



Central Catholic High School  
**Forecasting Reference Guide**  
Academic Year 2021-2022



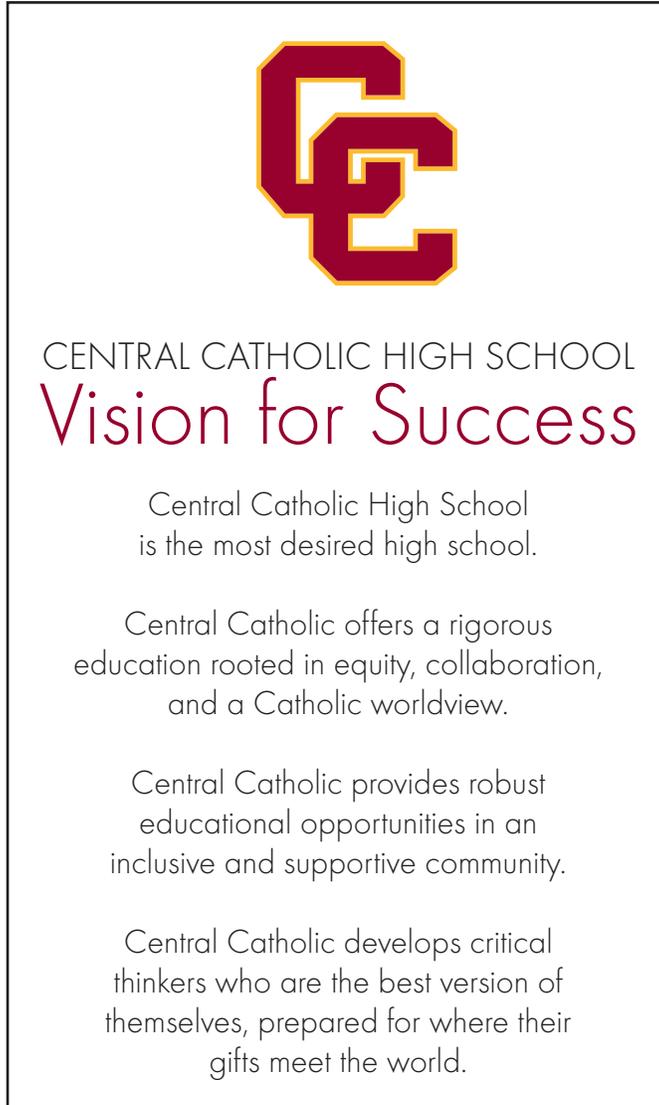
CENTRAL CATHOLIC HIGH SCHOOL  
**Vision for Success**

Central Catholic High School  
is the most desired high school.

Central Catholic offers a rigorous  
education rooted in equity, collaboration,  
and a Catholic worldview.

Central Catholic provides robust  
educational opportunities in an  
inclusive and supportive community.

Central Catholic develops critical  
thinkers who are the best version of  
themselves, prepared for where their  
gifts meet the world.



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## 2021-2022 FORECASTING DIRECTIONS

- Review, Plan, Discuss
- Do my parents/guardians, teacher and counselors support my plans?
- Use the Four Year Plan Worksheet to map out your plan.
- Use this Four Year Plan to help you complete your Freshman Forecasting Worksheet.
- Double check Freshman Forecasting Worksheet.
  - Do you have seven classes for each semester? (Eight if taking 0 period)
  - Do you meet the prerequisites for all of your chosen courses?(see curriculum guide)
  - Did you enter alternate requests?
  - Are you and your family committed to these classes?  
NO SCHEDULE CHANGES ALLOWED
- Use your Freshman Forecasting Worksheet to help you enter your requests in PowerSchool by 3:00 P.M. April 28
- Email your Fillable Freshman Forecasting Worksheet to your counselor by 3:00 P.M. April 28

## FORECASTING ADVICE FROM THE COUNSELORS

Selecting courses for high school is an important process in building the foundation for your future. Please read through all of your materials carefully to make sure that you are aware of the requirements. We also encourage you to consider these factors in deciding on a schedule for next year:

- How challenging of a schedule can you manage? This involves looking at your history as a student. Do you have strong study skills? Are there areas where you struggle?
- Take courses that you have a genuine interest in and that make sense in light of your future goals.
- Balance is important. Factor activities, sports and other responsibilities that require time and energy into the equation when forecasting.
- Be aware of requirements for colleges. There is a table (see below) with general information on college requirements for core subject areas. This can be especially important in deciding when to begin foreign language and science courses.
- Ask questions. If you need help don't hesitate to contact your counselor.

