



2017-2018 CATALOG OF COURSE OFFERINGS

HOLY NAMES ACADEMY
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Mission and Philosophy Statement Holy Names Academy

Holy Names Academy, the oldest continually operating school in the State of Washington, was founded by the Sisters of the Holy Names of Jesus and Mary on November 9, 1880. This Catholic secondary school serves young women of diverse ethnic, economic, and religious backgrounds. The unique character of a Holy Names education is achieved in various complementary ways.

We teach, model, and promote Gospel values. This heritage is transmitted to students through school policies, academic programs, and co-curricular activities that encourage personal growth and respect for others. The Academy seeks to prepare young women for lives of leadership and loving service through excellent academic offerings and meaningful student life programs. The academic curriculum challenges students to develop their scholastic capabilities and individual talents through a four-year program of college preparatory courses. An extensive student leadership program offers multiple avenues for participation.

Holy Names Academy seeks to prepare educated women for a life that proclaims the love of God for the human person. Instructed in an atmosphere that fosters the formation of a conscious ethical stance, young women who graduate from the Academy will discover the power that is theirs to direct their lives in peace, justice, and mercy—a manner befitting those whose faith inspires others. We pledge ourselves to preserve the lasting values of our tradition while we design the Academy of the future.

GRADUATION REQUIREMENTS

Subject areas	Holy Names Academy Graduation Credit Requirements	Credits Recommended for Admission to 4-Year College/University Program
English (1 credit each semester enrolled at HNA)	8	8
Fine Arts (art/dance/theatre/music)	2	2
International Language	4	4-8
Laboratory Science	4	6
Mathematics*	6	6-8
Physical Education**	2	
Health	1	
Religion (1 credit each semester enrolled at HNA)	8	
Social Studies*** (2 credits in U.S. History or AP U.S. History and 2 credits in World History or AP World History)	4	6
Electives	6	
TOTAL CREDITS:	45	

No credit is given for a grade of “F” or “NC” for the semester. A semester failing grade or no credit in a required subject must be made up in that subject area. A student is placed on academic probation when her GPA falls below 2.0, she fails any course at the quarter, or has two or more “D” grades at the quarter. If during this time on probation a student does not make satisfactory progress, she may be advised to attend another school. Students on academic probation may not be eligible to receive financial aid and may be disqualified from participating in co-curricular activities.

A student must earn 45 credits with a minimum of credits as listed above in designated areas in order to participate in the formal graduation ceremony.

*Seniors are required to take a math-based quantitative course such as Math Analysis, Calculus, or Statistics, or an algebra-based science course such as Physics.

**After 9th grade, one credit in Physical Education may be met by participation in an HNA team sport or an outside community athletic/exercise program (the latter option must include at least 75 hours of supervised activity over the course of 20 weeks). Application for credit must be made through the Academic Office.

***Two of the four required classes in Religion are approved by the State of Washington for Social Studies credit, so a student will graduate from Holy Names Academy with a minimum of 8 semesters of approved credit in Social Studies.

RECOMMENDED COURSE OF STUDY

9th GRADE

Religion 9: World Cultures
English 9 or Honors English 9
Algebra I, Honors Algebra I, or Honors Algebra II/Trigonometry
International Language (French or Spanish)
Biology
Physical Education and Health

10th GRADE

Religion 10: Scripture Literature
English 10 or Honors English 10
Geometry or Honors Geometry
International Language
World History or Advanced Placement (AP) World History
PE/Elective (Fine arts, department electives, AP Biology, AP Art History, AP Environmental Science, AP Psychology, AP Computer Science, AP Music Theory, etc.)

11th GRADE

Religion 11: Morality/Service
English 11 or Honors English 11
Algebra II/Trigonometry or Honors Precalculus/Trigonometry
Chemistry or Honors Chemistry
International Language
PE/Elective (Fine arts, department electives, AP Art History, AP Environmental Science, AP Psychology, AP Computer Science, AP Studio Art, AP Music Theory, etc.)

12th GRADE

Religion 12: Contemporary Problems
English 12 or AP English Literature 12
United States History and Government or AP United States History
Math Analysis, AP Calculus, AP Statistics, or Algebra-based Science
International Language, AP International Language, or elective
Physics, AP Physics, or elective

ADVANCED PLACEMENT COURSES

Advanced Placement is a program of college-level courses and examinations for high school students. Over 90% of the colleges nationwide give credit and/or advanced placement to students whose AP examination grades are considered acceptable.

Holy Names Academy offers Advanced Placement courses in computer science, English, fine arts, international languages, mathematics, music, science, and social studies. Students enrolled in an AP course are required to take the AP exam in that course; exam fees are due in December.

WEIGHTED GRADES

Advanced Placement course grades are weighted according to the following scale for the purpose of calculating a cumulative grade point average:

A = 5 points B = 4 points C = 3 points D = 2 points

Note: Colleges and universities may recalculate grade point averages based on their institutional standards and criteria.

COURSE PATTERNS

To help prepare students for college studies, many colleges, both public and private, require that students who wish to attend their institutions complete specific courses during high school. To assure compliance, students should be aware of these requirements at the beginning of their high school years.

FOUR-YEAR IN-STATE PUBLIC UNIVERSITIES: The following are the minimum high school core pattern requirements for public baccalaureate institutions in the state of Washington, i.e., Central Washington University, Eastern Washington University, Evergreen State College, Washington State University, University of Washington, and Western Washington University:

•English: 4 years

Selected from composition and literature courses that develop college-level skills in reading and writing.

•Mathematics: 3 years

Courses include algebra, geometry, and advanced (second year) algebra. More advanced mathematics courses such as trigonometry, mathematical analysis, elementary functions, and calculus are recommended. Seniors are required to take a math-based quantitative course such as statistics, math analysis, or calculus or an algebra-based science course such as physics.

•Social Studies: 3 years

Courses selected from history, political science, government, civics, economics, geography, current world problems, current issues, psychology, or sociology. Note: In addition to the social studies course offerings, Holy Names Academy's "World Cultures" and "Contemporary Problems" classes also meet these criteria.

•Science: 2 years

Courses selected from biology, chemistry, or physics.

•International Language: 2 years in a single international language; 3 years recommended

Courses should have a strong reading and writing focus and not be primarily conversational in content.

•Fine Arts, Visual or Performing, or Academic Electives: 1 year

Visual and performing arts include studies in art appreciation, band, ceramics, choir, dance, dramatic performance and production, drawing, fiber arts, graphic arts, metal design, music appreciation, music theory, orchestra, painting, photography, pottery, print making, sculpture, and calligraphy.

