (*Grade: 9-12, Credit: 10*)

This course is being offered in partnership with UC Davis’ C-STEM Center. Computer Programming with C provides students with the fundamental knowledge of computer programming for solving applied problems in C. Students learn how a computer works and structured programming in C for software development. The topics include programming constructs, data types and declaration of variables, expressions and operators, selection statements, repetition, flowcharts for algorithm development, functions for modular programming, arrays for statistical data analysis, plotting for visualizing data (using scatter plot, dot plot, bar graph, histogram, Box-and-Whisker plot, etc.), linear regression and curve fitting, pointers and dynamic memory allocation, processing data files, animation, robotics applications, and applications in math and science. The emphasis of the course is to introduce the students to software development concepts.

This course also focuses on algorithm development and computer programming for solving applied problems in science, technology, engineering and math (STEM), such as solving problems in Algebra and robotics. Considerable attention is devoted to program design, task decomposition, testing, debugging, and software reuse. Students write computer programs with graphical plotting in an integrated development environment. Through problem-based projects, students develop critical thinking, problem solving, computational thinking, effective communication, and teamwork skills. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Completion of Algebra 1 or equivalent.

AP Computer Science A (Grade: 10-12, Credit: 10)

AP Computer Science is a full-year introductory course in computer science, comparable to a first-semester college course. Students will learn to design and implement solutions to problems by writing, running, and debugging computer programs in the Java programming language. Students will learn to code fluently in an object-oriented programming language, to use and develop common algorithms and data structures, to read and understand programs developed by others, and to recognize the ethical and social implications of computer use. Students will be prepared and required to take the AP Computer Science A exam. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: A- or better in Algebra 2, B or better in Honors Algebra 2, and/or a B or better in Pre-calculus (all grades are from second semester). Completion of AP Computer Science A. Students who do not meet these requirements may apply by submitting a petition form.

AP Computer Science Principles (Grade: 10-12, Credit: 10)

This course utilizes resources from Harvard University's popular CS50 course to meet the standards of AP CS Principles, a new computer science course created by the College Board and debuting in 2016-17. CS50 is Harvard's introduction to the intellectual enterprises of computer science and the art of programming. This course teaches students how to think algorithmically and solve problems efficiently. Topics include abstraction, algorithms, data structures, encapsulation, resource management, security, software engineering, and web development. Languages include C, PHP, and JavaScript plus SQL, CSS, and HTML. Problem sets are inspired by real-world domains of biology, cryptography, finance, forensics, and gaming. CS50 is designed for all students with or without prior programming experience. UC A-G approved – g College-Preparatory Elective. NCAA approved.

Prerequisite: Completion of Algebra 1 or equivalent and Computer Programming with C - C-STEM

Digital Photography 1 (Grade: 10-12, Credit: 5)

A course emphasizing the synthesis of painting, drawing, photography and design skills in a contemporary approach to artistic production through electronic imaging, manipulation, and design. Class discussions and studio projects address a range of technical, compositional, and aesthetic issues fundamental to image making. Strong emphasis is on the development of both a technical grasp of the tools and a critical awareness of the medium through assignments and critiques, lecture, and demonstration. UC A-G approved – f Visual & Performing Arts.

Prerequisite: None

Grade: 10-12

Credit: 5

Digital Photography 2 (Grade: 10-12, Credit: 5)

A course emphasizing the synthesis of painting, drawing, photography and design skills in a contemporary approach to artistic production through electronic imaging, manipulation, and design. Class discussions and studio projects address a range of technical, compositional, and aesthetic issues fundamental to image making. Strong emphasis is on the development of both a technical grasp of the

tools and a critical awareness of the medium through assignments and critiques, lecture, and demonstration. UC A-G approved – f Visual & Performing Arts.

Prerequisite: Digital Photography 1 (P)

Digital Film (*Grade: 11-12, Credit: 10*)

This Digital Film course focuses on the art of video production, video editing and the exploration of communication within the medium of film. Students will learn the history of film, develop proficiency in specialized film vocabulary, as well as analyze film and its narrative structure. Both the individual and group film projects will include story development, screenwriting, digital editing, digital audio, digital photography, and digital film production. Group projects will consist of students organized as modern movie production teams with each student participating as director, editor, producer, and camera and boom operator. UC A-G approved – f Visual & Performing Arts.

