

Academy District 20 Alternative Course Catalogue

2026-27

Table of Contents

Academy District 20 Alternative Course Catalogue	1
<i>Work Based Learning Courses</i>	<i>3</i>
WBL in Automotive Technology	3
WBL in Aviation	3
WBL in Business	4
Career Exploration & Internship	4
Classroom Helpers.....	4
WBL in Computer Science	5
WBL in Construction.....	5
WBL in Digital Media	5
WBL in Education.....	6
Elementary School Helpers.....	6
WBL in Engineering	6
WBL in Interior Design	7
Practical Work Experience	7
<i>Supplemental Online Courses.....</i>	<i>8</i>
English Language Arts	8
Mathematics	11
Science.....	17
Social Studies	19
World Languages	21
General Electives	22
Health and Physical Education	25
Character Education	27
National Test Preparation	31



Work Based Learning Courses

Work-Based Learning courses are credit-bearing courses incorporated into students' Individual Career and Academic Plan (ICAP) whereby students may or may not attend classes in a typical bell schedule. Students enrolled in Work-Based Learning courses receive credit for learning opportunities that occur in part or in whole in the workplace through real-world, hands-on experiences.

WBL in Automotive Technology

Course Number:	108395		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. Course must align with student's ICAP. This course is part of CTE's Secondary Pathways and aligns with Automotive Service Pathway Level 4.

WBL in Aviation

Course Number:	108470		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Aviation Flight Pathway Level 4.



WBL in Business

Course Number:	030100		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Business Administration Pathway Level 4.

Career Exploration & Internship

Course Number:	191132		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

The Career Exploration and Internship course is designed to support students in the development of job skills, exploration of potential career interests and practical experiences in the workplace. Students will complete career inventories and assessments, research potential careers, and spend time with professionals in various industries. Students are responsible for finding and maintaining employment throughout the semester and must work a minimum of 120 hours over the course of the semester. Students must provide their own transportation to and from work. The course may be repeated for credit, but students may only have one section per semester. This class does not meet regularly. **This course is for Village High School students only.**

Classroom Helpers

Course Number:	191018A/B		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

Working at the direction of the classroom teacher, students will provide support in a PK-8 classroom. Classroom activities may include tutoring PK-8 students, assisting the classroom teacher with organizational tasks, and materials preparation. **This course is currently offered at Discovery Canyon Campus High School and Pine Creek High School.**



WBL in Computer Science

Course Number:	160045		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Networking Systems and Security Pathway Level 4.

WBL in Construction

Course Number:	101070		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with General Construction Pathway Level 4.

WBL in Digital Media

Course Number:	109070		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students



will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Digital Media & Communications Pathway Level 4.

WBL in Education

Course Number:	191134		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Human Services/Education and Training Pathway Level 4.

Elementary School Helpers

Course Number:	191015		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

Students enrolled in this program will be assigned to help an elementary classroom in District 20. Classroom tasks will be assigned by the classroom teacher and will involve working with students individually as well as in small groups. Tasks will also include a wide variety of activities common to elementary school and elementary teaching based on the needs of the individual classroom. This program is particularly useful to high school students who are considering a career in elementary education. It is necessary for students to provide their own transportation. Credit is based on number of hours of participation at the elementary school and teacher evaluation.

WBL in Engineering

Course Number:	100070		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class



instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Engineering & Technology Pathway Level 4.

WBL in Interior Design

Course Number:	022070		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course is designed to prepare students to enter the workforce through on-the-job training in the form of a work-based learning experience and may be combined with class instruction. Students will build on prior knowledge and skills in the program of study aligned to their career and academic plan to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. Students will have the opportunity to develop skills in supervised practical experience on the job or in a classroom-based job environment. A personalized learning plan is a requirement for this course. This course is part of CTE's Secondary Pathways and aligns with Interior Design and Fashion Design Pathway Level 4.

Practical Work Experience

Course Number:	191041		
Course Type:	Work-Based Learning		
Credits:	1.0 per Semester	Credit Type:	Unrestricted Elective
Grade:	11 – 12	Prerequisite:	None

Course Description:

This course provides students with practical work experience in a professional setting, allowing them to apply academic knowledge and develop essential skills for future careers. The program aligns with the Colorado Essential Skills, D20 Portrait of a Graduate, and the Individual Career and Academic Plan (ICAP), focusing on communication, problem-solving, collaboration, and personal responsibility.



Supplemental Online Courses

ASD20 High Schools provide students with an opportunity to complete courses through an asynchronous, digitally delivered curriculum provided by online learning resource Edgenuity. All instruction in these courses is digitally delivered and completed off-site with student autonomy over the time, place, path and/or pace of participation. In some instances, students may have a drop-in “Study Hall” time when they can work independently on Supplemental Online courses with certified teachers available to support students as requested.

English Language Arts

English Language Arts 8

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** English
Prerequisite: None

Course Description:

In this course, students build on their knowledge and blossom as thoughtful readers and clear, effective writers. A balance of literary and informational texts engages students throughout the course in reading critically, analyzing texts, and citing evidence to support claims. Students sharpen their vocabulary, grammar, and listening skills through lessons designed to provide explicit modeling and ample opportunities to practice. Students also routinely write responses to texts they have read, and use more extensive, process-based lessons to produce full-length essays in narrative, informative, analytical, and argumentative formats. In this full-year course, students develop a mastery of reading, writing, and language arts skills.

SUGGESTED COURSE EQUIVALENT: 8th Language Arts (M050015A/B)

English Language Arts 9

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** English
Prerequisite: None

Course Description:

In this thematically organized course, students read a broad variety of fiction and nonfiction, building their background knowledge across complex texts. Students draw upon what they've read to answer questions, make and support claims, analyze central ideas and details, and trace ideas across multiple texts. Students will develop and apply critical thinking and literary analysis skills as they speak, listen, read, and write—building the language arts skills they will need for college and career readiness.

