

PONDEROSA HIGH SCHOOL



Course Selection

GRADUATION REQUIREMENTS

Class of 2025/2026

<u>COURSE REQUIREMENTS</u>	<u>CREDITS</u>
ENGLISH	30
SOCIAL STUDIES	30
MATH (MIN ALGEBRA 1)	30
SCIENCE (PHYSICAL & LIFE)	20
HEALTH	5
COMPUTER TECHNOLOGY	5
FINE ARTS	
<u>OR</u> WORLD LANGUAGE	
<u>OR</u> CTE	20*
PHYSICAL EDUCATION	20
ADDITIONAL CREDITS	<u>80</u>

TOTAL **240**

Class of 2027/2028

<u>COURSE REQUIREMENTS</u>	<u>CREDITS</u>
ENGLISH	40
SOCIAL STUDIES	30
MATH (MIN GEOMETRY)	30
SCIENCE (PHYSICAL & LIFE)	20
HEALTH	5
COMPUTER TECHNOLOGY	5
FINE ARTS	
<u>OR</u> WORLD LANGUAGE	
<u>OR</u> CTE	20*
PHYSICAL EDUCATION	20
ADDITIONAL CREDITS	<u>70</u>

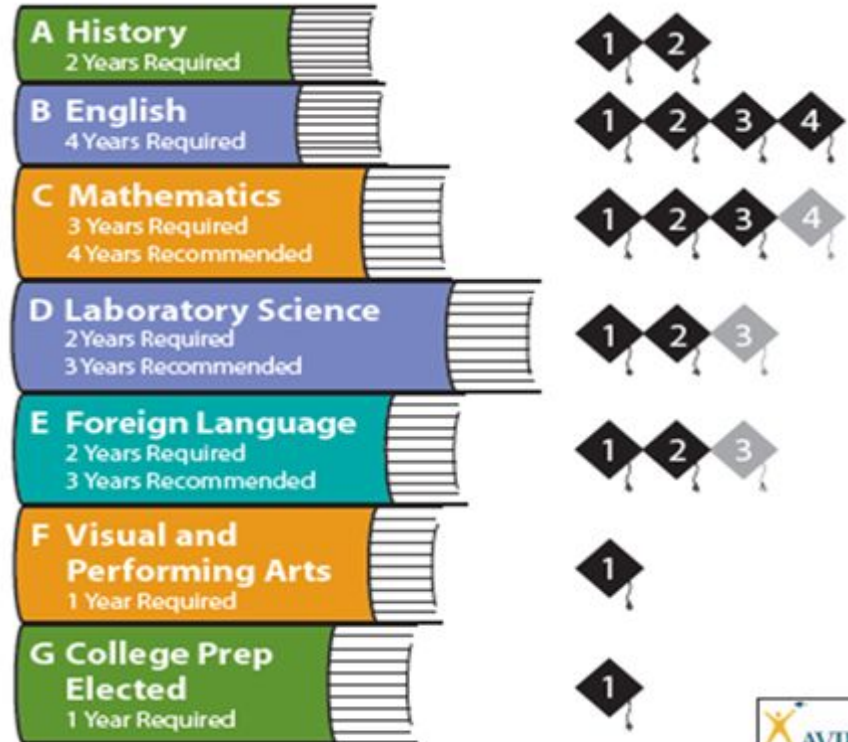
TOTAL **240**

MEETING THE A-G REQUIREMENTS

- GRADES OF C OR BETTER REQUIRED.
- ADDITIONAL POINTS/MORE COMPETITIVE WITH EXTRA YEARS OF A-G COURSES
- KEEP YOUR OPTIONS OPEN!

You can go to **COLLEGE**

A-G Requirements*
California State University ♦ University of California



* Grades of C or better required.