Prerequisite: None

Biotechnology (*Grade: 11-12 (10th with Science Department approval), Credit: 10*)

Biotechnology is a field of applied biology that involves the use of living organisms and bioprocesses in medicine, forensics, agriculture, and many other fields. Biotechnology has been called “The Science of the New Millennium”. This is a rigorous course which begins with a comprehensive overview of the key concepts in molecular biology. Topics to be covered include nucleic acid structure and function, DNA replication, transcription, translation, chromosome structure, and regulation of gene expression in prokaryotes and eukaryotes. The course focuses on the use of this knowledge in biotechnological methods, such as recombinant DNA technology, restriction enzyme digest, creating genetically modified organisms, gene transfer, gene therapy, PCR and DNA fingerprinting, microarray technology, ELISA testing, and more. The class will also discuss bioethics and how controversial issues are addressed using a Catholic worldview. State-of-the-art equipment and materials are available for students as they learn and apply the basic molecular biology methods used in the field of biotechnology. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: B or better in Biology ; C or better in Chemistry

Applied Chemistry & Technology (*Grade: 11-12, Credit: 10*)

This is an upper division chemistry course designed to further student’s understanding of the concepts covered in her first year chemistry course, introduce additional topics generally encountered in a college chemistry course, and require students to apply her understanding of the material to culturally relevant topics and real-world problems in the areas of medicinal chemistry, environmental chemistry, consumer chemistry, and forensics. There will be a strong emphasis on the study of technological advances in chemistry, such as nanotechnology and alternative fuels, the use of technology in labs and the acquisition and analysis of data, and the emerging field of Green Chemistry. In addition, students will gain experience in chemical engineering principles and methods through labs and other activities.

Topics covered in the class include atomic theory and atomic structure, chemical bonding, nuclear chemistry, states of matter, solutions, reaction types, stoichiometry, equilibrium, kinetics, and thermodynamics. UC A-G approved – d Laboratory Science. NCAA approved.

Prerequisites: B- or better in Chemistry or Honors Chemistry, completion of or concurrent enrollment in Algebra 2 or Algebra 2B

THEOLOGY DEPARTMENT

The Theology Department is a central and integral part of St. Francis High School. We believe that people encounter God in their everyday activities; it is our goal as religious educators to promote the awareness of God's presence and encourage the interaction of God's grace and our free response. The Theology Department prepares the students to go forth as living examples of service, community building, and faith. There is an ecumenical spirit in our Catholic school which serves those of different Christian denominations, Orthodox traditions, and the Jewish, Hindu, Buddhist, Sikh, and Islamic faiths.

The eight semesters of theology:

- Present the core beliefs and practices of Roman Catholicism.
- Foster an appreciation of: Prayer and Worship; Ethical behavior; Christian Service; Reverence for the mystery of life; Respect for people and religions.

Introduction to Scripture (*Grade: 9, Credit: 5*)

The purpose of this course is to give students a general knowledge and appreciation of the Christian Bible. In the course, they will learn about the Bible, authored by God through the Inspiration of the Holy Spirit, and its value to peoples throughout the world. Students will learn how Catholics interpret the writings found in the Bible and will become familiar with the major sections and books of the Bible. There will be a particular focus this semester on the Hebrew Scriptures, understood both in its original Jewish context, as well as in its contemporary Christian context.

Prerequisite: None

Jesus Through the Ages (*Grade: 9, Credit: 5*)

This course follows the Fall course, Introduction to Scripture, and continues the revelation of Jesus Christ in the Christian Bible. By studying the four Gospels, students learn about the birth and public ministry of Jesus as teacher, prophet, and compassionate healer. Students will also explore Christian beliefs of Jesus as the Second Person of the Holy Trinity, the Incarnate Word of God, and hoped for Messiah.