SUGGESTED COURSE EQUIVALENT: English 1 (050080A/B)



English Language Arts 10

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: Eng. 1 *or* Freshman Lit & Comp

Course Description:

This sophomore English course is organized thematically, allowing students to trace ideas across multiple fiction and nonfiction texts. As students engage with what they read, they use textual evidence to support arguments and to make inferences about the author's purpose and choice of language. In this course students speak, listen, read, and write—developing and applying a range of critical thinking and literary analysis skills they will need to tackle more complex texts in upper grades, college, and careers.

SUGGESTED COURSE EQUIVALENT: English 2 (050085A/B)

English Language Arts 11

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: English 2 *or* World Lit & Comp

Course Description:

In this course, students journey through the history of American literature, from the early writings of Indigenous peoples and European settlers to modern texts. As students read, they are encouraged to use textual evidence to support their analyses and analyze the impact of the author's choices. Students make written and oral arguments to support claims, and they build upon previous writing skills to develop a formal and mature writing style. Students also develop their listening skills, integrating what they hear and what they read to form and communicate clear perspectives on a variety of issues.

SUGGESTED COURSE EQUIVALENT: English 3 (050090A/B)

English Language Arts 12

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: Eng. 3 *or* Am. Lit & Comp

Course Description:

In this course, students journey through British literature as they analyze foundational fiction and literary nonfiction works. As students read, they use textual evidence to support their analyses and analyze the impact of the author's choices. Students make written and oral arguments to support claims, and they build upon previous writing skills to develop a formal and mature writing style. Students also further develop their listening skills, integrating what they hear and what they read to form and communicate clear perspectives on a variety of issues.

SUGGESTED COURSE EQUIVALENT: Composition & Literature 4 (050025A/B)



Literacy & Comprehension I

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** English
Prerequisite: None

Course Description:

This course is one of two intervention courses designed to support the development of strategic reading and writing skills. These courses use a thematic and contemporary approach, including high-interest topics to motivate students and expose them to effective instructional principles using diverse content area and real-world texts. Both courses offer an engaging technology-based interface that inspires and challenges students to gain knowledge and proficiency in the following comprehension strategies: summarizing, questioning, previewing and predicting, recognizing text structure, visualizing, making inferences, and monitoring understanding with metacognition. Aimed at improving fluency and vocabulary, self-evaluation strategies built into these courses inspire students to take control of their learning.

SUGGESTED COURSE EQUIVALENT: Literacy Lab (051000A/B)

Literacy & Comprehension II

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** English
Prerequisite: Literacy & Comprehension I

Course Description:

Offering high-interest topics to motivate students who are reading two to three levels below grade, this course works in conjunction with Literacy & Comprehension I to use a thematic and contemporary approach to expose students to effective instructional principles using diverse content area and real-world texts. Each of these reading intervention courses offers an engaging, technology-based interface that inspires and challenges high school and middle school students to gain knowledge and proficiency in the following comprehension strategies: summarizing, questioning, previewing and predicting, recognizing text structure, visualizing, making inferences, and monitoring understanding with metacognition. Aimed at improving fluency and vocabulary, self-evaluation strategies built into these courses inspire students to take control of their learning.

SUGGESTED COURSE EQUIVALENT: N/A

Expository Reading and Writing

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** English
Prerequisite: None

Course Description:

This elective English course is designed to develop critical reading and writing skills while preparing high school students to meet the demands of college-level work. While students will explore some critical reading skills in fiction, poetry, and drama the focus of this course will be on expository and persuasive texts and the analytical reading skills that are necessary for college success. Students will read a range of short but complex texts,



including works by Walt Whitman, Abraham Lincoln, Cesar Chavez, Martin Luther King Jr., Langston Hughes, Julia Alvarez, Edna St. Vincent Millay, and Gary Soto.

SUGGESTED COURSE EQUIVALENT: College Prep Composition (054210A/B)

Introduction to Communications & Speech

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

Beginning with an introduction that builds student understanding of the elements, principles, and characteristics of human communication, this course offers fascinating insight into verbal and nonverbal messages and cultural and gender differences in the areas of listening and responding. High school students enrolled in this course will be guided through engaging lectures and interactive activities, exploring themes of self-awareness and perception in communication. The course concludes with units on informative and persuasive speeches, and students are given the opportunity to critique and analyze speeches

SUGGESTED COURSE EQUIVALENT: Speech (055000)

Classic Novels & Author Studies

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: English 1, 2, & 3

Course Description:

The Classic Novels mini-courses give students the opportunity to fully explore a large work of fiction or to be introduced to a celebrated author. Designed to stand alone as supplements or to be inserted into an existing Imagine Edgenuity course, each module guides students through the work with lectures, web activities, journals, and homework/practice. Available modules include: 1984, A Midsummer Night's Dream, Call of the Wild, Dr. Jekyll and Mr. Hyde, Heart of Darkness, Jane Eyre, Macbeth, Mrs. Dalloway, Portrait of the Artist, Robinson Crusoe, The House of Seven Gables, The Red Badge of Courage, and The Three Musketeers along with the following author studies: Jorge Luis Borges and Flannery O'Connor.

SUGGESTED COURSE EQUIVALENT: English 4 Novels (050030)

Mathematics

Mathematics 8

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: None

Course Description:

In this course, students use input-output relationships to build a foundation for learning about functions. Students make connections between verbal, numeric, algebraic, and



graphical representations of relations and apply this knowledge to create linear functions that can be used to model and solve mathematical and real-world problems. Technology is used to build deeper connections among representations. Students focus on formulating expressions and equations, including modeling an association in bivariate data with a linear equation, and writing and solving linear equations and systems of linear equations. Students develop a deeper understanding of how translations, rotations, reflections, and dilations of distances and angles affect congruency and similarity. Students develop rules of exponents and use them to simplify exponential expressions. Students extend rules of exponents as they perform operations with numbers in scientific notation. Estimating and comparing square roots of non-perfect squares to perfect squares exposes students to irrational numbers and lays the foundation for applications such as the Pythagorean theorem, distance, and volume.