Additional Graduation Requirement

Choose ONE or more of the following options:

1. 20 credits in World Language, Career Technical Education, or Visual/Performing Arts
Examples: Drama & Adv. Drama, Spanish 1 & Spanish 2, or Ag mech & Adv. Ag Mech

or

2. Take the requirements needed to go straight to a 4-year university - “A to G”

or

3. Take at least 2 Advanced Education/Dual Enrollment classes at the local community college.

World Language

❖ French 1

❖ French 2

❖ French 3

❖ French 4/
AP French

❖ Spanish 1

❖ Spanish 2

❖ Spanish 3

❖ AP Spanish

Visual/Performing Arts

- ❖ Art 1
- ❖ Adv Art*
- ❖ AP Studio Art*
- ❖ 3D Design
- ❖ Adv 3D Design*
- ❖ Drama
- ❖ Adv Drama*
- ❖ Adv Drama 2nd Year*
- ❖ Theatre Tech & Prod
- ❖ Beginning Instruments
- ❖ Jazz Ensemble*
- ❖ Concert Band
- ❖ March/Symphonic Band*
- ❖ Baritone Chorus (Men's)
- ❖ General Choir (Women's)
- ❖ A Cappella Choir*
- ❖ Voice Ensemble*
- ❖ Music Appreciation
- ❖ AP Music Theory*
- ❖ Yearbook*
- ❖ Fashion & Design
- ❖ Adv Fashion & Design*
- ❖ Floral Design (AG only)*

*may require teacher approval/placement, application and/or audition

Career Technical Education

- ❖ Intro to Agriculture (9th only)
- ❖ Ag Mechanics
- ❖ Adv Ag Mechanics*
- ❖ Adv Ag Mechanics 3rd Year*
- ❖ Floral Design (AG Only)*
- ❖ Adv Floral Design (AG only)*
- ❖ Ag Biology
- ❖ Ag Leadership*
- ❖ Animal Science*
- ❖ Exploring Computer Science
- ❖ AP Computer Science*
- ❖ Digital Art & Video Production*
- ❖ Adv Video Production*
- ❖ Internet of Things*
- ❖ Culinary 1 (10th-12th only)
- ❖ Culinary 2*
- ❖ Auto Tech 1
- ❖ Fashion Design
- ❖ Adv Fashion Design*
- ❖ Child Development

*may require teacher approval/placement, application and/or audition

ADDITIONAL COURSES OFFERED

- ❖ PSYCHOLOGY AND SOCIOLOGY
- ❖ CREATIVE WRITING
- ❖ READING IMPROVEMENT/READING STRATEGIES*
- ❖ PERSONAL FITNESS (11TH/12TH ONLY)
- ❖ AVID 4/PREP FOR COLLEGE* (12TH ONLY)
- ❖ ASB/LEADERSHIP*
- ❖ ACADEMIC PEER MENTOR* (11TH/12TH ONLY)
 - CONNECTIONS
 - EDCOE PROGRAM

[HTTPS://YOUTUBE/ 2L_B3GOW6I](https://youtube.com/2L_B3GOW6I)

*MAY REQUIRE TEACHER APPROVAL/PLACEMENT, APPLICATION AND/OR AUDITION

EDUHSD Regional Occupational Programs (ROP)

Junior & Senior Year

Animal Health*

Automotive Engine

Cosmetology

Culinary Arts

Dental Careers

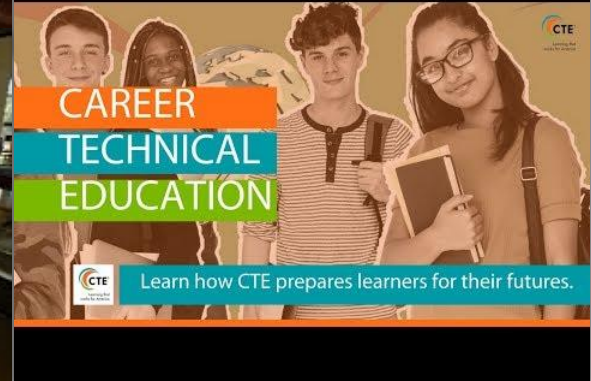
Diesel Engine*

Fire Control Technician

Health Careers

Law Enforcement*

Metal Fabrication & Welding



To learn more about ROP, come to the Electives Fair on 1/19!

PHS Career Pathways

INFORMATION & COMMUNICATION TECHNOLOGIES

- Exploring Computer Science
- AP Computer Science Principles
- AP Computer Science A
- ROP Database Design & SQL Programming

AGRICULTURE & NATURAL RESOURCES

- Agriculture Leadership
- Agriculture Biology
- Agriculture Science
- Agriculture Floral Design & Landscape
- Agriculture Mechanics Technology
- Advanced Agriculture Mechanics Technology
- CA Natural Resources I & II
- Environmental Biology
- Animal Science
- ROP Animal Health

TRANSPORTATION

- Automotive Technology I
- Advanced Automotive Technology
- ROP Automotive Engine
- ROP Diesel Engine