High School can be exciting and challenging. Our hope for you is that your time at Central provides you with the experiences and the skills you need to build a great future.

Core Subjects	Central Catholic Graduation	Public Universities	Selective Colleges	Highly Selective Colleges
English	4	4	4	4 (Honors)
Mathematics	3	3 (Algebra II minimum)	4	4 (Honors)
Science	3	2	3-4	4 (Honors)
Social Science	3	3	3-4	3-4 (AP)
World Language	2	2	3-4	4

# FRESHMAN FORECASTING FREQUENTLY ASKED QUESTIONS

## Can my parent/guardian forecast for me?

While we certainly want you to get their input, you must log in under your own student account to register.

## Do I need to take Biology or a World Language my freshman year?

No, for graduation purposes you need three years of science and two years of a World Language. The more selective a college however, the more core classes they will want to see and thus it might make sense to take either or both Biology and World Language your freshman year to keep your options open.

## If I take a study hall freshman year, will I still be on track to graduate?

Yes! Sometimes transitioning into high school is a lot to handle and it makes sense for a student to take a study hall to offer extra time to organize, study etc. For graduation purposes you need 26 credits. This allows for you to take up to four semester long study halls during the course of your four years in high school. Remember: Plan wisely. You do not get credit for study hall; you can take four semesters (two years) of study hall but if you take that many study halls you must pass all your courses to graduate and you may want to save a study hall as classes get harder in subsequent years.

## Can I take more than one Early Bird class? And when do they meet again?

Unfortunately you cannot take more than one. Early Bird classes meet from 7:00 - 7:50 A.M. every day except for Late Start days.

## What if I want to take a summer course?

Forecast for the classes you would be taking without having taken summer school. List your summer plans on the forecasting worksheet and list the classes you would like to take upon successful completion of the summer course as alternates. We will make changes to your schedule after you complete your course.

## What if I wasn't placed in an Honors level, but I think I should be?

You may not change the selected course to put yourself in a higher course than you have been approved for.

If you are interested in challenging your placement in Science or English sign up for the challenge test April 22<sup>nd</sup> or 23<sup>rd</sup>. If you think you should be in a World Language above level 1, email World Language Department Chair, Morgan Moore: [mmoore@centralcatholichigh.org](mailto:mmoore@centralcatholichigh.org).

Questions regarding Math placement can be directed to Math Department Chair, Pete Mullady: [pmullady@centralcatholichigh.org](mailto:pmullady@centralcatholichigh.org).

## What if my teacher has recommended me for an honors course and I don't want to take a course at the honors level?

If you and your parents decide that taking the honors course is not in your best interest, you may forecast for the non-honors course and you don't need a teacher recommendation.

## Can I request a specific teacher or period for a class?

Unfortunately, due to larger scheduling issues, we cannot accommodate such requests. You can request a study hall or Early Bird Weight Training Class for a specific semester by indicating (Fall or Spring) on your forecasting worksheet.

## What if I decide to change a class next fall?

Since we base our master schedule on your requests, we will not honor requests to change unless there is a compelling reason (see Schedule Change Policy). Level changes are determined with the input of teachers, parents, student and counselor. Dropping a class and adding study hall may be an appropriate schedule change request.

## Can I try a class to see how I do and then move a level?

We encourage you to make thoughtful decisions about your classes in consideration of your abilities, goals, graduation requirements and activities beyond the classroom. Please take this time to have discussions with your parents, current teachers and your counselor.

## What happens if I turn in my forecasting late?

You put yourself at risk of not getting into your first choice elective courses.

## OREGON AND WASHINGTON PUBLIC UNIVERSITIES

During the forecasting process it is important to choose courses to meet Central Catholic's graduation requirements. It is also important to plan ahead and look at possible college choices and their admission criteria.

Oregon Public Universities instituted a minimum grade requirement of C- or better in certain core subject areas.

While Washington Public Universities have similar subject requirements, their minimum grade requirement continues to be a D- or better.

### Core subject requirements for most Oregon and Washington Public Universities:

- 4 years of English
- 3 years of Mathematics including Algebra I and Algebra II (or equivalent) or higher
- 3 years of Science
- 3 years of Social Studies
- 2 years of the same second language or one of the following:
- Grade of C- or better in a third year of foreign language.
- Grade of C- or better of college level second language for two terms.
- Satisfactory performance on approved assessment of secondary language.