SUGGESTED COURSE EQUIVALENT: Linear Algebra (M111055A/B)

Pre-Algebra

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: MYP Geometry or equivalent

Course Description:

This full-year course is designed for high school students who have completed a middle school mathematics sequence but are not yet algebra-ready. This course reviews key algebra readiness skills from the middle grades and introduces basic Algebra I work with appropriate support. Students revisit concepts in numbers and operations, expressions and equations, ratios and proportions, and basic functions. By the end of the course, students are ready to begin a more formal high school Algebra I study.

SUGGESTED COURSE EQUIVALENT: Pre-Algebra Essentials (111000A/B)

Algebra I

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: Pre-Algebra

Course Description:

This course focuses on five critical areas: relationships between quantities and reasoning with equations, linear and exponential relationships, descriptive statistics, expressions and equations, and quadratic functions and modeling. This course builds on the foundation set in middle grades by deepening students' understanding of linear and exponential functions and developing fluency in writing and solving one-variable equations and inequalities. Students will interpret, analyze, compare, and contrast functions that are represented numerically, tabularly, graphically, and algebraically. Quantitative reasoning is a common thread throughout the course as students use algebra to represent quantities and the relationships among those quantities in a variety of ways. Standards of mathematical practice and process are embedded throughout the course, as students make sense of problem situations, solve novel problems, reason abstractly, and think critically.

SUGGESTED COURSE EQUIVALENT: Algebra 1 (111100A/B)



Algebra II

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: Algebra 1

Course Description:

This course focuses on functions, polynomials, periodic phenomena, and collecting and analyzing data. The course begins with a review of linear and quadratic functions to solidify a foundation for learning these new functions. Students make connections between verbal, numeric, algebraic, and graphical representations of functions and apply this knowledge as they create equations and inequalities that can be used to model and solve mathematical and real-world problems. As students refine and expand their algebraic skills, they will draw analogies among the operations and field properties of real numbers and those of complex numbers and algebraic expressions. Mathematical practices and habits of mind are embedded throughout the course, as students solve novel problems, reason abstractly, and think critically.

SUGGESTED COURSE EQUIVALENT: Algebra 2 (111200A/B)

Precalculus

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: Algebra 1 and 2

Course Description:

In this full-year advanced math course, students explore the nature of functions with a focus on graphing a variety of function types. They also study complex numbers, matrices, systems, and linear programming. Students explore rational functions in depth and delve into right triangle and circular trigonometry. Students synthesize what they have learned to graph and solve trigonometric functions. They also study vectors, conics and analytic geometry, statistics and probability, mathematical modeling, and sequences and series.

SUGGESTED COURSE EQUIVALENT: Pre-Calculus (113000A/B)

Mathematics I

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: None

Course Description:

Mathematics I is the first course in a three-year series of integrated math courses for high school. The

integrated math series is an alternative to the traditional Algebra I – Geometry – Algebra II pathway, placing some Geometry in each year of instruction.

This full-year course formalizes and extends middle school mathematics, deepening students' understanding of linear relationships. The course begins with a review of relationships between quantities, building from unit conversion to a study of expressions, equations, and inequalities. Students contrast linear and exponential relationships, including



a study of sequences, as well as applications such as growth and decay. Students review one-, two-, and multi-step equations, formally reasoning about each step using properties of equality. Students extend this reasoning to systems of linear equations. Students use descriptive statistics to analyze data before turning their attention to transformations and the relationship between algebra and geometry on the coordinate plane.

SUGGESTED COURSE EQUIVALENT: Core Plus Math 1 (110005A/B)

Mathematics II

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: Core Plus Math 1

Course Description:

Mathematics II is the second course in a three-year series of integrated math courses for high school. The integrated math series is an alternative to the traditional Algebra I – Geometry – Algebra II pathway, placing some Geometry in each year of instruction.

This full-year course begins with a brief exploration of radicals and polynomials before delving into quadratic expressions, equations, and functions, including a derivation of the quadratic formula. Students then embark on a deep study of the applications of probability and develop advanced reasoning skills with a study of similarity, congruence, and proofs of mathematical theorems. Students explore right triangles with an introduction to right-triangle trigonometry before turning their attention into the geometry of circles and making informal arguments to derive formulas for the volumes of various solids.

SUGGESTED COURSE EQUIVALENT: Core Plus Math 2 (110010A/B)

Mathematics III

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: Core Plus Math 1 & 2

Course Description:

Mathematics III is the third course in a three-year series of integrated math courses for high school. The integrated math series is an alternative to the traditional Algebra I – Geometry – Algebra II pathway, placing some Geometry in each year of instruction.

This full-year course synthesizes previous mathematical learning in four focused areas of instruction. First, students relate visual displays and summary statistics to various types of data and to probability distributions with a focus on drawing conclusions from the data. Then, students embark on an in-depth study of polynomial, rational, and radical functions, drawing on concepts of integers and number properties to understand polynomial operations and the combination of functions through operations. This section of instruction builds to the fundamental theorem of analysis. In the second half of the course, students create and analyze scatterplots and study two-way tables and normal distributions. Finally, students apply probability to topics such as conditional probability, combinations and permutations, and sets.

SUGGESTED COURSE EQUIVALENT: Core Plus Math 3 (110015A/B)



Trigonometry

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: None

Course Description:

In this one-semester course, students use their geometry and algebra skills to begin their study of trigonometry. Students will be required to express understanding using qualitative, quantitative, algebraic, and graphing skills. This course begins with a quick overview of right-triangle relationships before introducing trigonometric functions and their applications. Students explore angles and radian measures, circular trigonometry, and the unit circle. Students extend their understanding to trigonometric graphs, including the effects of translations and the inverses of trigonometric functions. This leads to the laws of sines and cosines, followed by an in-depth exploration of trigonometric identities and applications. This course ends with an introduction to the polar coordinate system, complex numbers, and DeMoivre's theorem.