PRIVATE AND OUT-OF-STATE COLLEGES, VOCATIONAL INSTITUTES, AND

BUSINESS COLLEGES: These requirements vary. You should consult course catalogs or contact the college directly.

Special note for those applying to California's public universities:

Students applying to California's public universities must complete a single yearlong approved course from a single discipline within the visual and performing arts: dance, theatre, music, or visual art.

TWO-YEAR COLLEGES: High school graduation is required, or the applicant must be 18 years or older when she enrolls.

COURSE DESCRIPTIONS

COMPUTER SCIENCE

ADVANCED PLACEMENT COMPUTER SCIENCE A (2 semesters – 1 credit per semester)

This is a computer science course with an emphasis on programming methodology and a focus on problem solving and algorithm development. The course emphasizes Object-Oriented design, follows the AP Computer Science A syllabus, and uses the Java computer language. Students should plan to spend at least three hours per week outside of class time working on the computer. All students who elect this course are required to take the AP Exam. No prior programming experience is necessary.

Prerequisite: Completion of Honors Algebra II/Trigonometry or concurrent enrollment in Algebra II or Honors Precalculus; application; signature of teacher.

PROJECTS IN COMPUTER SCIENCE I & II (2 semesters – 1 credit per semester)

This course will allow students who have completed the AP Computer Science course to expand their programming knowledge and work on a significant project showcasing advanced computer-science topics. Lessons on debugging, advanced data structures, and other topics will assist students in completing the projects and advancing their programming skills. These projects will offer students the experience of creating a relevant project to demonstrate the value and power of computer science. Students taking this course will be expected to be self-directed and ambitious. Local computer scientists and programmers will mentor students to provide relevant examples of how programming is used in their fields and industries.

Prerequisite: Successful completion of AP Computer Science, signature of AP Computer Science teacher.

ENGLISH

(Section organized in two parts: Required courses by sequence and department electives alphabetically.)

COLLEGE PREP ENGLISH 9 (2 semesters – 1 credit per semester)

This course is an introduction to world literature through analysis of specific literary forms: short story, poetry, mythology, drama, and the novel. Special emphasis is placed on mechanics, the writing process, and composing the multi-paragraph essay. This course will devote more time to refining writing techniques.

Prerequisite: None.

HONORS ENGLISH 9 (2 semesters – 1 credit per semester)

This course provides an introduction to world literature through analysis of specific literary forms: short story, poetry, mythology, drama, and the novel. Special emphasis will be placed on the writing process and composing the multi-paragraph essay. This course is designed for the motivated student capable of an accelerated pace.

Prerequisite: None.

COLLEGE PREP ENGLISH 10 (2 semesters – 1 credit per semester)

This course is a continuation of the study of world literature. Through the analysis of major works, students build upon the multi-paragraph format from 9th grade in order to produce longer and more

complex expository essays. This course will devote more time to the review and practice of the basics of composition.

Prerequisite: College Prep English 9 or Honors English 9

HONORS ENGLISH 10 (2 semesters – 1 credit per semester)

This course is a continuation of the study of world literature. Through the analysis of major works, students build upon the multi-paragraph format from 9th grade in order to produce longer and more complex expository essays. Students will continue their review and practice of the basics of composition. This course is designed for the motivated student capable of rigorous critical analysis and advanced writing.

Prerequisite: Signature of English 9 teacher.

COLLEGE PREP ENGLISH 11 (2 semesters – 1 credit per semester)

This course is a survey of British literature from the Anglo-Saxon period through the 20th century, with an emphasis on writing skills and literary analysis. A research paper is required in addition to many short critical papers. Students will continue to practice the basics of composition—spelling, punctuation, grammar, and correct usage—and devote more time to refining writing techniques.

Prerequisite: College Prep English 10 or Honors English 10.

HONORS ENGLISH 11 (2 semesters – 1 credit per semester)

This course is a survey of British literature from the Anglo-Saxon period through the 20th century. Designed for the highly motivated student, this course moves quickly and explores literature in depth. A research paper is required in addition to many short critical papers. Students should have sufficient knowledge of the basics of composition—spelling, punctuation, grammar, and correct usage—so that more time can be devoted to refining writing techniques. Students are strongly encouraged to take the AP English Language and Composition exam.

Prerequisite: Signature of English 10 teacher.

ENGLISH 12: AMERICAN LITERATURE (2 semesters – 1 credit per semester)

This course is a historical survey of American literature from the colonial period through the 20th century, with an examination of the many cultural heritages shaping American literature; it is taken during the same year as U.S. History. The course refines writing skills with an emphasis on the production of a series of essays and a formal research paper.

Prerequisite: College Prep English 11 or Honors English 11.

ADVANCED PLACEMENT ENGLISH LITERATURE 12: AMERICAN LITERATURE (2 semesters – 1 credit per semester)

This course combines the survey of American literature with intensive reading of American novels of the 19th and 20th centuries; it is taken the same year as U.S. History. The course is intended both to simulate a college English course in pace, depth, and quality of work, and to prepare students for the national AP English Literature examination in the spring. Among the writing assignments will be many short critical and interpretive essays and a formal research paper. All students who elect this course are required to take the AP English Literature exam.

Prerequisite: Signature of Honors English 11 or English 11 teacher.

ENGLISH ELECTIVES

AMERICAN FOLKLORE (2 semesters – 1 credit per semester)

Folklore refers to the culture, customs, and beliefs of common people. It includes everything from urban myths to timeless ballads, family recipes to tattoos, quinceañeras to country music. Courses on American folklore are popular on college campuses, as they mix sociology, history, and the study of art, and this class will offer a rigorous, high-school-level introduction to American culture through the stories, songs, art, and customs of the average citizen. Students will analyze Native American folk tales, research the connections between blues music and radio technology, and examine why we celebrate Thanksgiving the way we do. We will also collect the folk culture that still surrounds us in family histories, YouTube musicians, and Do-It-Yourself culture. Work for this class will be project-oriented, designed to improve students' critical thinking skills. This course is for students who want to learn more about the different regions, ethnicities, and cultures of the U.S.

Prerequisite: None.

CREATIVE WRITING (1 semester – 1 credit)

This course provides an opportunity for growth in writing, revising, and peer editing within a workshop format. Emphasis is on the creative writing process, writing fundamentals, and development of voice and style.

