



Central Catholic High School  
**Freshman Forecasting Reference Guide**  
Academic Year: 2024-2025



## CENTRAL CATHOLIC Core Values

### FAITH AND LOVE

We instill principles central to the teaching of Jesus to inspire a life of virtue and moral integrity rooted in Catholic values.

We believe that God is love.

### COMMUNITY

We foster a feeling of belonging and connectedness through our shared vision, values, and beliefs.

We are a community within the building and well beyond, with deeply connected families and alumni.

### ACADEMIC EXCELLENCE

We meet all students where they are when they enter, and develop them as leaders, critical thinkers, and lifelong learners.

We believe in everyone's potential to make a lasting impact in the world.

### DIVERSITY

We mirror the wider world through the richness of our racial, spiritual, neurodiverse, and socioeconomic differences. We support and empower students from all backgrounds and lived experiences.

### COMPASSION

We speak with kindness, listen without judgment, and accept others for who they are.

We act in service to others, especially those in need.

### INTEGRITY

We believe character matters more than anything.

We adhere to principles rooted in Catholic social teaching in our thoughts, actions, and decisions.

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# 2024-2025 FORECASTING CHECKLIST

- Review, Plan, Discuss
- I reviewed plans with my parents/guardians, and teacher.
- I used the Four Year Plan Worksheet to map out my plan.
- I use the Four Year Plan to help me complete my Forecasting Worksheet.
- I double checked the Forecasting Worksheet.
- I confirmed that my schedule contains seven classes for each semester. (Eight if taking 0 period)
- I confirm that the prerequisites for all of my chosen courses have been met. (see the Curriculum Guide)
- I have entered alternate requests.
- My family and I are committed to these classes.  
NO SCHEDULE CHANGES ALLOWED
- I used my Forecasting Worksheet to help me enter my requests in PowerSchool.

# 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:

- All Central Catholic courses are college prep. Advanced and honors courses go above and beyond for increased rigor.
- 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? How will you manage the stress that may arise?
- Take courses in which 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 is exciting and challenging. Our hope for you is that your time at Central Catholic provides you with the experiences and the skills you need to build a great future.

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

## 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 the core subject listed below.

- If you have received lower than a C- in one of the core subject areas listed 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.

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 World 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.
- Meeting minimum requirements does not guarantee admission.

## 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
- 1 year of the same Visual and Performing Arts (dance, drama or theater, music, or visual art).
- College Preparatory Elective (additional year chosen from the University of California A-G list)

# FREQUENTLY ASKED QUESTIONS

## Can my parent/guardian forecast for me?

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

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

Yes! Sometimes 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.

## 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.

## 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.

## MATHEMATICS

### How was placement determined?

They are determined using students' 8th-grade teacher recommendations, current math course, math grades, and NWEA placement test scores.

### My student is currently in Algebra, why were they placed in Algebra I?

Placement into Algebra I occurs regularly and happens when the data we have indicates a student's Algebra skills are lower than what we feel are necessary for them to be successful in Geometry and beyond.

Our high school Algebra I course is more advanced than a typical middle school Algebra course.

Students placed into Algebra I can choose to take Accelerated Algebra I / Accelerated Geometry.

### What are the accelerated courses? How do they compare to honors?

Accelerated courses cover what is typically a year-long course in one semester. Accelerated courses are not "honors" courses, as they do not cover additional material. The condensed learning time do make the accelerated courses more challenging in both pace and workload.

### Can my student elect a different math course than their placement?

Students placed in an accelerated course can elect to take the corresponding year-long course instead.

Students placed in Geometry can elect to take Algebra I or Accelerated Algebra I instead if they want to solidify their Algebra skills more.

Students wanting to go into a higher course must take a challenge test.

### Will my student be stuck in a specific "track" for future courses?

Students have multiple opportunities to advance to different courses. This can be achieved by taking accelerated courses or summer school. All students are also able to apply to our honors program in later years even if they have not been in accelerated or honors courses before.

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# FREQUENTLY ASKED QUESTIONS

## Does my student need to take Calculus in high school?

Taking Calculus in high school is a good option for students with particular interest in the fields of mathematics, science, or engineering.

Students who take Statistics or Precalculus their senior year will still be well prepared for college/university programs.

## ENGLISH

### What if my student isn't selected to be in Honors for second semester? Will there be another chance to challenge into Honors?

Yes! Students can apply during February of freshman year for the Honors English II course. Students will be selected based on a writing task and teacher recommendation.

### Will my student need to purchase a textbook for English?

Not exactly. Our freshman curriculum is based around a combination of choice reading and all-class novels or plays. More information will be provided in the syllabus at the start of each semester so you know which books to buy.

## STUDENT SUPPORT SERVICES

### Is my student eligible for academic accommodation?

Families must provide Student Support Services with documentation from either a healthcare professional, a psychological evaluation report, and/or Individualized Education Program, IEP (if they attended a public school). Valid documentation must be within three years of entering Student Support Services.

### What accommodation plans do you provide?

Student Support Services provides three different plans which are determined by the student's diagnosis.

- Medical Accommodation Plan (MAP)
- Academic Accommodation Plan (AAP)
- Medical and Academic Accommodation Plan (MAP/AAP)

Student Support Services acknowledges previous academic learning plans (Private School Learning Plan, 504 Plan, or IEP), but cannot guarantee that all accommodations and supports are transferable to Central Catholic's accommodation plans.