SUGGESTED COURSE EQUIVALENT: Functions, Statistics, and Trigonometry (117010A/B)

Mathematical Models with Applications

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: None

Course Description:

Broadening and extending the mathematical knowledge and skills acquired in Algebra I, the primary purpose of this course is to use mathematics as a tool to model real-world phenomena students may encounter daily, such as finance and exponential models. Engaging lessons cover financial topics, including growth, smart money, saving, and installment-loan models. Students expand prior mathematical knowledge and develop new knowledge and techniques through real-world application of useful mathematical concepts.

SUGGESTED COURSE EQUIVALENT: Advanced Algebra and Financial Applications (111900A/B)

Statistics

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Math
Prerequisite: None

Course Description:

This fourth-year high school math option provides a comprehensive introduction to data analysis and statistics. Students begin by reviewing familiar data displays through a more sophisticated lens before diving into an in-depth study of the normal curve. They then study and apply simple linear regression and explore sampling and experimentation. Next, students review probability concepts and begin a study of random variables. Later topics also include sampling distributions, estimating and testing claims about proportions and means, and inferences and confidence intervals.



SUGGESTED COURSE EQUIVALENT: Statistics (117000A/B)

Concepts in Probability and Statistics

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: None

Course Description:

In this full-year course, students build a foundational understanding of probability and statistics through real-world applications and interactive learning. Topics include theoretical and experimental probability, probability distributions, sampling methods, data visualization, and measures of center and variability. Students analyze and interpret data using dot plots, histograms, box plots, and scatterplots, and apply probability concepts using tools such as Venn diagrams, simulations, and regression models. The course also covers normal distribution, standard deviation, and hypothesis testing to support informed decision-making. Through performance tasks and hands-on investigations, students learn to evaluate statistical claims and make predictions based on data.

This course does not meet the requirements for a fourth-year math course for college-bound students.

SUGGESTED COURSE EQUIVALENT: Functions, Statistics, Trigonometry (117010A/B)

Financial Math

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: None

Course Description:

This full-year course for high school students extends prior math concepts to financial and business contexts. Students will solve real-world problems, analyze data, and develop financial literacy and business modeling skills. They will learn about budgets, income, taxes, insurance, and investments, as well as how these may affect personal and business decisions. Students will also work with scenarios dealing with credit, retirement planning, and home and automobile ownership or leasing. Students will model and analyze scenarios related to these real-world financial concepts using ratios, proportions, and functions. They will make decisions related to these financial scenarios and use mathematics to justify their decisions. Students will apply mathematical practices and use technology as they complete tasks that require them to think critically, solve problems, and communicate their reasoning.

SUGGESTED COURSE EQUIVALENT: Consumer Math (115100A/B)

Geometry

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Math

Prerequisite: Algebra 1

Course Description:

This course formalizes what students learned about geometry in the middle grades with a focus on reasoning and making mathematical arguments. Mathematical reasoning is



introduced with a study of triangle congruency, including exposure to formal proofs and geometric constructions. Then students extend what they have learned to other essential triangle concepts, including similarity, right-triangle trigonometry, and the laws of sines and cosines. Moving on to other shapes, students justify and derive various formulas for circumference, area, and volume, as well as cross-sections of solids and rotations of two-dimensional objects. Students then make important connections between geometry and algebra, including special triangles, slopes of parallel and perpendicular lines, and parabolas in the coordinate plane, before delving into an in-depth investigation of the geometry of circles. The course closes with a study of set theory and probability, as students apply theoretical and experimental probability to make decisions informed by data analysis.

SUGGESTED COURSE EQUIVALENT: Geometry (116010A/B)

Science

Biology

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Science

Prerequisite: None

Course Description:

This compelling full-year course engages students in the study of life and living organisms and examines biology and biochemistry in the real world. It encompasses traditional concepts in biology and encourages exploration of new discoveries in this field of science. The components include biochemistry, cell biology, cell processes, heredity and reproduction, the evolution of life, taxonomy, human body systems, and ecology.

SUGGESTED COURSE EQUIVALENT: Biology (132015A/B)

Chemistry

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Science

Prerequisite: Algebra 1

Course Description:

This rigorous full-year course engages students in the study of the composition, properties, changes, and interactions of matter. The course covers the basic concepts of chemistry and includes virtual laboratory experiments that encourage higher-order thinking, and applications. There is also a wet lab component for each of these labs. The components of this course include the composition and properties of matter, changes and interactions of matter, organic chemistry, and nuclear chemistry.

SUGGESTED COURSE EQUIVALENT: Chemistry (133115A/B)



Earth Science

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Science
Prerequisite: None

Course Description:

Students enrolled in this dynamic course explore the scope of Earth sciences, covering everything from basic structure and rock formation to the incredible and volatile forces that have shaped and changed our planet. As climate change and energy conservation become increasingly prevalent in the national discourse, it will be important for students to understand the concepts and causes of our changing Earth. Earth Science is a two-semester course that provides a solid foundation for understanding the physical characteristics that make the planet Earth unique and examines how these characteristics differ among the planets of our solar system.

SUGGESTED COURSE EQUIVALENT: Earth Science (134000A/B)

Physical Science

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Science
Prerequisite: None

Course Description:

This full-year course focuses on basic concepts in chemistry and physics and encourages exploration of new discoveries in the field of physical science. The course includes an overview of scientific principles and procedures and has students examine the chemical building blocks of our physical world and the composition of matter. Additionally, students explore the properties that affect motion, forces, and energy on Earth. Building on these concepts, the course covers the properties of electricity and magnetism and the effects of these phenomena. As students refine and expand their understanding of physical science, they will apply their knowledge to complete interactive virtual labs that require them to ask questions and create hypotheses. Hands-on wet lab options are also available.