Prerequisite: None.

LINGUISTICS (1 semester – 1 credit)

This course is designed to increase vocabulary and language awareness, and to introduce fundamental linguistic theory.

Prerequisite: None.

YEARBOOK (2 semesters – 1 credit per semester)

This class produces the Holy Names Academy yearbook, *Excalibur*. Production of the book includes page design, layouts, photography, writing, setting copy on the computer, and preparing final pages for the yearbook publishing plant. This work requires organization, neatness, ability to meet deadlines, and careful attention to detail. Yearbook staff members must be prepared to spend time after school and at lunch covering school events (sports, dances, retreats, etc.), and meeting deadlines, as specified by editors and the teacher.

Prerequisite: Open to 10th-, 11th- and 12th-grade students only, recommendations from current teachers; application; interview with the editors and advisor; and signature of the yearbook advisor. Attendance at Yearbook Camp in early August (usually the second week) is strongly encouraged.

FINE ARTS

(Section organized in three parts: Theatre & Film, Music, and Visual Arts)

THEATRE & FILM

MEDIA STUDIES I: FILM (1 semester – 1 credit)

Students in the course will gain a foundation in the history, theory, and criticism of moving images by watching a number of films in class, from classics such as *Vertigo* and *It's a Wonderful Life* to

contemporary films such as *Pirates of the Caribbean* and *Slumdog Millionaire*. Additionally, students will be introduced to the central debates, topics, and methods in the field of cinema and media studies.

Prerequisite: None.

MEDIA STUDIES II: BROADCAST JOURNALISM (1 semester – 1 credit)

This course is open to students who are interested in learning about broadcast journalism. It will fill a Fine Arts credit required at HNA. The goal is for students to learn the basics of broadcast journalism, to include the selection of stories to going through all of the necessary steps to produce a newscast.

Prerequisite: None.

THEATRE PRODUCTION: NEW WORKS FESTIVAL (1 semester during 7th period only – 1 credit)

The more advanced theatre student will have the opportunity to learn the essentials of theatre or film production through direct experience. Students will write, cast, direct, design, and produce a 10-minute play or five-minute film for presentation to a paying audience.

Prerequisite: Application; signature of teacher.

MUSIC

CHAMBER ENSEMBLE (2 semesters – ½ credit per semester)

This course is open to students who play classical chamber instruments, including (but not limited to) strings, flute, clarinet, oboe, bassoon, French horn, and piano. Small performance groups are formed (duets, trios, quartets, etc.), drawing repertoire from the Renaissance, Baroque, Classical, and 20th Century periods. This class meets **Monday and Wednesday** at 7:05 a.m.

Prerequisite: At least two years of experience playing an instrument.

CONCERT CHOIR (1 or 2 Semesters – ½ credit per semester)

This course offers students the opportunity to sing in a choir without audition. A love of singing and the ability to match pitch are necessary; however, previous experience is not required. Singing technique and musical literacy are emphasized in a fun and relaxed atmosphere. The Concert Choir performs at most school liturgies. The Concert Choir combines with the Advanced Concert Choir every Friday for rehearsals, the Winter and Spring Concerts, and the Catholic Choir Festival at Benaroya Hall. This class meets **Tuesday, Thursday, and Friday** at 7:05 a.m. and requires the purchase of an HNA Choir dress.

Prerequisite: None

ADVANCED CONCERT CHOIR (2 semesters – ½ credit per semester)

This course is open to 40 singers by audition and offers students with previous choir experience an opportunity to learn challenging choral repertoire and advanced musical skills. Advanced Concert Choir performs at school liturgies, all school concerts, Deck the Dome, and combines with the Concert Choir for performances at the Winter and Spring Concerts, and the Catholic Choir Festival at Benaroya Hall. Advanced Concert Choir requires a higher level of commitment than the Concert Choir, including additional performances at choral festivals and concerts outside of school. This class meets **Monday, Wednesday, and Friday** (Fridays with Concert Choir) at 7:05 a.m. and requires the purchase of an HNA Choir dress.

Prerequisite: Audition; signature of teacher, contractual agreement. Open to 10th-, 11th-, and 12th- grade students only.

ECLECTIC STRINGS (2 semesters – ½ credit per semester)

This course is open to instrumentalists who have a desire to play and sing folk and acoustic music. The literature is drawn from folk traditions, such as Bluegrass and Celtic, with room to add songs chosen or written by the students. The songs will be arranged by the instructor to play to the strengths (and improve weaknesses) of the students. This class meets Mondays and Wednesdays at 7:05 a.m.

Prerequisite: At least two years of experience playing a plucked, strummed, or bowed string instrument; willingness to sing.

JAZZ BAND (2 semesters – ½ credit per semester)

This group will rehearse and perform jazz standards while learning the basic skills involved in playing jazz, including scale theory, improvisation, basic harmony, and repertoire. The jazz band schedules performances outside of school throughout the year, for which all participants must be available. This class is open to all students who play any instrument. This class meets **Monday, Wednesday, and Friday** at 7:05 a.m.

Prerequisite: At least two years of experience playing an instrument.

MUSIC PRODUCTION (2 semesters - 1 credit per semester)

The course will introduce students to modern processes involved in producing recorded music and live-sound reinforcement. Students will become proficient in using industry-standard music production technology, both software and hardware, for recording and sound reinforcement. They will also be introduced to the basic concepts involved in songwriting and arranging. All of these concepts will be presented through guided projects designed to simulate real-world scenarios, such as the production of a radio spot, or a live rock concert. This class meets daily during the six-period school day.

Prerequisite: None.

ADVANCED PLACEMENT MUSIC THEORY (2 semesters – 1 credit per semester)

This class is equivalent to a first-year college course in music theory, in which serious music students learn to recognize, understand, and describe the basic materials and processes of music that are heard or presented in a score. Throughout this course, students will develop the following skills in preparation for the AP Music Theory Exam: ear-training, score analysis, composition, dictation, and sight-singing. The ultimate goal of this class is to give dedicated music students a chance to dramatically improve their level of musicianship and musical understanding.

Prerequisite: Application; signature of teacher.

ORCHESTRA (2 semesters – ½ credit per semester)

This class is composed of any instrumentalists who have a desire to play classical music in a large group setting. The literature is drawn from orchestral master literature, sometimes arranged to accommodate non-orchestral instruments. **Full orchestra meets Tuesday and Thursday** at 7:05 a.m. **String orchestra meets Friday** at 7:05 am.