FASHION & INTERIOR DESIGN

- Fashion Apparel & Textiles
- Advanced Fashion Apparel & Textiles
- ROP Cosmetology

HOSPITALITY, TOURISM, & RECREATION

- Culinary I
- Culinary II
- ROP Culinary Arts

Dual Enrollment at the Community College

Get a head start on college by earning college credit while you are still in high school

- High school students are invited to take classes and earn college credit at any California Community College through the Dual Enrollment Program. The grades earned in Dual Enrollment courses will be reflected on a student's permanent college transcript
- Dual Enrollment students may enroll in up to 11 units during any semester



Dual Enrollment

- **Step 1 – Apply to Folsom Lake College**
 - <https://flc.losrios.edu/admissions/get-started-and-apply>
 - Look for two emails:
 - One from OpenCCC with general instructions on what to do next.
 - The other from Los Rios Community College District with your Los Rios Student ID number.
- **Step 2 – Complete the Special Admit Form**
 - <https://flc.losrios.edu/admissions/get-started-and-apply/dual-enrollment-admission-and-enrollment-steps>
 - Fill in the required fields.
 - Submit the completed Advanced Education packet to your high school counselor for approval.
- **Step 3 – High School Counselor Approval**
 - Your high school counselor will fill out their portion of the Special Admit Form (they will call you in if they need to meet with you) and will return the form to you.
- **Step 4 – Submit the Special Admit Form**
 - Submit the Special Admit Form by uploading it using the Online Submission Form found here: <https://flc.losrios.edu/admissions/get-started-and-apply/dual-enrollment-admission-and-enrollment-steps/submit-special-admit-form>
- **Step 5- Course Enrollment**
 - Folsom Lake College Admissions & Records will enroll you based on:
 - Your requested class(es).
 - The date/time of your priority registration appointment (priority 3 registration window).
 - You will receive an email when your Special Admit Form has been processed.

ADDITIONAL COURSE FORM INFO

- ❖ REQUIRED COURSES WITH OPTIONS WILL BE REQUIRED ON YOUR FORM (ENGLISH, HISTORY, MATH, SCIENCE)
 - SUBJECT TEACHERS WILL MAKE RECOMMENDATIONS, OFFER ADVICE AND EXPLAIN DIFFERENT OPTIONS TO YOU
- ❖ CHALLENGE YOURSELF, DISCOVER YOUR INTERESTS AND HAVE FUN!
- ❖ REVIEW YOUR SELECTIONS TO ENSURE THEY ALIGN WITH YOUR GOALS (GRADUATION, MEETING A-G REQUIREMENTS, FUTURE CLASSES, ETC)
- ❖ PLEASE DO NOT REQUEST ANY COURSE THAT IS NOT LISTED AS AN OPTION ON YOUR COURSE REQUEST FORM
- ❖ REVIEW YOUR COMPLETED FORM WITH A PARENT/GUARDIAN AND OBTAIN SIGNATURE

Last Name

Circle the course

1st Class

2nd Class

3rd Class

4th Class

5th Class

6th Class

Elective

Options (from list)

Student

AGRICULTURE
702 Agr
704 Int
706 Ag

ICT (Inform)
451 IC
455 Ex
(R)

ENGLISH
101 En
102 Ad
109 Re
107 En
134 Re

WORLD LANG
401 Fre
411 Spa
412 Spa

VISUAL & PERFORMING ARTS
601 Art
607 3D
620 Dra
625 The

NON-DEPARTMENTAL
862 RSP

A separate application is required for the following courses:

* 877

* Recommender
** Teacher approval

* Indicate
** Elective

Student

LAST

Subject

Social

Science

English

Math

Life Science

** Elective

Sophomore requires at least 6

** Optimal

* Indicate
** Elective

Student

AGRICULTURE
702 Agr
703 Flor
704 Int
706 Agr
708 Agr
724 Ani
725 Adv

TECHNOLOGY
451 ICT
453 Dig
455 Exp
241AP AP

FAMILY & CONSUMER EDUCATION
553 Culi
561 Fash
562 Adv
581 Child
582 Adv
581 Child

ENGLISH
109 Read
111 Engl
112 Adv
128 Creat

WORLD LANG
401 Fren
402 Fren
403 Fren
404 Fren
420AP AP F
411 Span
412 Span
413 Span
410AP AP S