SUGGESTED COURSE EQUIVALENT: Physical Science (133000A/B)

Environmental Science

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Science
Prerequisite: None

Course Description:

Environmental science is a captivating and rapidly expanding field, and this two-semester course offers compelling lessons that cover many aspects of the field: ecology, the biosphere, land, forests and soil, water, energy and resources, and societies and policy. Through unique activities and material, high school students connect scientific theory and concepts to current, real-world dilemmas, providing them with opportunities for mastery in each of the segments throughout the semester.

SUGGESTED COURSE EQUIVALENT: Environmental Science (132405A/B)



Physics

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Science
Prerequisite: Biology

Course Description:

This full-year course acquaints students with topics in classical and modern physics. The course emphasizes conceptual understanding of basic physics principles, including Newtonian mechanics, energy, thermodynamics, waves, electricity, magnetism, and nuclear and modern physics. Throughout the course, students solve mathematical problems, reason abstractly, and learn to think critically about the physical world. The course also includes interactive virtual labs and hands-on lab options, in which students ask questions and create hypotheses.

SUGGESTED COURSE EQUIVALENT: Physics (133200A/B)

Social Studies

Civics and Citizenship

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Social Studies
Prerequisite: None

Course Description:

Civics and Citizenship is a one-semester elective appropriate for students in middle school and early high school. The course investigates events, concepts, and issues with a 360-degree view allowing multiple perspectives from various cultures and institutions to inform student learning. The course is divided into five units in which students will explore their civic roles, rights, and responsibilities; analyze the development of democracy in the United States; study the purposes and principles of the Constitution; investigate the role of power in decision-making; and discover ways to influence the government. The course provides opportunities to actively engage with the content through interactives, assignments, readings, short writings, projects, and discourse.

SUGGESTED COURSE EQUIVALENT: Civics and Law (157105)

Economics

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Social Studies
Prerequisite: None

Course Description:

Available as either a semester or a full year, this course invites students to broaden their understanding of how economic concepts apply to their everyday lives, including microeconomic and macroeconomic theory and the characteristics of mixed-market economies, the role of government in a free-enterprise system and the global economy, and personal finance strategies. Throughout the course, students apply critical thinking skills while making practical economic choices. Students also master literacy skills through rigorous reading and writing activities. Students analyze data displays and write routinely



and responsively in tasks and assignments that are based on scenarios, texts, activities, and examples. In more extensive, process-based writing lessons, students write full-length essays in informative and argumentative formats.

SUGGESTED COURSE EQUIVALENT: Economics (153000)

Survey of US History

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Social Studies

Prerequisite: None

Course Description:

This full-year high school course presents a cohesive and comprehensive overview of the history of the United States, surveying the major events and turning points of U.S. history as it moves from the Era of Exploration through modern times. As students examine each era of history, they will analyze primary sources and carefully research events to gain a clearer understanding of the factors that have shaped U.S. history. In early units, students will assess the foundations of U.S. democracy while examining crucial documents. In later units, students will examine the effects of territorial expansion, the Civil War, and the rise of industrialization. They will also assess the outcomes of economic trends and the connections between culture and government. As the course draws to a close, students will focus their studies on the causes of cultural and political change in the modern age. Throughout the course, students will learn the importance of cultural diversity while examining history from different perspectives.

SUGGESTED COURSE EQUIVALENT: US History/Geography (155505A/B)

World History

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Social Studies

Prerequisite: None

Course Description:

This full-year course examines the major events and turning points of world history from ancient times to the present. Students investigate the development of classical civilizations in the Middle East, Africa, Europe, and Asia, and they explore the economic, political, and social revolutions that have transformed human history. At the end of the course, students conduct a rigorous study of modern history, allowing them to draw connections between past events and contemporary issues. The use of recurring themes, such as social history, democratic government, and the relationship between history and the arts, allows students to draw connections between the past and the present, among cultures, and among multiple perspectives. Throughout the course, students use a variety of primary and secondary sources, including legal documents, essays, historical writings, and political cartoons to evaluate the reliability of historical evidence and to draw conclusions about historical events.

SUGGESTED COURSE EQUIVALENT: World History & Geography (155905A/B)



World Languages

Spanish I

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** World Language

Prerequisite: None

Course Description:

High school students begin their study of Spanish language and culture with fundamental building blocks in four key areas: listening, speaking, reading, and writing. Each lesson includes activities focused on vocabulary and pronunciation, grammar, reading and writing, and listening and speaking. The course also includes video and text presentations covering people, places, and events in Spanish-speaking areas across the globe.

SUGGESTED COURSE EQUIVALENT: Spanish 1 (062063A/B)

Spanish II

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** World Language

Prerequisite: Spanish 1

Course Description:

High school students continue their introduction to Spanish with fundamental building blocks in four key areas of foreign language study: listening, speaking, reading, and writing. Each unit consists of a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading and listening comprehension activities, speaking and writing activities, cultural presentations covering major Spanish-speaking areas across the globe.

SUGGESTED COURSE EQUIVALENT: Spanish 2 (062067A/B)

French I

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** World Language

Prerequisite: None

Course Description:

High school students begin their study of French language and culture with fundamental building blocks in four key areas: listening, speaking, reading, and writing. Each lesson includes activities focused on vocabulary and pronunciation, grammar, reading and writing, and listening and speaking. The course also includes video and text presentations covering people, places, and events in French-speaking areas across the globe.

SUGGESTED COURSE EQUIVALENT: French 1 (062000A/B)



General Electives

Introduction to Art

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Elective

Prerequisite: None

Course Description:

Covering art appreciation and the beginning of art history, this course encourages students to gain an understanding and appreciation of art in their everyday lives. Presented in an engaging format, Intro to Art provides an overview of many introductory themes: the definition of art, the cultural purpose of art, visual elements of art, terminology and principles of design, and two-and-three-dimensional media and techniques. Tracing the history of art, high school students enrolled in the course also explore the following time periods and places: prehistoric art, art in ancient civilizations, and world art before 1400.