Prerequisite: At least two years of experience playing an instrument.

PRIVATE MUSIC LESSONS (1 or 2 semesters – ½ credit per semester)

Students may take private music lessons from adjunct music faculty. Instrument choices include, but are not limited to: piano, voice, strings, pipe organ, harp, flute, guitar, woodwinds, brass, and Rock Band. Lessons are scheduled independently by student according to her and her teacher's availability. Lessons take place before school, during lunch, or after school once a week.

Prerequisite: Application submitted to Ms. Webber and Private Music Lesson contract must be signed and returned to the Business Office, both by the deadline. Fee for private music lessons is \$560 per semester. Fee for rock band is \$460 per semester.

VOCAL ENSEMBLE (2 semesters – 1 credit per semester)

This course offers 14 singers an audition-only ensemble that rehearses and performs a wide selection of challenging, unaccompanied choral music. Students will learn advanced singing and sight-reading skills and are expected to practice music outside of class. The Vocal Ensemble is involved in many extracurricular performances, particularly during the holidays, for which all students must be available. This class meets daily during the six-period school. Vocal Ensemble members are required to participate in Advanced Concert Choir or Concert Choir.

Prerequisite: Audition; signature of teacher. Open to 10th-, 11th-, and 12th-grade students only.

VISUAL ARTS

ADVANCED PLACEMENT ART HISTORY (2 semesters – 1 credit per semester)

This course will cover the full range of art, from prehistory and the ancient world all the way to contemporary art. A wide range of global artistic and architectural traditions, from Asia to the Middle East to Europe and on to the Americas and the Pacific Islands, are discussed in this course. AP Art History is modeled on a college-level survey of Art History. In class, students will discuss and present on a representative list of 250 works. Then they will demonstrate their knowledge of those works' historical and cultural contexts, their meaning, their formal qualities and a variety of other matters through written assessments. Aside from instilling in students a greater appreciation of the importance of art to all civilizations, the class's activities, projects, essays, and tests aim to prepare students for the Advanced Placement Art History exam given in the spring of each year. All students who elect this course will be required to take the AP exam.

Prerequisite: Application; signature of AP Art History teacher.

ADVANCED PLACEMENT STUDIO ART (2 semesters – 1 credit per semester)

AP Studio Art is designed for students interested in the serious pursuit of art. The curriculum does not culminate in a written exam; instead, students submit portfolios for evaluation by the College Board at approximately the same time as AP exams are given. The course offers three areas of focus: painting and drawing, two-dimensional design, and three-dimensional design. Students must select one of these categories in which to prepare a portfolio. Media included in each category are:

<i>Drawing and Painting</i>	Charcoal, pencil, watercolor, ink, and acrylic on canvas
<i>Two-Dimensional Design</i>	Photography, painting, drawing, collage, and mixed media
<i>Three-Dimensional Design</i>	Clay, paper sculpture, found-object sculpture, textiles, wire, and wood

Students begin the year developing the “breadth” section of their portfolio by participating in a number of activities that allow them to explore a variety of media. They are given the opportunity to design their own weekly project or participate in teacher-designed projects. After students have finished 13 works of art, they begin to develop their specific 12-piece “concentration” for their portfolios.

Prerequisite: Application; signature of teacher.

ART 2-D: DRAWING AND PAINTING (2 semesters – 1 credit per semester)

This is a year-long, interdisciplinary art course that involves painting, drawing and graphic design. Students will explore a variety of two-dimensional techniques, such as charcoal drawing, watercolor, and

acrylic painting. Students will also learn how to integrate digital media into paintings and drawings using Adobe Photoshop. This class will be open to beginning and experienced students.

Prerequisite: None

DIGITAL PHOTOGRAPHY (1 semester – 1 credit)

This course is designed to teach students about the wide world of digital photography. It begins with a discussion of the history of photography and how this art form has evolved. Students will learn about functions of the camera, including shutter speed and lens aperture. Students will learn to enhance, crop, and manipulate images in Adobe Photoshop Elements 9.0. Each student will create a final professional portfolio by the end of the term.

Prerequisite: None.

GRAPHIC DESIGN (1 semester – 1 credit)

This course will provide students with practice in the basic skills used in the commercial art field. Students will explore layout techniques, color and design theory, and letter formations and logos. Students will create artwork using the elements and principles of design. The major class projects will lead students through the important stages in the process of creating professional graphic designs. Students will learn how to execute designs using Adobe Photoshop 6.0 and will create a digital portfolio.

Prerequisite: None.

POTTERY (1 semester – 1 credit)

This course is designed to provide the student with technical and creative experience in the use of clay and glazes. Students will learn the hand-building techniques of pinch, coil, and slab to create structurally sound and aesthetically pleasing clay forms. Some students may also have time to work on the wheel. Both functional and non-functional works of pottery will be studied to provide an historical perspective on and inspiration for students' own works.

Prerequisite: None.

POTTERY ASSISTANT (1 semester – 1 credit)

The assistant will work with pottery students on their construction, record-keeping, and glazing. She will assist the teacher with displays of student work, setting up materials, and preparing the kiln. She will have access to the studio for her own work, sometimes during class, or after school.

Prerequisite: Signature of teacher.

HEALTH AND PHYSICAL EDUCATION

ADVANCED FITNESS (1 semester – 1 credit)

This course is open to students interested in strength, conditioning, sports medicine, and sports psychology. Students will actively participate in muscular strength activities and cardiorespiratory endurance activities and learn how psychological variables influence athletic performance. This course will include, but is not limited to: weight training, resistance training, cardio machines, power yoga, CPR certification, anatomy of muscular and skeletal system, goal setting, building confidence, increasing resiliency and grit.

Prerequisite: None. Open to 10th-, 11th-, and 12th-grade students only. This class would fulfill the 2nd PE requirement.

HEALTH (1 semester – 1 credit)

This course is a study of physical, mental, and social health; stress management; growth and development; substance use and abuse; cardiopulmonary system; and nutrition. The overall objective of the class is to make the students aware that they are responsible for their health decisions and health care. Students will earn certification in CPR

Prerequisite: None

LIFETIME FITNESS (1 semester – 1 credit)

This course is open to students interested in learning about a variety of fitness activities. Students will learn about the concept of lifetime fitness in the context of contemporary American culture, and gain an understanding of global perspectives of health and fitness as well. The course will include a variety of aerobic and anaerobic activities for students to enjoy, including, but not limited to: yoga, mindfulness practices, weight training, walks/runs, core training, Pilates, and fitness videos. Students will have the opportunity to research and present on a physical activity from another country. Guest speakers and instructors will present on activities such as Zumba, Barre, and Tai Chi.