HEALTH/PHYSICAL EDUCATION
265 Health
273 Life F
273W Life F
270 Person
274B Varsity

* Indicate
** Elective

Student

LAST

Subject

Social

English

Math

Science

(2 year courses for UC)

** Elective

** Elective

Juniors take at least 1

* Indicate
** Elective

Student

AGRICULTURE
451 ICT
453 Dig
455 Exp
241AP AP
458 Inte

TECHNOLOGY
451 ICT
453 Dig
455 Exp
489 Adv
241AP AP
458 Inte

FAMILY & CONSUMER EDUCATION
553 Culi
561 Fash
562 Adv
581 Child

ENGLISH
109 Read
121 Engl
126AP AP I
128 Creat

WORLD LANG
401 Fren
402 Fren
403 Fren
404 Fren
420AP AP F
411 Span
412 Span
413 Span
410AP AP S

HEALTH/PHYSICAL EDUCATION
265 Health
273 Life F
273W Life F
270 Person
274B Varsity

* Indicate
** Elective

Student

LAST

Subject

Social

English

Science

** Elective

** Elective

** Elective

Semester take

** Optimal

* Indicate

** Elective

Student

AGRICULTURE

702 Agriculture Mechanics
703 Floral Design*
731 Adv Floral Design*
704 Intro to Agriculture
706 Agriculture Biology**
708 Agriculture Leadership*
724 Animal Science*
725 Adv. Ag Mechanics*

TECHNOLOGY

451 ICT Foundations
453 Digital Art & Video Production
455 Exploring Computer Science
489 Adv. Video Production**
241AP AP Computer Sci Principals**
458 Internet of Things*

FAMILY & CONSUMER EDUCATION

553 Culinary 1
556 Culinary 2*
561 Fashion & Design
562 Adv. Fashion*
581 Child Development

ENGLISH

109 Reading Strat*
127 English 4/Shakespeare
133 English 4/Contemp Literature
138 English 4/Science Fiction
139AP AP English Literature**
144 Eng 4 CSU Expository Reading/Writing
128 Creative Writing (elective credit)

WORLD LANGUAGES

401 French 1
402 French 2*
403 French 3*
404 French 4*
420AP AP French Language**
411 Spanish 1
412 Spanish 2*
413 Spanish 3*
410AP AP Spanish Language**

HEALTH/PHYSICAL EDUCATION

265 Health Ed (S)
273 Life Fitness 2
273W Life Fitness 2 (Weight Emphasis)
270 Personal Fitness (Elective credit)
274B Varsity Football Conditioning

* Indicate

** Elective

Student

SENIOR
Ponderosa High School
List of Classes 2024-2025

TRADES & INDUSTRIAL ARTS

540 Automotive Technology

MATHEMATICS

202 Financial Analysis*
212 Algebra 1
212N Algebra 10-12*
213 Algebra 2*
221 Geometry**
223 Pre-Calculus*
227 Adv Algebra 2*
223AP AP Pre-Calculus*
228AP AP Statistics**
230AP AP Calculus AB**
231AP AP Calculus BC**
232 Differential Calculus*
234 Probability & Statistics*

SCIENCE

303 Environmental Science*
303AP AP Environmental Science**
305 Earth/Space Science
311 Biology
311AP AP Biology**
314 Honors Human Physiology**
320 Adv. Chemistry*
326AP AP Physics 1**
330 Physics*
706 Biology & Sustainable Agriculture**

HISTORICAL SCIENCE

171 American Government (S)
171AP AP US Gov't & Politics** (S)
182 Sociology (S)
183 Psychology (S)
187 Economics (S)
188AP AP Macro Economics** (S)
174 AP World History**

NON-DEPARTMENTAL

862 RSP Learning Center (Special Ed ONLY)

A separate application is required if you are requesting any of the following:

600 Yearbook*
877 ASB Leadership**
879 Teacher Aide*
880 Library Assistant*
882 Office Assistant*
884 Science Lab Assistant*
905 Academic Peer Tutor*
906 AVID Peer Tutor*
911 AVID 4

VISUAL & PERFORMING ARTS

601 Art I
602 Adv Art*
607 3D Design
608 Adv 3D Design*
620 Drama
621 Adv Drama*
622 Adv Drama 2nd year*
625 Theatre Technology & Production
652 Jazz Ensemble*
653 Bg Int Instruments
655 March/Symphonic Band*
656 Concert Band
660 General Choir (Women's choir)
662 A Cappella Choir (Concert Choir)
663 Baritone Chorus (Men's choir)
664 Voice Ensemble* (Solo voice)
670 Music Appreciation
667AP AP Music**

R.O.P.