SUGGESTED COURSE EQUIVALENT: H Art (020030A/B)

Art History I*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Elective

Prerequisite: None

Course Description:

Introducing art within historical, social, geographical, political, and religious contexts for understanding art and architecture through the ages, this course offers high school students an in-depth overview of art throughout history, with lessons organized by chronological and historical order and world regions. Students enrolled in this course cover topics including early medieval and Romanesque art; art in the twelfth, thirteenth, and fourteenth centuries; fifteenth-century art in Europe; sixteenth-century art in Italy; the master artists; High Renaissance and baroque art; world art, which includes the art of Asia, Africa, the Americas, and the Pacific cultures; eighteenth-and-nineteenth-century art in Europe and the Americas; and modern art in Europe and the Americas.

SUGGESTED COURSE EQUIVALENT: H Art History (159010A/B)

Computer Applications – Office 2019/Office 365

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Elective

Prerequisite: None

Course Description:

This full-year course introduces students to the features and functionality of the most widely used productivity software in the world: Microsoft® Office®. Through video instruction, interactive skill demonstrations, and numerous hands-on practice assignments, students learn to develop, edit and share Office 2019 documents for both personal and professional use. By the end of this course, students will have developed basic proficiency in the most common tools and features of the Microsoft Office suite of applications: Word®, Excel®,



PowerPoint®, and Outlook®. *Note: This course includes examples from both Office 2019 and Office 365®.*

Required Materials: Students must have access to MS Office or Office 365, including Excel, Outlook, PowerPoint, and Word.

SUGGESTED COURSE EQUIVALENT: Computer Applications 1 (161000)

Ethnic Studies*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

This course introduces students to the study of societies and cultures, with an emphasis on understanding how historical, social, political, and economic factors shape human experiences. By examining the histories of race, ethnicity, nationality, and culture, students will gain insight into how these concepts influence individuals and communities in the United States and around the world. The course encourages students to develop respect for diverse perspectives and to recognize the ways in which cultural traditions and historical experiences contribute to our shared society.

This course deals with sensitive issues of race and identity and is not available in all states.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective course)

Introduction to Computer Science

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

Introduction to Computer Science is a year-long high school course that introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology can impact the world. Students have creative, hands-on learning opportunities to create a computer program, a web page, design a mobile app, write algorithms, and collaborate with peers while building a strong foundational knowledge base. This course provides a solid foundation for more advanced study as well as practical skills they can use immediately.

Required Materials: Activities in this course require Python or the Python Anywhere app (Chromebook), the Pythonista app (iPad), or similar (e.g., PyScript).

SUGGESTED COURSE EQUIVALENT: H Computer Science Essentials (160025A/B)



Personal Finance*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

This one-semester introductory finance course teaches what it takes to understand the world of finance and make informed decisions about managing finances. Students learn more about economics and become more confident in setting and researching financial goals as they develop the core skills needed to be successful. In this one-semester course, students learn how to open bank accounts, invest money, apply for loans, apply for insurance, explore careers, manage business finances, make decisions about major purchases, and more. Students will be inspired by stories from finance professionals and individuals who have reached their financial goals.

SUGGESTED COURSE EQUIVALENT: Personal Finance (034800A/B)

Strategies for Academic Success*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

Offering a comprehensive analysis of different types of motivation, study habits, and learning styles, this one-semester course encourages high school and middle school students to take control of their learning by exploring varying strategies for success. Providing engaging lessons that will help students identify what works best for them individually, this one-semester course covers important study skills, such as strategies for taking high-quality notes, memorization techniques, test-taking strategies, benefits of visual aids, and reading techniques.

SUGGESTED COURSE EQUIVALENT: Academic Success (191264A/B)

Visual Arts*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** English

Prerequisite: None

Course Description:

This one-semester course introduces students to the foundations and functions of visual art through hands-on exploration and critical analysis. Students investigate the elements and principles of design, experiment with various media and techniques, and analyze the purpose and message behind art from diverse cultural and historical perspectives. Emphasis is placed on personal creativity, visual communication, and technical development in drawing, painting, printmaking, sculpture, digital imagery, and architecture. Students also study how art reflects political, religious, and social ideas while developing skills in critique and visual literacy.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)



Health and Physical Education

Contemporary Health

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

Available as either a semester or year-long course, this high-school health offering examines and analyzes various health topics. It places alcohol use, drug use, physical fitness, healthy relationships, disease prevention, relationships and mental health in the context of the importance of creating a healthy lifestyle. Throughout the course, students examine practices and plans they can implement in order to carry out a healthy lifestyle, and the consequences they can face if they do not follow safe practices. In addition, students conduct in-depth studies in order to create mentally and emotionally healthy relationships with peers and family, as well as nutrition, sleeping, and physical fitness plans. Students also examine and analyze harassment and bullying laws.

This course covers issues of sex and gender identity, same-sex relationships, contraception, and other sensitive topics. For a more conservative approach to health education, the Healthy Living course is also available.

SUGGESTED COURSE EQUIVALENT: Health and Wellness (081000A/B)

Foundations of Personal Wellness

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

This full-year high school course explores the interconnection between physical, mental, emotional, and social health while encouraging students to make informed choices that support lifelong wellness. Students learn about physical fitness, nutrition, personal safety, and body systems through practical strategies for maintaining and improving health. The course includes guidance on first aid, environmental safety, stress management, and injury prevention. Emphasis is placed on the development of fitness programs, setting goals, and refusal skills, alongside a study of mental health, relationships, and adolescent development. Students also examine the impact of substance use, communicable diseases, and public health practices on individual and community wellness.

This course contains content from both Healthy Living and Lifetime Fitness; to avoid duplication, students should take either those one-semester courses or this full-year course.