Prerequisite: None

Discipleship and Prayer (*Grade: 10, Credit: 5*)

The imitation of Christ by every Christian is rooted in the Paschal Mystery (the Passion, Death, and Resurrection of Jesus). This course will study the Paschal Mystery in all four Gospels. The value of redemptive suffering embodied in Jesus' Paschal Mystery has demonstrated to Christians, now and throughout the centuries, the true identity of Jesus as the Christ and the fulfillment of Old Testament promises. The course will also explore the ways in which Christians are called to live a life of holiness in light of Jesus' Passion, Death, and Resurrection. The development of a life of prayer will be examined as the way to nurture a relationship with the Risen Christ.

Course ID: 925

The course will guide students in exploring and understanding the four marks of the Catholic Church as one, holy, catholic, and apostolic. The origin, mission, and structure of the Church will be studied in

Prerequisite: Introduction to Scripture, Jesus Through the Ages

The Church (*Grade: 10, Credit: 5*)

The course will guide students in exploring and understanding the four marks of the Catholic Church as one, holy, catholic, and apostolic. The origin, mission, and structure of the Church will be studied in addition to considering how the Church is able to sustain its unity when its members live their faith in different cultures and countries. Both the global and local nature of the Church will be considered. This one-semester course couples with Discipleship to encompass the SF sophomore year Theology curriculum

Prerequisite: Introduction to Scripture, Jesus Through the Ages

Sacraments (*Grade: 11, Credit: 5*)

This course explores the seven Sacraments---Baptism, Penance and Reconciliation, Eucharist, Confirmation, Matrimony, Holy Orders, and the Anointing of the Sick---as the visible sign of God's invisible presence. Questions such as what happens in each Sacrament, how the Sacrament is conferred, and what are the requirements for the reception of the Sacraments will be discussed. Attention will also be given to the Church as Sacrament and to Jesus as the Sacrament of God. This one-semester course couples with Interfaith Dialogue to encompass the SF junior year Theology curriculum.

Prerequisite: Discipleship, The Church

Interfaith Dialogue (*Grade: 11, Credit 5*)

Interfaith Dialogue seeks to help students understand the manner in which the Catholic Church relates to non-Catholic Christians as well as other world religions. Building on the foundational truth that Jesus Christ established the Church and entrusted to her the fullness of God's revelation, this curriculum explores critical spiritual truths in non-Catholic Christian churches and ecclesial communities as well as in non-Christian religions. This one-semester course couples with Sacraments to encompass the SF junior-year Theology curriculum. UC A-G approved – College-Preparatory Elective. NCAA approved.

Prerequisite: Discipleship, The Church

Ethics (*Grade: 12, Credit: 5*)

The Ethics course provides a foundation in Roman Catholic moral theology and moral decision-making. During the first quarter of the semester, class discussions focus on human nature, psychological growth, and secular ethical theory as seen through Aristotle, Kant and Utilitarianism. This is followed by the study of values as seen in Jesus' concept of love, and the Sermon on the Mount. Also highlighted are discussions regarding sin, freedom, law, and the role of human conscience. The second quarter is devoted to the study and discussion of moral issues, dignity of human life issues and human sexuality.

Prerequisite: Sacraments, Interfaith Dialogue

Social Justice (*Grade: 12, Credit: 5*)

“No one lives alone. No one sins alone. No one is saved alone,” wrote Pope Benedict XVI, whose words resonate with today’s world, particularly because the prevalence of social media allows us to better see how our lives are interwoven with those around us. This course on Social Justice builds on those connections by helping young people find their place in the community of the faithful as they advocate for charity and justice in the world. Organized around the seven principles of Catholic social teaching, this course helps students gain a greater understanding of the roots of social teaching in the Church, its context in the Bible and Catechism and real-life examples of charity and justice in action. The seven principles of Catholic Social Teaching will be explored through prayer, reflection, research, and advocacy.

The Seven Principles of Catholic Social Teaching are as follows:

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity
7. Care for God’s Creation

Prerequisite: Sacraments, Interfaith Dialogue

OTHER COURSE OFFERINGS

SFHS encourages its students to reach out – to explore new horizons, to get involved in global concerns and to help shape ideas and technologies of the future.

Christian Service Leadership

This course is required for students chosen to be Christian Service Leaders. This course provides students with learning opportunities to affirm, develop, and express their aspirations to grow their servant leadership competencies. The purpose of this year-long course is to teach leadership skills and provide students with a platform to demonstrate their skills while inspiring and informing the St. Francis Catholic High School community about service opportunities, social justice, charity, and advocacy.