Parent/guardian and student signatures are required prior to building an accommodation plan.

### How do I apply for academic accommodations?

If your student is diagnosed with a learning difference or medical concern, please fill out the Google Form ([CLICK HERE](#)) to apply for accommodation(s). This form can also be found under Student Support Services on the Central Catholic website.

### When will I meet my Student Support Coordinator?

Students on (AAP) will meet their coordinator within the first month of school via an appointment set up by the coordinator.

### How are teachers informed of accommodations?

Coordinators communicate with teachers the specific accommodations qualified students are eligible to receive.

# 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. Class 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.*

Academics	Semester 1	Semester 2
Core Academic Classes 3 points per class		
Honors/AP/Dual Credit 4-5 points		
PE/Art/Elective 1 point		
Journalism/Yearbook 2 points		
Co-Curriculars	Semester 1	Semester 2
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		
Total:		



# 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: Writing Seminar	.5	no	9
English I: Literature	.5	no	9
Honors English I: Literature	.5	yes	9
Speech	.5	no	9-12
Journalism	.5/1	no	9-12
Social Studies			
Course Title	Credit	Prerequisite?	Grade
World History I	.5	no	9
World History II	.5	yes	9
Mathematics			
Course Title	Credit	Prerequisite?	Grade
Algebra I	1	no	9
Accelerated Algebra I	.5	yes	9
Geometry	1	yes	9-10
Accelerated Geometry	.5	yes	9-10
Algebra II	1	yes	9-12
Accelerated Algebra II	.5	yes	9-12
World Language			
Course Title	Credit	Prerequisite?	Grade
French I	1	no	9-11
French II-III	1	yes	9-12
Spanish I	1	no	9-11
Spanish for Heritage Speakers I-III	1	yes	9-12
Spanish II-III	1	yes	9-12
Japanese I	1	no	9-11
Japanese II-IV	1	yes	9-12
Japanese Immersion I-III	1	yes	9-12
American Sign Language I	1	no	9-12
Science			
Course Title	Credit	Prerequisite?	Grade
Biology	1	no	9-10

Technology/Business			
Course Title	Credit	Prerequisite?	Grade
Intro to Computer Science	.5	no	9-12
Intro to Media Production	.5	no	9-12
Physical Education/Wellness			
Course Title	Credit	Prerequisite?	Grade
Wellness	1	no	9
Dance	.5	no	9-12
Weight Training	.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	1	no	9-12
Drumline	.5	no	9-12
Honors Jazz Band	1	yes	9-12
Electronic Music I	.5	no	9-12
Electronic Music II	.5	yes	9-12
Fundamentals of Making Music	.5	no	9-12
Music Production	.5	no	9-12
Singing and Voice	.5	no	9-12
Acting I	.5	no	9-12
Acting II	.5	yes	9-12
Musical Theater I	.5	no	9-12
Musical Theater II	.5	yes	9-12
Scene Study	.5	yes	9-12
General Electives			
Course Title	Credit	Prerequisite?	Grade
Study Hall	0	no	9-12

## Sample Four Year Plan Worksheet

Graduation Requirements	Freshman Courses/Credits	Sophomore Courses/Credits	Junior Courses/Credits	Senior Courses/Credits	Summer/Evening Courses/Credits
Theology 4 Credits	Theology I 1.0 Credit	Theology II 1.0 Credit	Theology III 1.0 Credit	Theology IV 1.0 Credit	
English 4 Credits	English I: Writing Seminar English I: Literature 0.5 Credit/0.5 Credit	English II 1.0 Credit	English III 1.0 Credit	English IV 1.0 Credit	
Social Science 3 Credits	World History I/II 1.0 Credit		AP US History 1.0 Credit	AP Government and Comparative Politics 1.0 Credit	
Mathematics 3 Credits	Algebra I 1.0 Credit	Geometry 1.0 Credit	Algebra II 1.0 Credit	Precalculus 1.0 Credit	
Lab Science* 3 Credits		Biology 1.0 Credit	Honors Physics 1.0 Credit	Chemistry 1.0 Credit	
World Language 2 Credits	French I 1.0 Credit	French II 1.0 Credit	French III 1.0 Credit	French IV 1.0 Credit	
Fine Arts** 1 Credit	Art I/Art II 0.5 Credit/0.5 Credit	Art III/Art IV 0.5 Credit/0.5 Credit	AP 2-D Art 1.0 Credit		
Wellness 1 Credit	Wellness 1.0 Credit				
Physical Education 1 Credit		Coed PE/ Weight Training 0.5Credit/0.5 Credit			
Technology*** .5 Credit				Introduction to Computer Science 0.5 Credit	
Electives 3.5 Credits				Peer Mentor 0.5 Credit	
<b>Total Credits: 26</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>Total Credits: 28</b>

\* 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.

## Four Year Plan Worksheet

1. 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.
2. 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					
English 4 Credits					
Social Science 3 Credits					
Mathematics 3 Credits					
Lab Science* 3 Credits					
World Language 2 Credits					
Fine Arts** 1 Credit					
Wellness 1 Credit					
Physical Education 1 Credit					
Technology*** .5 Credit					
Electives 3.5 Credits					
Total Credits: 26	7	7	7	7	Total Credits: 28

\* 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.



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