SUGGESTED COURSE EQUIVALENT: Health and Wellness (081000A/B)



Healthy Living

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

Available as either a semester or year-long course, this high-school health offering examines and analyzes various health topics. It places alcohol use, drug use, physical fitness, healthy relationships, disease prevention, relationships and mental health in the context of the importance of creating a healthy lifestyle. Throughout the course, students examine practices and plans they can implement in order to carry out a healthy lifestyle, and the consequences they can face if they do not follow safe practices. In addition, students conduct in-depth studies in order to create mentally and emotionally healthy relationships with peers and family, as well as nutrition, sleeping, and physical fitness plans. Students also examine and analyze harassment and bullying laws.

SUGGESTED COURSE EQUIVALENT: Health and Wellness (081000A/B)

Lifetime Fitness

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

This course, available as either a semester or a full year, explores the components of physical fitness through hands-on training, health education, and personal goal setting. Topics include the principles of exercise, flexibility, muscular and cardiorespiratory fitness, and injury prevention. Students also study the body's systems, biomechanics, nutrition, and stress management to support total wellness. Emphasis is placed on developing personalized fitness plans and understanding how sports and physical activity contribute to lifelong health. The course includes instruction in teamwork, sportsmanship, and inclusivity in athletics.

SUGGESTED COURSE EQUIVALENT: PE Fusion (083540)

Physical Education I

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

This full-year high school course introduces students to the principles and benefits of lifelong fitness through active participation in individual and group physical activities. Students explore the components of physical fitness, including flexibility, strength, endurance, and body composition, while developing motor skills and safe exercise habits. Lessons incorporate nutrition, stress management, time management, and goal setting to support personal wellness. Emphasis is placed on analyzing fitness data, applying exercise science concepts, and designing personalized fitness plans. Students also examine the impact of media, technology, and consumer choices on health behaviors. Leadership,



sportsmanship, and effective communication are integrated throughout to encourage positive social interaction and personal growth.

This course requires students to make videos of themselves exercising in almost every lesson; these videos require teacher scoring. Schools that want a course with less teacher grading should use Lifetime Fitness or Foundations of Personal Wellness.

SUGGESTED COURSE EQUIVALENT: Intro to PE (080000)

Physical Education II

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: Intro to PE

Course Description:

This full-year high school course builds on foundational physical education concepts and emphasizes the development of lifelong fitness habits. Students refine their skills in a range of physical activities while exploring how exercise impacts body systems, flexibility, muscular strength, and endurance. The course includes injury prevention, nutrition, and mental wellness topics such as goal setting, stress management, and conflict resolution. Students learn to analyze fitness data, assess body composition, and adapt fitness plans to changing personal needs. Emphasis is placed on safe practices, inclusive participation, and informed decision-making about health and fitness services. The course concludes with students creating and evaluating personal fitness goals to support long-term wellness.

This course requires students to make videos of themselves exercising in almost every lesson; these videos require teacher scoring. Schools that want a course with less teacher grading should use Lifetime Fitness or Foundations of Personal Wellness.

SUGGESTED COURSE EQUIVALENT: Total Fitness (083205)

Character Education

Character & Leadership Development*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Leadership

Prerequisite: None

Course Description:

In this course, students will learn what leadership looks like in a 21st-century world, how new generations are adapting to lasting principles and how to influence others and take on a leadership role in their own community. The course begins with providing students the opportunity to identify and write out their life vision, mission, and purpose and begin to understand the value of making memories, having adventures, and creating meaningful experiences. Upon completion of this course, students will have a clear understanding of what it takes to have an impact on their family, friends, and peers, as well as a personal action plan of practical steps they can take to reach their goals.

SUGGESTED COURSE EQUIVALENT: Leadership Psychology (190011) or Ethical Leadership (191008)



Climate & Culture Transformation*

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Leadership
Prerequisite: None

Course Description:

Climate & Culture Transformation is a course designed to teach students the different aspects of health and safety, relationship support, social awareness, and equity, inclusion, & diversity. The climate and culture of a school, community, or relationship are all based on mutual and self-respect, perspective-taking, healthy communication, and positive values. In this course, students are challenged to reflect on and learn more about themselves and others, as well as how to advocate for safer and more supportive environments. Each lesson is packed with positivity and insight needed to envision a brighter future for all.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

College & Career Readiness*

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Career Exploration
Prerequisite: None

Course Description:

The content in this course provides instruction on skills essential for students preparing for college and/or a career, including how to build an effective resume, how to groom and dress in the workplace, the power of networking and how to develop disciplines that lead to success. Now, more than ever, students are told they must be prepared for higher education or a career in a skilled profession.

SUGGESTED COURSE EQUIVALENT: Career Education (009005)

Mental Health & Wellness*

Course Type: Supplemental Online
Credits: 1.0 per Semester **Credit Type:** Health and Physical Education
Prerequisite: None

Course Description:

Mental Health & Wellness is a course designed to reinforce and empower a student's overall mental health, especially in times of crisis or trauma. This course is designed to help students cope with difficult situations, self-soothe, and manage conflicting emotions. It seeks to give students the tools they need to keep their mind and well-being safe and sound. By participating in this course, students build a framework for citizenship, embrace the value of diversity, and learn how to appropriately use their voice to fight against injustices. Upon completing this course, students will understand the value of resiliency and how to utilize a framework for working through life challenges, enabling them to lead a meaningful and fulfilling life.

SUGGESTED COURSE EQUIVALENT: Health and Wellness (081000A/B)



Personal Development*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

Personal Development is a course designed to increase a student's success in school, at work, and in their personal life. Each of the lessons in this course provides students with practical insights, stories, discussion questions, and activities designed to enhance self-awareness, boost self-esteem, and help develop the motivation it takes to overcome personal challenges. By participating in course activities and discussions, students build a valuable record of their goals, dreams, skills, interests, and values. Students will also develop the skills necessary to make informed and responsible decisions about their own well-being, as well as the well-being of others.