Prerequisite: None. Open to 10th-, 11th-, and 12th-grade students only. This class would fulfill the 2nd PE requirement.

PHYSICAL EDUCATION (2 semesters – 1 credit per semester)

The physical education program stresses the importance of lifelong personal fitness and the overall health of the individual. The first semester, taken during the 9th grade, focuses on identifying and performing activities that will maintain and develop the five components of fitness. Students will also work on skill development in both team and individual activities including basketball, volleyball, aerobics, soccer, pickleball, and Ultimate Frisbee, as well as weight training and ongoing conditioning. The second semester, preferably taken in the 10th grade, continues the first-semester focus of the five components of fitness as well as improving individual skills and developing team strategy.

Prerequisite: None.

RECREATIONAL LEADER (1 or 2 semesters – 1 credit per semester)

This class is designed to teach the skills necessary to qualify for a gainful recreational position. The skills to be developed include: leadership, athletic supervision, equipment management, organization of tournaments, and officiating in a variety of sports activities. Recreational leadership students assist in the regular physical education classes.

Prerequisite: Signature of teacher she will be assisting.

INTERNATIONAL LANGUAGE

(Organized by course sequence)

FRENCH I (2 semesters – 1 credit per semester)

This is a first course in the language and culture of French-speaking countries. Emphasis is on the following: introducing language-learning skills by speaking, listening, reading, and writing in the French language; introducing elementary grammar structures; and increasing student awareness of another culture.

Prerequisite: None

FRENCH II (2 semesters – 1 credit per semester)

This course is a continuation of French I with more emphasis on grammar and vocabulary. Emphasis is placed on the improvement and refinement of language skills such as listening, speaking, and writing. Students will gain a deeper understanding of Francophone culture and utilize language creatively in real life scenarios.

Prerequisite: Completion of French I.

FRENCH III (2 semesters – 1 credit per semester)

This course is a continuation of French II with a review and refinement of grammar principles presented in French II. In addition, extensive and complex grammar structures are introduced, practiced, and refined. A greater emphasis is placed on reading and writing and the ability to express ideas and opinions in the French language. Increased knowledge of and appreciation for the French culture is continued. This course is conducted entirely in French.

Prerequisite: Completion of French II; signature of current teacher.

ADVANCED PLACEMENT FRENCH LANGUAGE (2 semesters – 1 credit per semester)

The AP French Language course is an advanced course that reviews and refines grammar concepts that have been studied in the past. Emphasis is placed on the mastery of the French language and the deepening of students' knowledge and understanding of the culture of Francophone countries.

This course is conducted in French and all course materials are in French. It is important that students entering the course have a solid basic understanding of the French language, both written and spoken. AP French is a high-paced course and offers a quick review of many basic concepts and an in-depth study of grammatical details and exceptions. The focus of the course is students' comprehension, self-expression, and cultural knowledge. All students who elect this course will be required to take the AP French Language Exam.

Prerequisite: Completion of French III; Application; Signature of current teacher.

SPANISH I (2 semesters – 1 credit per semester)

This is a first course in the language and culture of Spanish-speaking countries. Emphasis is on the following: introducing language-learning skills by speaking, listening, reading, and writing in Spanish; introducing elementary grammar structures; and increasing student awareness of other cultures.

Prerequisite: None

SPANISH II (2 semesters – 1 credit per semester)

This is a continuation of Spanish I with more emphasis on grammar and the improvement and refinement of language skills. Students will gain a deeper understanding of the Spanish-speaking culture and utilize the target language creatively in real-life scenarios. All aspects of language learning—listening, speaking, reading, writing, and culture—will be emphasized.

Prerequisite: Completion of Spanish I

SPANISH III (2 semesters – 1 credit per semester)

This course is a continuation of Spanish II with a review and refinement of grammar principles presented in Spanish II. In addition, extensive and complex grammar structures are introduced, practiced, and refined. A greater emphasis is placed on reading and writing and the ability to express ideas and opinions

in the Spanish language. Increased knowledge of and appreciation for the Spanish culture is continued. Students will attain an intermediate low level proficiency. This course is conducted entirely in Spanish.

Prerequisite: Completion of Spanish II; signature of current teacher.

ADVANCED PLACEMENT SPANISH LANGUAGE (2 semesters – 1 credit per semester)

The AP Spanish Language course is an advanced course that reviews and refines grammar concepts that have been studied in the past. Emphasis is placed on mastery of the Spanish language and the deepening of students' knowledge and understanding of the culture of Spanish countries.

This course is conducted in Spanish and all course materials are in Spanish. It is important that students entering the course have a solid basic understanding of the Spanish language, both written and spoken. AP Spanish is a high paced course and offers a quick review of many basic concepts and an in-depth study of grammatical details and exceptions. The focus of the course is students' comprehension, self-expression, and cultural knowledge. All students who elect this course will be required to take the AP Spanish Language Exam.

Prerequisite: Completion of Spanish III; Application; Signature of current teacher.

INTERNATIONAL LANGUAGE ASSISTANT (1 or 2 semesters – 1 credit per semester)

The assistant will work with groups and with individual students as needed for extra practice. She will prepare practice assignments and linguistic theme activities, create rubrics for projects, and decorate the bulletin boards. She will research the Internet and different culture events in the area or on television. The International Language Assistant will participate and work with other students through group discussions to improve her speaking skills. She will assist the department with other tasks as related to the language being studied.

Prerequisite: Completion of Advanced Placement French or Advanced Placement Spanish. Signature of teacher she will be assisting.

MATHEMATICS

(Organized alphabetically by course sequence)

ALGEBRA I (2 semesters – 1 credit per semester)

This course includes the basic properties of algebra with an emphasis on linear and quadratic equation solutions. It also includes work with radicals, rational expressions, inequalities and graphing to prepare students for advanced mathematics study. This course will devote more time to the review, practice, and mastery of each topic.

Prerequisite: None

HONORS ALGEBRA I (2 semesters – 1 credit per semester)

This course includes the basic properties of algebra with an emphasis on algebraic manipulations and linear equations and systems. It also includes work with radicals, rational expressions, inequalities, quadratics, and graphing to prepare students for advanced mathematics study.