921 Automotive Engine (EDHS)
926 Diesel Engine (PHS)
927 Cosmetology (VA)
928 Dental Careers (VA)
932 Metal Fabrication/Welding (EDHS)
933 Law Enforcement (PHS)
944 Health Careers (EDHS)
948 Fire Control Technician (UMHS)
961 Culinary Arts (EDHS)
965L1 Animal Health I (PHS)
965L2 Animal Health II (PHS)

Scan the QR Code for additional information on the ROP offerings.



(S) Indicates a Semester Class
* Indicates Teacher Approval Required
** Indicates Weighted Grade
** ASB application required:
<https://tinyurl.com/asbphsapp>

Updated: 12/4/2023

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- ❖ STILL HAVE QUESTIONS? DON'T WORRY...YOU WILL HAVE TIME DURING THE COURSE SELECTION PROCESS TO SIT DOWN WITH YOUR COUNSELOR SO BRING YOUR QUESTIONS WITH YOU!
- ❖ SIGN UP FOR ONE OF THE FOLLOWING FLEX SESSIONS :
 - TUESDAY, JANUARY 16TH - CAREER CENTER
 - WEDNESDAY, JANUARY 17TH - CAREER CENTER
- ❖ ELECTIVES FAIR - AT LUNCH IN THE LARGE GYM ON FRIDAY, JANUARY 19TH!

Science Course Progression

Ponderosa High School Science Course Offering and Prerequisites (Revised Dec 2023)

Meets UC/CSU Requirement:

Lab Science Credit - Life Science

Lab Science Credit - Physical Science

Lab Science Credit - Life or Physical Science

Earth & Space Science

- *Pass 8th grade Science
- *Enrolled in Algebra/Algebra Foundations

PHS Graduation Requirement

- 1 Year Physical Science
- 1 Year Life Science
- (Three years recommended)

Biology

- *Pass 8th grade Science
- *Enrolled in Geometry or higher math course
- Or
- *A, B, C, D both semesters of Earth & Space Science

Physics

- *A, B in Geometry
- *Concurrent in Algebra 2/Adv. Algebra 2 or higher

Environmental Science

- *A, B, C both semesters Biology

Advanced Chemistry

- *A, B, C both semesters Biology
- *A, B, C in Algebra and Geometry
- *Concurrent in Algebra 2/Adv. Algebra 2 or higher

AP Physics 1

- *Alg 2 (B or better)
- *Concurrent enrollment in Pre Calc or higher

AP Physics 2

- *Physics or AP Physics I with B or better
- *Concurrent in Math Analysis or higher

Honors Human Physiology

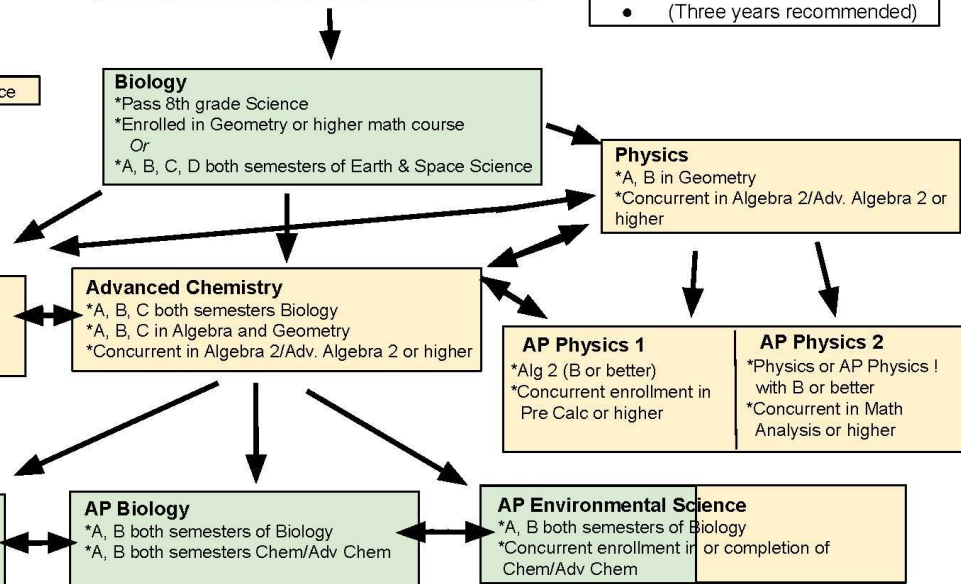
- *A, B both semesters of Biology
- *A, B, C both semesters Chem/Adv Chem
- *A, B, C both semesters Algebra 2