SUGGESTED COURSE EQUIVALENT: ACE Success Foundations (109150A/B)

Restorative Practices and Principles*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

This course is designed to provide individuals with the knowledge and tools to improve and repair relationships between people and communities. It seeks to build social behaviors and treat underlying causes that lead to antisocial behavior, rather than merely punish the misbehavior itself, and restore the trust and harmony in both individuals and relationships after harm is done. By participating in this course, students learn to evaluate the impact that their environment and experiences have on them, and then build purposeful, positive futures for themselves, regardless of their history, circumstance, or past mistakes. This course aims to instill the confidence, inspiration, and wisdom needed to break through any social stereotypes or barriers that stand in the way of reaching their full, best potential possible.

SUGGESTED COURSE EQUIVALENT: Psych of Relationship (092900)

Social & Emotional Success*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

Social & Emotional Success is a course is designed to strengthen a student's social capacity and their emotional intelligence (EQ). Through a study of mindfulness, students develop a strong sense of self, enabling them to develop successful relationships, make healthy decisions, and achieve their goals. On top of developing EQ skills students will be equipped to handle trauma, developing coping skills, understand the consequences of drugs and how to find help when feeling vulnerable and abused. Upon completing this course, students will be empowered with the skills to identify problems, utilize critical



thinking to evaluate and reflect on solutions, and engineer their own philosophy towards mindfulness.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

Unlock Your Purpose*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

In this course, students will investigate their why and identify the person they want to become. Yet, no matter how strong their self-awareness is, events will occur that will challenge them. This course allows students to examine what motivates them to keep pressing on and pushing through the pain of growth that is necessary to leading a fulfilling life. By participating in activities and discussions in this course, students build the interpersonal and intrapersonal skills that lead to a life of purpose. Upon completing this course, students will understand how to balance the principles of happiness and success, the importance of helping others, the connection between internal thoughts and external communication, and how to build and maintain healthy relationships.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

Trauma-Informed Living*

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Health and Physical Education

Prerequisite: None

Course Description:

Trauma-Informed Living is designed to address common mental health issues, provide resources and techniques to healthily process, cope, and heal our emotions, and reduce the stigma of mental health issues in society. There are many common, and normal, mental experiences that individuals face that are misunderstood, undiscussed, and/or untreated, which may lead to long-term and development problems or suicidal thoughts and behaviors. By participating in this course, students learn how to prevent, recognize, and identify different mental health issues, how to navigate the emotions involved, how to seek resources for help with mental health, and how to help others in need do the same. The topics discussed in this course include personal safety and wellness, self-esteem, potential mental barriers, social-emotional trauma, childhood trauma, mental health disorders, and suicide prevention and awareness.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)



National Test Preparation

Virtual Tutor: ACCUPLACER

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This course reviews the concepts and skills essential for college readiness as measured by the Next Generation ACCUPLACER® post-secondary placement exam. In this course, students complete a diagnostic pretest for each set of skills that assesses specific areas of strength and weakness. Based on the assessment results, the student receives a personalized learning plan, providing the most efficient and effective preparation possible.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

Virtual Tutor: ACT WorkKeys

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This course prepares students for the WorkKeys assessments in Applied Math, Graphic Literacy, and Workplace Documents. Each unit of instruction includes teacher-led video instruction with teachers modeling assessment items comparable to the ones students will encounter on exam day. In addition, students have ample practice opportunities, as each lesson includes multiple assignments, with each one aligned to the difficulty and cognitive processes demanded by one of the five levels of mastery on the WorkKeys assessment.

SUGGESTED COURSE EQUIVALENT: ACT/SAT Math & English College Prep (191266A/B)

Virtual Tutor: ACT

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This course provides students with the opportunity to prepare to successfully complete the ACT® college-entrance exam. Practice tests diagnose and target areas of opportunity, and students are prescribed individual study paths. The learning experience includes video-based instruction by highly qualified teachers, interactive assignments, and frequent assessment opportunities to track progress.

SUGGESTED COURSE EQUIVALENT: ACT/SAT Math & English College Prep (191266A/B)



Virtual Tutor: ASVAB

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This course prepares students for the Math, Verbal, and Science sections of the Armed Services Vocational Aptitude Battery. Each subject includes multiples strands, each with its own diagnostic pretest—allowing students to focus their study only on their areas of weakness. Personalized study plans based on the diagnostic results include video-based instruction, assignments and practice, and assessment to ensure that students have mastered material.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

Virtual Tutor: GED

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This test preparation course effectively prepares students for all sections of the GED® exam. Course content is broken into strands, allowing students to focus on each subject extensively before moving on to the next area of study. Within each strand, a diagnostic pretest identifies students' strengths and weaknesses and tailors a personalized study plan for each test-taker.

SUGGESTED COURSE EQUIVALENT: GED Preparation (191280A/B)

Virtual Tutor: HiSET

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This test preparation course effectively prepares students for all sections of the HiSET® exam. Course content is broken up into strands, allowing students to focus on each subject extensively before moving on to the next area of study. Within each strand, a diagnostic pretest identifies students' strengths and weaknesses and tailors a personalized study plan for each test-taker.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)



Virtual Tutor: PSAT

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This course provides students with the opportunity to prepare for success on the PSAT®. Practice tests diagnose and target areas of opportunity, and students are prescribed individual study paths. The learning experience includes video-based instruction by highly qualified teachers, interactive assignments, and frequent assessment opportunities to track progress.

SUGGESTED COURSE EQUIVALENT: N/A (General Elective Course)

Virtual Tutor: SAT

Course Type: Supplemental Online

Credits: 1.0 per Semester **Credit Type:** Test Preparation

Prerequisite: None

Course Description:

This test preparation course effectively prepares students for all sections of the SAT® exam. Course content is broken into strands, allowing students to focus on each subject extensively before moving on to the next area of study. Within each strand, a diagnostic pretest identifies students' strengths and weaknesses and tailors a personalized study plan for each test-taker.

SUGGESTED COURSE EQUIVALENT: ACT/SAT Math & English College Prep (191266A/B)