Prerequisite: None

HONORS ALGEBRA II / TRIGONOMETRY (2 semesters – 1 credit per semester)

This course includes a review of fundamental algebraic skills and theory, and provides an introduction to polynomial functions, complex numbers, exponential functions, and trigonometric functions.

Prerequisite: Algebra I in junior high.

GEOMETRY (2 semesters – 1 credit per semester)

This course involves a complete study of Euclidean geometry through vocabulary and problem solving. Coursework includes constructions and proofs.

Prerequisite: Algebra I.

HONORS GEOMETRY (2 semesters – 1 credit per semester)

This course involves a fast-paced, in-depth study of Euclidean geometry. There is an emphasis on problem solving, vocabulary, proofs, and constructions.

Prerequisite: Honors Algebra I or Honors Algebra II/Trigonometry; signature of current teacher.

ALGEBRA II / TRIGONOMETRY (2 semesters – 1 credit per semester)

This course includes a review of fundamental algebraic skills and theory, and provides an introduction to polynomial functions, complex numbers, exponential functions, and trigonometric functions.

Prerequisite: Algebra I and Geometry; signature of current teacher.

HONORS PRECALCULUS (2 semesters – 1 credit per semester)

The topics covered in this course include the following: linear, quadratic, absolute value equations and inequalities; complex numbers; polynomial, rational, exponential, logarithmic, and trigonometric functions; systems of equations and inequalities; series and sequences; and conic sections.

Prerequisite: Honors Geometry; signature of current teacher.

MATH ANALYSIS / INTRODUCTION TO CALCULUS (2 semesters – 1 credit per semester)

This course covers advanced study in the precalculus topics of functions (polynomial, logarithmic, rational, and irrational), coordinate geometry, system solution, conic sections, mathematical induction, and sequences. It also includes an introduction to statistics and differential calculus.

Prerequisite: Signature of current teacher.

ADVANCED PLACEMENT CALCULUS AB (2 semesters – 1 credit per semester)

This course is an in-depth study of differential and integral calculus with a thorough coverage of the topics included on the Advanced Placement Calculus AB examination. Special emphasis will be placed on understanding calculus concepts graphically, numerically, analytically, and verbally. All students who elect this course will be required to take the AP exam.

Prerequisite: Honors Precalculus; signature of current teacher.

ADVANCED PLACEMENT CALCULUS BC (2 semesters – 1 credit per semester)

This independent study course is an intensive study of differential and integral calculus with a thorough coverage of the topics included on the Advanced Placement Calculus BC examination. It is designed to qualify the student for placement and credit one semester beyond that granted for Calculus AB and

includes the additional topics of vector functions, series and sequences, and differential equations. All students who elect this course will be required to take the AP exam.

Prerequisite: Calculus AB; signature of current teacher.

MATHEMATICS ELECTIVES

ADVANCED PLACEMENT STATISTICS (2 semesters –1 credit per semester)

AP Statistics is the equivalent of a one-semester, introductory college statistics course. Students will gain knowledge of essential techniques for producing data (surveys, experiments, observational studies, simulations), analyzing data (graphical and numerical summaries), modeling data (probability, random variables, sampling distributions), and drawing conclusions from data (inference procedures—confidence intervals and significance tests). In becoming critical consumers of published statistics, students will develop a heightened awareness of the ways in which statistics can be improperly used to mislead, confuse, or distort the truth. All students who elect this course will be required to take the AP exam.

Prerequisite: Successful completion of Honors Precalculus, Algebra II/Trigonometry, OR concurrent registration in Math Analysis; Application; Signature of current teacher.

RELIGION

(Organized by course sequence.)

The Religion Department of Holy Names Academy provides a four-year sequential program to educate students about the life of Jesus Christ and the teachings of the Catholic Church, as well as to promote moral development and service to others. Throughout the four years of education at Holy Names Academy, students have opportunities to be educated about the life and mission of Jesus, the sacraments of the Catholic Church, and to participate in the liturgical cycle of celebrations with the Holy Names Academy community and their own churches. Since the school culture is diverse, students live and work in an environment of building understanding of the views of others, as well as respect for their own traditions.

Holy Names Academy developed its religion courses within the framework of the United States Conference of Catholic Bishops' *Doctrinal Elements of a Curriculum Framework for the Development of Catechetical Materials for Young People of High School Age* (2008).

WORLD CULTURES – Grade 9 (2 semesters – 1 credit per semester)

Students will explore the foundations of Catholicism and the development of other religions. Students will have the opportunity to learn and practice skills used in social studies, such as note-taking, interpreting research, reading maps and graphs, and writing short essays. The components of this course are:

The Mission of Jesus Christ (The Paschal Mystery): This course introduces students of all backgrounds to Catholicism and the mission of Holy Names Academy. Students will learn about the redemptive mission of Jesus Christ and learn how discipleship challenges persons today. This theme emphasizes the concepts of an imperfect human condition (fall from grace) and the promise of salvation—ideas that are consistently present in all major world religions. It also emphasizes the concept of prayer and community service.

Ecumenical and Interreligious Issues: After learning about the Mission of Jesus, students learn about other faiths and how they strive to overcome the human condition through different forms of prayer and traditions. Learning about various religions in the 9th-grade year will establish a sense of community and understanding among students of various spiritual backgrounds. Students learn about the historical development of the Jewish faith; Christian diversity; and other religions, such as Islam, Buddhism, Hinduism, and Eastern Traditions, through the eyes of the Church in the quest for religious truths and practice of morality.

Prerequisite: None

SCRIPTURE LITERATURE – Grade 10 (2 semesters – 1 credit per semester)

Students will read, analyze and interpret the Old and New Testaments, especially the Gospels. Students will develop skills in locating scripture passages and applying the specific truths to their 21st-century lives. The components of the course are:

The Revelation of Jesus Christ in Scripture & Sacred Scripture: Students are introduced to the Bible, its major sections, and an overview of the Old and New Testaments, especially the Gospels. This course aims to lead students to a deeper understanding of and love for scripture. They will learn that the Scriptures use several literary forms, always designed to communicate the revealed word of God. Students develop further skills in reading and understanding the stories of salvation history in the New American Bible.

Who Is Jesus Christ? Students are introduced to the mystery and revelation of Jesus Christ through a study of the Gospels and the call to mission. Students will have the opportunity to respond personally to the scriptures through reflections, shared prayer, and community service.