### Please Note:

- Effective with applicants for fall 2021 or beyond, submitting scores from the SAT/ACT is now optional for admissions.
- Requirements may vary for the different Oregon public universities so please check school websites.
- If you have received lower than a C- in one of the core subject areas listed above and you are interested in the possibility of attending an Oregon public university, you may need to re-take a course. Please talk to your counselor to review your options.
- Minimum requirements for admission to the University of Oregon include the 15 credits (classes) listed above. However, students are encouraged to complete one additional approved credit (class) in any of the five subject requirements.

## CALIFORNIA STATE UNIVERSITIES AND UNIVERSITY OF CALIFORNIA

The California State University system has 23 campuses and the University of California system has 9 campuses. Applicants must meet the following standards to be considered for admission. A grade of C or better in the following core subjects (categorized as A-G subjects) is required for most California State Universities and ALL University of California schools:

- 2 years of History and Social Science (including 1 year of U.S. history or 1 semester of U.S. history and 1 semester of civics or American government AND 1 year of social science)
- 4 years of English
- 3 years of Math (4 years recommended) including Algebra I, Geometry, Algebra II, or higher mathematics
- 2 years of Laboratory Science (including 1 biological science and 1 physical science)
- 2 years of (the same) Language other than English (American Sign Language is applicable. See below about a possible waiver \*).
- 1 year of (of the same) Visual and Performing Arts (dance, drama or theater, music, or visual art). Electronic Music Lab does not meet the requirement.
- College Preparatory Elective (additional year chosen from the University of California A-G list)

\* Waiver of language other than English requirement may be granted if the student can demonstrate competency in a language other than English that is equivalent to or higher than that expected of students who have completed two years of the language. Contact the CSU or UC campuses to which you are applying for more information.

### Cal State Standardized Test Requirements

SAT or ACT test scores will not be utilized in making admissions decisions for applicants during the 2021-2022 and 2022-2023 academic years. Campuses will use a combination of students' A-G GPA and supplemental factors which include:

- Number of courses exceeding minimum A-G requirements
- GPA in math and or science courses
- Household income
- Extracurricular and leadership involvement
- Educational program participation in high school
- Other available information that would inform the campus admission decision
- Each CSU campus will determine the supplemental factors used with GPA to determine eligibility

### UC's Standardized Test Requirements

Currently, UC will not consider SAT or ACT test scores when making admissions decisions or awarding Regents and Chancellor's scholarships. If a student chooses to submit test scores as part of the application, they may be used for course placement after enrollment.

# STAYING HEALTHY AND BALANCED

In an effort to guide and direct students in making healthy and balanced choices regarding their time and commitments, all students are required to complete the following chart and submit it with their course requests. This is a guideline and requires individual discernment. Loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time.

## 24 hours in a day

- 8 hours of sleep (research says minimum 9)
- 8 hours of school, including average travel time (7:30 A.M. – 3:30 P.M.)
- 1 hour for dinner, time with family, chores
- 1 hour of “mental health time” (relaxation, social media, time with friends, TV)
- 6 hours remain for homework and other commitments/interests

## Using the score guide:

Variable scores are based on the rigor or amount of time needed for the class/activity.

## Time Needed for Activity/Job/Club Sport:

Less than an hour a week:	.5 points
1-2 hours a week:	1 point
3-4 hours a week:	2 points
4-5 hours a week:	3 points
6+ hours a week:	4 points

## Example scores:

Honors Physics:	4 points
AP Physics:	5 points
Theater Supporting Role:	2 points
Theater Lead Role:	4 points
Activity Math Club:	.5 points
Activity Robotics:	4 points
Activity Pep Band:	2-3 points

## Sustainability Points Scale

18 19 20 21 22 23 24 25 26 27 28 29

RECOMMENDED RANGE

*Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals, and priorities.*

	Semester 1	Semester 2
<b>Academics</b>		
Core Academic Class 3 points		
Honors/AP/Dual Credit 4-5 points		
PE/Art/Elective 1 point		
Journalism/Yearbook 2 points		
<b>Co-Curriculars</b>		
Sports 2 points per season		
Theater 2-4 points		
Search Leader 1 point		
Club/Activity .5-4 points (depending on activity)		
Outside Commitments: Job/Volunteer/Family 1.5-2.5 points		
Outside Sport/Club/Activity .5-4 points		
<b>Total:</b>		

# Sample Four Year Plan Worksheet

- Using your transcript, fill in the courses you have taken or in which you are currently enrolled. Identify the number of credits you will have earned.
- Fill in the courses you plan to take in the year you plan to take them and identify the number of credits you plan to earn each year.