Prerequisite: Teacher recommendation. Students must be selected as a Christian Service Leader to enroll.

Troubie Success (Grade: 9 (recommendation from Admissions), Credit: 10)

Troubie Success is a three-semester series designed to provide students with the necessary support and skills for a successful transition to the academic program at St. Francis.

Summer session is four weeks and includes Algebra Readiness, English Readiness, Study Skills, and Basic Technology. Troubie Success continues throughout the academic year supporting success in all curricular areas.

The primary objective of Troubie Success is to develop success attributes including self-awareness, goal setting, perseverance, emotional coping strategies, use of support systems, proactivity, and self-advocacy.

Prerequisite: None

Study Skills (Grade: 10-12 (by recommendation from Guidance, Resource, or Administration), Credit: 10)

Study Skills is a semester academic support program for Sophomores, Juniors, and Seniors. This course is designed to promote individual academic success by evaluating challenges and designing individual success plans. Students learn effective time management, overcoming procrastination, setting and attaining goals, test taking preparation, and how to prevent test anxiety.

Study Skills promotes lifelong success attributes of self-awareness, goal setting, perseverance, emotional coping strategies, use of support systems, proactivity and self-advocacy.

Prerequisite: None

Academic Decathlon (Grade: 9-12, Credit: 2 total (one per semester))

This academic team offers students the opportunity to immerse themselves in a new topic each year, ranging from national (e.g. Civil War and Great Depression) to international (e.g. French Revolution and Renaissance) topics. In addition to weekly meetings, members also attend various workshops and scrimmages. Students compete in February against other local high schools across a variety of areas (Economics, Arts, Music, Language and Literature, Mathematics, Science and Social Science) all related to the annual theme. Competition includes subject tests, speeches, essay, and Super Quiz. The “Aca Deca” team must consist of an equal number of members from various grade point average ranges, so all students are encouraged to participate, regardless of grade point averages. Students may additionally earn 3 units of elective credit at CSUS through the [Accelerated College Entrance \(ACE\) program](#)

NOTE: This class meets two days a week after school.

Prerequisite: None

The Canticle (Yearbook) (Grade: 9-12, Credit: 10)

Students contribute to the SFHS archives by creating The Canticle, the school yearbook. Using a journalistic approach, students develop skills in business, graphic design, visual communication, writing, interviewing, photography, and collaboration in a real-world experience. Goals include stimulating students’ creativity, strengthening their value of commitment, and assuming responsibility for a final product. It is an honor as well as a lot of fun to be a part of the yearbook staff!

Prerequisite: Students must have a “B” or better in English or teacher recommendation (By recommendation from Guidance, Resource, or Administration)

Certamen (Grade: 9-12, Credit: 2 total (one per semester))

Students on this academic team prepare for competition at events sponsored by the California and National Junior Classical Leagues, including Ludi Novembres, Carcer, and State Convention. Students learn all aspects of classical society, history and mythology, and test their knowledge against high school teams from across the state. Events include: academic tests (e.g. Latin/Greco-Roman history, mythology, grammar, vocabulary, daily life); speech events; catapult and chariot; essay and story writing. The premier event is the Certamen, a team quiz contest.

NOTE: This team meets one to two days a week after school.

Prerequisite: None

Ministry Leadership (Grade: 9-12, Credit: 5)

This course provides each student the opportunity for experience and development of her leadership knowledge and skills. It also allows the student to contribute to the St. Francis Community through the unique gifts given to her by God. Topics covered include lay ministry, leadership styles, effectiveness, communication, conflict resolution, recruiting and managing. In addition, students will create, lead and evaluate projects to build and refine their skills. Students in Ministry Leadership work within the Campus Ministry Department and its various programs including: liturgies and prayer, retreats, service,

community building, and the Big Sister mentoring program. This course may be repeated once in an opposite semester for credit. NOTE: This class is only offered in B Block.

Prerequisite: None

Mock Trial (*Grade: 9-12, Credit: 2 total (one per semester)*)

The Mock Trial team prepares students to prosecute and defend a single case, serving as pretrial counsel, trial attorneys, witnesses, defendants, court clerks, reporters, and bailiffs. In addition to after-school meetings, members also participate in weekend scrimmages. The team competes against other local high schools in six rounds of simulated trial at the Sacramento County Courthouse in February or March.