Prerequisite: None

MORALITY/SERVICE – Grade 11 (2 semesters – 1 credit per semester)

Students will explore and develop personal moral concepts and precepts. The course fosters reflection on personal ethics so that students will implement these principles in their lives and service. The components of this course are:

Life in Jesus Christ: Students will understand that through Christ they can fully live out God's plans for their lives. Students will learn the moral concepts and precepts that govern the lives of Christ's disciples. This course will focus on the definition and formation of an informed conscience based on Catholic moral teaching and Sacred Scripture. Students will also prepare for, experience, and reflect upon a specific service commitment.

Sacraments as Privileged Encounters with Jesus Christ: Students will understand that they can encounter Christ today through the sacraments. Students will examine each of the sacraments in detail to learn how they may encounter Christ throughout their lives. The course will focus on the historical development of the sacraments, how they are celebrated today, and how they offer opportunities to reflect upon personal morality.

Prerequisite: None

CONTEMPORARY PROBLEMS – Grade 12 (2 semesters – 1 credit per semester)

The course will examine current political, social, and global issues within the context of the social justice teaching of the Church. Students will develop analysis and arguments through research of primary and secondary sources. The components of this course are:

Jesus Christ's Mission Continues in the Church: Students will learn that the Church was founded by Christ through the Apostles and is sustained by him through the Holy Spirit. The students will come to know that the Church is the living Body of Christ today, which provides guidance for contemporary problems. This Body has both divine and human elements. In this course, students will learn not so much about events in the life of the Church but about the sacred nature of the Church.

Living as a Disciple of Jesus Christ in Society: Students will be introduced to the Church's social teaching. In this course, students will learn how Christ's concern for others, especially the poor and needy, is present today in the Church's social teaching and mission.

Prerequisite: None

SCIENCE

(Organized alphabetically by subject)

BIOLOGY (2 semesters – 1 credit per semester)

This course introduces students to biology, the study of life. This course will enhance student understanding of the scientific method, the molecular and cellular aspects of living things, the structure and function of living organisms, genetics, evolution, plant and animal diversity, classification, and ecological inter-relationships. This course will also serve as a strong foundation for AP Biology.

Prerequisite: None.

ADVANCED PLACEMENT BIOLOGY (2 semesters – 1 credit per semester)

The Advanced Placement Biology course is designed to be equivalent to an introductory biology course taken by first-year college biology majors. The three main areas of study are basic cell biology, molecular biology, and phylogenetic sequences of living organisms. This course will be significantly different from a basic high school biology course. Because it requires a significant time commitment from both students and teacher, it will be available to students only through a special written application process. The textbook is one used by college biology majors. The kinds of labs done will equate with those experienced by college students, and will require some outside lab time. All students who elect this course will be required to take the AP exam.

Prerequisite: Biology; application; signature of teacher.

CHEMISTRY (2 semesters – 1 credit per semester)

This is a college-preparatory laboratory course that provides an introduction to chemistry. The course studies the composition and structure of matter and its changes with accompanying energy changes. Electronic structure, chemical bonding, chemical formulas and equations, molecular geometries, stoichiometry, solutions, and acids and bases will also be covered.

Prerequisite: None.

HONORS CHEMISTRY (2 semesters – 1 credit per semester)

This is a laboratory course that provides a thorough introduction to college chemistry. The course covers the structure of matter, energy changes, phases of matter, electronic structure, chemical bonding, chemical formulas and equations, molecular geometries, stoichiometry, solutions, acids and bases, and oxidation-reduction reactions. Mathematical analysis will be stressed.

Prerequisite: Signature of current math teacher.

ADVANCED PLACEMENT ENVIRONMENTAL SCIENCE (2 semesters - 1 credit per semester)

This lab-based elective course is an introduction to Environmental Science in which students will study their connection to the environment, acquire the scientific skills to explore interrelationships in ecosystems, and pursue interdisciplinary approaches to problem solving. Students will perform lab work and activities to more fully understand the complexity of the natural world. Topics that will be covered include, but are not limited to, ecosystem structure, population dynamics, resource use, environmental impact, and an overview of the health of the greater Puget Sound ecosystem. All students who elect this course will be required to take the AP exam.

Prerequisite: Biology. Open to 10th-, 11th-, and 12th-grade students only. Application; signature of teacher.

PHYSICS (2 semesters – 1 credit per semester)

This is a college-preparatory laboratory course covering topics such as motion, mechanics, light, electricity, magnetism, and matter and energy.

Prerequisite: Open to 12th grade students who have had Algebra, Geometry, and Algebra II or who are concurrently enrolled in Honors Precalculus; signature of current science or mathematics teacher.

ADVANCED PLACEMENT PHYSICS B1 (2 semesters – 1 credit per semester)

This course provides a systematic introduction to the main principles of physics with a thorough coverage of the topics included on the Advanced Placement Physics 2 examination. Special emphasis will be placed on the development of problem-solving ability, inquiry and conceptual reasoning, and the interpretation of physical information (verbal, mathematical, and graphical). All students who elect this course will be required to take the AP Physics 2 exam.

Prerequisite: Honors Chemistry; concurrent enrollment in AP Calculus; 12th grade only; Application; Signature of teacher.

SOCIAL STUDIES

(Organized alphabetically by subject.)

ENTREPRENEURIAL STUDIES (2 semesters – 1 credit per semester)

This interdisciplinary, yearlong elective course introduces students to the basic principles of business with a focus on entrepreneurship. Students will gain a rudimentary understanding of economics, business law (types of corporations), personal finance & investment, business structure & roles, business plan finance & accounting, market research & analysis, and entrepreneurship. They will constantly apply their new learning in these areas to the design of their own business plan. Students will also hear from guest speakers (drawn, if possible, from the HNA community) who are entrepreneurs themselves or who can offer some expertise in one of the aforementioned areas of interest.

Prerequisite: None.

LAW AND SOCIETY (1 semester – 1 credit)

This course provides students with an introduction to the American legal system, focusing primarily on criminal and Constitutional law. Topics will include the American court system, investigative process, trial procedure, Constitutional framework, Supreme Court and landmark cases, and civil rights. Methodology for this class will include lecture, class discussion, case-study examination, mock-trial simulation, and legal research.

Prerequisite: None.

PSYCHOLOGY (1 semester – 1 credit)

This course is a one-semester elective designed to expose students to the field of psychology, including research and scientific methods of investigation, biological bases of behavior, human development, learning and cognition, social psychology, and psychological disorders and their treatment. These topics of investigation correspond to the primary domains in the field of psychology as identified by the American Psychological Association.

Prerequisite: None.