AP Biology

- *A, B both semesters of Biology
- *A, B both semesters Chem/Adv Chem

AP Environmental Science

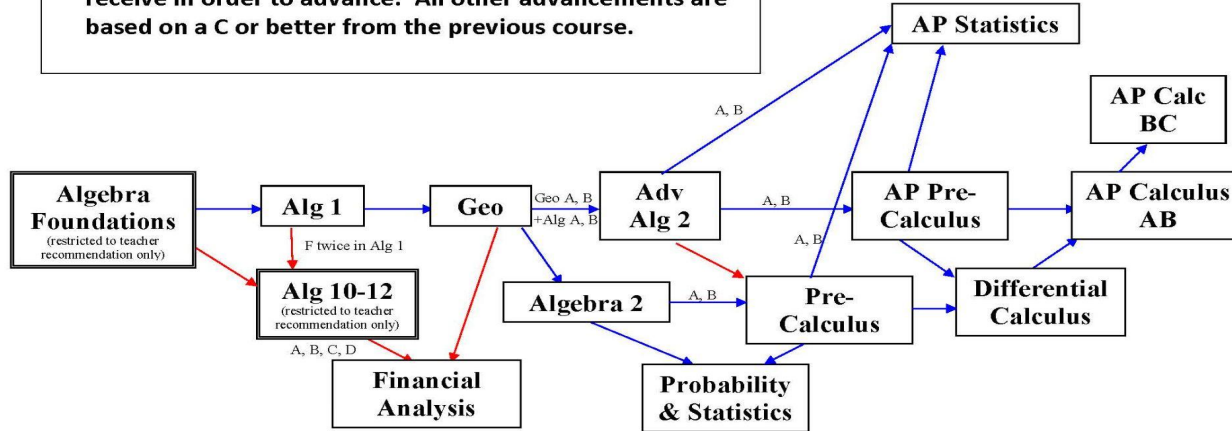
- *A, B both semesters of Biology
- *Concurrent enrollment in or completion of Chem/Adv Chem



Math Course Progression

**Ponderosa High School
Mathematics Department
Sequence of Courses**
Revised January 2023
Student Version

Letters on arrows indicate the grade a student should receive in order to advance. All other advancements are based on a C or better from the previous course.



Graduation Requirements

- Class of 24: two years of math (must pass Algebra 1 or higher)
- Classes of 25 and 26: three years of math (must pass Algebra 1 or higher)
- Class of 26: three years of math (must pass Geometry or higher)

AP Computer Science Principles

(Does NOT earn Math credit)
Can take any time after completion of Geometry



THE MUSICAL

AUDITIONS JAN. 24-26

FOR MORE INFORMATION



AERIES
PORTAL



CALENDAR



FLEX
TIME



STAFF
DIRECTORY



SCHOOL
STORE



BELL
SCHEDULE



SAVAS



ASB

Academics/Departments

Summer School Information

College & Career Center

+ Counseling

+ Departments/Programs

Registrar

Regional Occupation Program

Library

COLLEGE & CAREER CENTER

COLLEGE & CAREER INFORMATION

General

College/A-G Information

Graduation Requirements

4-Year Planning

PSAT/ACT/SAT

Community College

Dual Enrollment/Adv'd Ed

Financial Aid

Scholarships

CTE/ROP

Career Exploration

Military

Volunteer Information

Work Permits

College Athletics

Forms

Tutoring

Presentations

2023-24 Senior Presentation

2023-24 Junior Presentation

ATHLETIC

STUDENT

A misty forest landscape with the text "THANK YOU!!!" overlaid. The scene is a dense forest of evergreen trees, with a thick layer of mist or fog hanging over the tops of the trees, creating a soft, ethereal atmosphere. The colors are muted greens and greys. The text is written in a white, casual, handwritten-style font, centered horizontally across the middle of the image.

THANK YOU!!!