NOTE: This team meets one to two days a week after school.

Prerequisite: Application, interview/audition, recommendation and permission of instructor.

Model United Nations Team (*Grade: 9-12, Credit: 2 total (one per semester)*)

This academic team simulates the crucial business of the United Nations assembly. Students represent assigned countries, within an assigned committee, as UN delegates and become versed in their history, economy, politics and culture. Large-scale university MUN conferences simulate topics facing the international community. At these conferences, students serve on various committees (e.g. World Health Organization, Security Council.) Pre Conference research and position-paper writing culminates in these weekend-long diplomatic simulations scored by university students who chair the committees.

NOTE: This team meets one to two days a week after school with outside research required.

Prerequisite: None

Robotics Team (*Grade: 9-12, Credit: 2 total (one per semester)*)

Members of FIRST Robotics Team 692, one of a few all-girls teams in the United States, specializing in project engineering, program management, electronics, computer programming, animation, web design, and public relations. As participants in the FIRST Robotics Competition (FRC), students respond to challenges, work collaboratively as a team, master time management, strengthen communication skills, and practice “gracious professionalism.” The team participates in one to two regional competitions against other teams from across the nation.

Prerequisite: Application, interview, recommendation and permission of instructor.

NOTE: This team meets one to two days a week after school in the fall and five days a week in January and February.

Science Olympiad (*Grade: 9-12, Credit: 2 total (one per semester)*)

The Science Olympiad team competes in a series of individual and team events that encourage learning in biology, earth science, chemistry, physics, problem solving and technology. While some events require knowledge of scientific facts and concepts, others rely on science processes, skills or applications. All events involve teamwork and collaboration. In the high school division, teams have a maximum of 15 students and may have additional members who participate in all practices and serve as back-ups as needed at the annual competition.

NOTE: This team meets one to two days a week after school.

Prerequisite: Application; interview

Speech (*Grade: 9-12, Credit: 2 total (one per semester)*)

The Speech team provides opportunities for students to develop public speaking abilities while furthering their critical thinking and analytical skills. Through a variety of speaking opportunities to choose from, students may write original pieces, interpret published scripts or speeches, respond to prompts about world events, or compete impromptu. Students who want to improve presentation skills, enjoy drama/theater, have a passion for world events and can choose or write scripts are encouraged to audition. The team participates in 4 tournaments per season, mostly on Saturdays.

NOTE: This team meets one to two days a week after school and/or by appointment.

Prerequisite: Audition

Student Intern (*Grade: 9-12, Credit: 5*)

Student Interns earn valuable work experience and excellent references for college applications, letters of recommendation, and job resumes. Students provide service to the school while earning 5 elective credits. Students are assigned a course grade, but this grade is not averaged into the SFHS GPA. Students should register as an intern and meet with the teacher or participating staff members to arrange for the internship. In addition to assisting teachers, students may apply to intern in the Guidance Department, Library, Institutional Advancement Office, Campus Ministry, St. Francis Administrative Office, Arts Department, and Technology Department.

Student Leadership (*Grade: 9-12, Credit: 10*)

This course is a required class if you have been elected as a Student Body Officer or Class Officer. Students in this class will develop an understanding of leadership theory, personal development, communication, organization, community building, and ethics in leadership. The purpose of this class is to organize, manage, and evaluate school-wide activities and events, increase school spirit, participate in community activities and events, facilitate communication within St. Francis, and support the St. Francis student community. Student leaders also provide student representation to faculty, administration, and parent organizations. Leadership students must maintain at least a 2.5 cumulative grade point average to remain active members of the Student Council. Leadership students should be examples of our four pillars: Faith, Excellence, Leadership and Service by participating in class retreats, school activities, completing service hours on time, and engaging in the full St. Francis experience. Leadership students may not be on disciplinary probation, have a suspension, or a Saturday school during their term. Doing so may disqualify them from office. NOTE: This class is only offered at B Block.

Prerequisite: You must be elected to a Student Body Office or Class Office or selected as a Class Senator to enroll.