ADVANCED PLACEMENT PSYCHOLOGY (2 semesters – 1 credit per semester)

This course provides a scientific and systematic study of the behavior and mental processes of human beings. The biological basis of behavior will form a backdrop for material covered in the class and represents an emphasis of the course. Each of the major subfields within psychology will be addressed, including sensation and perception, learning and cognition, motivation and emotion, developmental psychology, personality, abnormal and social psychology, and the treatment of psychological disorders. Research methods, statistics, and ethics will be covered at a basic introductory level. An integrative bio-psychosocial approach to the understanding of the human experience will be taken throughout the course. All students are required to take the AP exam.

Prerequisite: Application and signature of current English teacher.

UNITED STATES HISTORY and GOVERNMENT – Grade 12 (2 semesters – 1 credit per semester)

This course is a survey of United States history from the first permanent British settlement to the present. Students will examine historical events and social, cultural, political, and economic conditions that have shaped the internal development and international role of the United States. Special emphasis will be placed on the structure, development, and contemporary functions of the Federal government.

Prerequisite: Open to 12th-grade students only.

ADVANCED PLACEMENT UNITED STATES HISTORY – Grade 12 (2 semesters – 1 credit per semester)

This course is a critical examination of the history of the United States from the time just prior to European contact with the American world through the present day. With a focus both on individual people and the groups, movements, and institutions they comprise, students will examine many facets of our nation's story. The course will examine the decisions of the United States, both positive and negative, that impacted American history, and the men and women who made those decisions. This course moves quickly, since there is a large amount of material to be covered in a limited amount of time. All students are required to take the AP exam.

Prerequisite: Open to 12th-grade students only. Application and signature of World History/AP World History teacher and 11th-grade English teacher.

WORLD HISTORY AND GEOGRAPHY – Grade 10 (2 semesters – 1 credit per semester)

This is a survey of world history from the Middle Ages through modern times, with a focus on political, social, economic, cultural, and geographic themes. Historical thinking and research skills are emphasized, as is the impact of world history on today.

Prerequisite: None.

ADVANCED PLACEMENT WORLD HISTORY—Grade 10 (2 semesters – 1 credit per semester)

The purpose of AP World History is to develop greater understanding of the evolution of global processes and contacts between different types of human societies. The course highlights the nature of changes in international frameworks and their causes and consequences, as well as comparisons among major societies. Covering the development of human societies from 8000 BCE to the present, the course is divided into six chronological periods. Instead of a list of facts, events, and dates, the course is organized around three to four key concepts per chronological period.

Prerequisite: Open to 10th-grade students only. Concurrent enrollment in Honors English 10; Application and signature of 9th-grade English teacher.

STUDENT LEADERSHIP

PEER MENTORING (2 semesters – 1 credit per semester)

This course is designed to enhance the leadership, mentoring, and life skills of selected 11th and 12th grade students. There are two components to this class: (1) Peer Mentors assist 9th graders with transitioning into high school by preparing and leading small group sessions approximately once a month; and (2) Peer Mentors receive instruction in leadership and life skills, which comprises the majority of class time. Topics include personality types, communication skills, group stages and dynamics, interpersonal relationships, bullying, mental health, suicide prevention, substance abuse, family dynamics, body image and eating disorders, healthy versus unhealthy relationships, and risk assessment. Methods of instruction include projects, reading and writing assignments, guest speakers, class discussion, and preparation of lesson plans for sessions with 9th graders.

Prerequisite: Application; signature of teacher. Open to 11th and 12th grade students only.

LEADERSHIP TEAMS

Candidates for the offices listed below are selected by an application process that begins in the spring of each year. 11th graders may apply for these offices if they meet the following five criteria:

1. Students cannot be on academic or disciplinary probation.
2. Students must maintain regular and punctual attendance patterns.
3. Students are required to attend leadership camp during one week in the summer.
4. Students must receive clearance from the Business Office. This means that the registration fee is paid and all other accounts are current or arrangements are made.
5. Student leadership involves a strenuous time commitment. Students and moderator will assess student co-curricular activities, which may require the student to choose between a leadership position and her other activities.

ASSOCIATED STUDENT BODY OFFICERS (2 semesters - 1 credit per semester)

Under the guidance of the Vice Principal of Student Life, the officers plan activities for the student body that will encourage a positive school community. The officers coordinate all-school dances with O’Dea High School, organize the 9th grade activities and elections, and produce assemblies for the opening of school, Halloween, and special events. In addition, the ASB officers lead team meetings, mentor co-class presidents, publicize school activities, and represent the school in the community.

Prerequisite: Application; approval of Vice Principal of Student Life; and election in February.

Note: Candidates must choose an additional 2 semesters of electives on their forecasting sheet.

CAMPUS MINISTRY AND COMMUNITY OFFICERS (2 semesters – 1 credit per semester)

Under the guidance of the Campus Ministers, the members of this team will be responsible for planning all-school liturgies and reconciliation services, planning and conducting retreats, organizing Christmas Baskets, creating the birthday and service boards, publicizing and organizing all-school outreach projects as well as individual opportunities for service. In addition, Campus Ministry and Community officers will be active, visible members of the student body by planning assemblies and prayer services, serving as leaders for school functions, and helping to create a community of faith and service.

Prerequisite: Application; interview by Campus Ministers; selection in February.

Note: Candidates must choose an additional 2 semesters of electives on their forecasting sheet.

SPORT AND SPIRIT OFFICERS (2 semesters – 1 credit per semester)

Under the guidance of the Athletic Director, officers will coordinate the all-school Jogathon, organize spirit point games, lead weekly rep meetings, publicize athletic events, conduct sports award ceremonies, attend athletic events, design and create posters, and encourage school spirit.

Prerequisite: Application, approval of Athletic Director, and selection in February.

Note: Candidates must choose an additional 2 semesters of electives on their forecasting sheet.

ACADEMIC / LIFE SKILLS

PREPARATION COURSE FOR COLLEGE ENTRANCE TESTS (No credit)

This course offers directed preparation for the college SAT entrance exams. The course teaches problem-solving strategies for both the verbal and mathematical sections of this test. Students train with actual problems and exams in order to reduce test anxiety. This course meets two times per week for a five-week block of time. This course is typically offered in the fall and winter. Registration fee and materials are approximately \$125; price is subject to change. This course is limited to first come, first served, with priority going to 11th and 12th grade students. Registration information and forms are distributed in the parent newsletters. Contact the Academic Office for more information.