Graduation Requirements	Freshman Courses/ Credits	Sophomore Courses/ Credits	Junior Courses/ Credits	Senior Courses/ Credits	Summer/Evening Courses/ Credits
Theology 4 Credits	Theology I 1 Credit	Theology II 1 Credit	Theology III 1 Credit	Theology IV 1 Credit	
English* 4 Credits	English I 1 Credit	English II 1 Credit	English III 1 Credit	English IV 1 Credit	
Social Science 3 Credits	World History I/II 1 Credit		AP US History 1 Credit	AP Government and Comparative Politics 1 Credit	
Mathematics 3 Credits	Algebra I 1 Credit	Geometry I 1 Credit	Algebra II 1 Credit	Precalculus 1 Credit	
Lab Science** 3 Credits		Biology I 1 Credit	Physics I 1 Credit	Chemistry I 1 Credit	
World Language 2 Credits	French I 1 Credit	French II 1 Credit	French III 1 Credit	French IV 1 Credit	
Fine Arts*** 1 Credit	Art I/Art II .5 Credit/.5 Credit	Art III/Art IV .5 Credit/.5 Credit	AP 2-D Art 1.0		
Wellness 1 Credit	Wellness I .5 Credit	Wellness II .5 Credit			
Physical Education 1 Credit	Physical Education I .5 Credit	Physical Education II .5 Credit			
Technology**** .5 Credit				Introduction to Computer Science .5 Credit	
Electives 3.5 Credits				Peer Mentor .5 Credit	
26 Credit Total	7	7	7	7	Total Credits: 28

\* Students must complete a thesis paper to graduate (junior year).

\*\* Students must complete a course in Biology, Physics, and Chemistry to graduate.

\*\*\* Requirement is satisfied by courses listed in the Fine Arts section.

\*\*\*\* Technology credit requires students to pass the Introduction to Computer Science or AP Computer Science Principles course by graduation.

# Freshman Quick Glance Course List

Theology			
Course Title	Credit	Prerequisite?	Grade
Theology I	1	no	9
Language Arts			
Course Title	Credit	Prerequisite?	Grade
English I	1	no	9
Honors English I	1	yes	9
Speech	.5	no	9-12
Journalism	.5	no	9-12
Yearbook	.5	no	9-12
Science			
Course Title	Credit	Prerequisite?	Grade
Biology	1	no	9-10
Honors Biology	1	no	9-10
Social Studies			
Course Title	Credit	Prerequisite?	Grade
World History I	.5	no	9
World History II	.5	no	9
Mathematics			
Course Title	Credit	Prerequisite?	Grade
Algebra I	1	yes	9
Honors Algebra I/II	1	yes	9
Geometry	1	yes	9-10
Honors Geometry/Trig	1	yes	9-10
World Language			
Course Title	Credit	Prerequisite?	Grade
French I	1	no	9-11
French II-V	1	yes	9-12
Spanish I	1	no	9-11
Spanish for Native Speakers I-III	1	yes	9-12
Spanish II-III	1	yes	9-12
Japanese I	1	no	9-11
Japanese II-V	1	yes	9-12
Honors Japanese I-IV	1	yes	9-12
American Sign Language I	1	no	9-12

Technology/Business			
Course Title	Credit	Prerequisite?	Grade
Computer Science	.5	no	9-12
PE/Wellness			
Course Title	Credit	Prerequisite?	Grade
PE I: Boy/Girl/Coed	.5	no	9
Wellness I	.5	no	9
Weight Training	.5	no	9-12
Girls Strength and Fitness	.5	no	9-12
Early Bird Weight Training	.5	no	9-12
Fine Arts			
Course Title	Credit	Prerequisite?	Grade
Art I	.5	no	9-12
Art II	.5	yes	9-12
Ceramics I	.5	no	9-12
Ceramics II	.5	yes	9-12
Digital Photography I	.5	no	9-12
Digital Photography II	.5	yes	9-12
Band	.5	no	9-12
Honors Jazz Band	.5	yes	9-12
Electronic Music Lab I	.5	no	9-12
Electronic Music Lab II	.5	yes	9-12
Music Production	.5	no	9-12
Concert Choir	.5	no	9-12
Acting I	.5	no	9-12
Acting II	.5	yes	9-12
Musical Theater I-II	.5	yes	9-12
Fundamentals of Making Music	.5	no	9-12
Technical Theater	.5	yes	9-12
Scene Study	.5	yes	9-12
General Electives			
Course Title	Credit	Prerequisite?	Grade
Study Hall	0	no	9-12



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