

# FHS Course Selection 2025-2026

FHS Counseling Team



# Understanding your transcript

Student Name Stu# Grade Sex Birthdate Perm ID Number Counselor  
035466 11 F 5/28/1999 0006014499 Carroll,T

Transcript of Student Progress

January 29, 2016  
Freedom High School  
1050 Neroly Road  
Oakley, CA 94561  
(925) 625-5900

Parent/guardian name, address, telephone

Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp	Crs-ID	Course Title	Mark	Att/Cmp								
Grade 9 Fall 2013-2014																			
Deer Valley HS																			
	2700 Health	B	5.00 5.00	p 3620	P-Spanish 2	A-	5.00 5.00												
p 3000	P-Eng 1	B	5.00 5.00	p 4630	P-Algebra 1	D+	5.00 5.00												
p 3610	P-Spanish 1	B+	5.00 5.00	p 5150	P-Chem In Com	B	5.00 5.00												
p 4670	P-Geometry	C	5.00 5.00	p 5240	P-World Hist	B	5.00 5.00												
p 5050	P-Biology	B	5.00 5.00	* 5760	PE 10th Core	A	5.00 5.00												
* 5750	PE 9th Core	B+	5.00 5.00	p 6166	P-Theatre Arts II	B	5.00 5.00												
6150	Performing Arts	A-	5.00 5.00	* 7655	credit adjustment	P	22.95 22.95												
Credit Att: 35.00 Cmp: 35.00 TGPA: 3.00				Credit Att: 57.95 Cmp: 57.95 TGPA: 3.00															
Grade 9 Spring 2013-2014																			
Deer Valley HS																			
p 3000	P-Eng 1	A-	5.00 5.00	p 1506	P-Beginning Art	A	5.00 5.00												
p 3610	P-Spanish 1	B-	5.00 5.00	p 3070	P-Eng 3	A-	5.00 5.00												
p 4670	P-Geometry	C+	5.00 5.00	4510	Algebra 2 Suprt	A+	5.00 5.00												
p 5050	P-Biology	A	5.00 5.00	p 4690	P-Algebra 2	B-	5.00 5.00												
* 5750	PE 9th Core	A-	5.00 5.00	p 5280	P-U.S. Hist	B	5.00 5.00												
6150	Performing Arts	A	5.00 5.00	7480	Student Ldrshp	B	5.00 5.00												
7650	Intro tech theatr	A-	5.00 5.00	7482	Link Crew I	A	5.00 5.00												
Credit Att: 35.00 Cmp: 35.00 TGPA: 3.57				* 8050	Staff Assistant	P	5.00 5.00												
				Credit Att: 40.00 Cmp: 40.00 TGPA: 3.57															
Grade 10 Fall 2014-2015																			
Deer Valley HS																			
p 3020	P-Eng 2	B	5.00 5.00	p 1506	P-Beginning Art	5.00 0.00													
p 3620	P-Spanish 2	B	5.00 5.00	p 3070	P-Eng 3	5.00 0.00													
p 4690	P-Algebra 2	F	5.00 0.00	4510	Algebra 2 Suprt	5.00 0.00													
p 5150	P-Chem In Com	B	5.00 5.00	p 4690	P-Algebra 2	5.00 0.00													
p 5240	P-World Hist	A	5.00 5.00	5080	Zoology	5.00 0.00													
* 5760	PE 10th Core	A	5.00 5.00	p 5280	P-U.S. Hist	5.00 0.00													
p 6166	P-Theatre Arts II	A	5.00 5.00	* 7620	Advisory	0.00 0.00													
Credit Att: 35.00 Cmp: 30.00 TGPA: 3.00				* 7690	Unscheduled	0.00 0.00													
				* 8050	Staff Assistant	5.00 0.00													
				Total credit: 35.00															
Grade 10 Spring 2014-2015																			
Deer Valley HS																			
p 3020	P-Eng 2	B+	5.00 5.00																

Course Tags: \* = Non Academic + = Honors (weighted) p = College Prep r = Repeated

Weighted Non-Wgtd			
Acad GPA (9-12)	3.16	3.16	
Acad GPA (10-12)	3.11	3.11	
Total GPA (9-12)	3.23	3.23	
Credit Attempted: 202.95			
Credit Completed: 197.95			
Class Size: 633			
Class Rank: 227 10-12 Rank: 240			
Ranked by Weighted Total GPA			
District Enter: 7/28/2015			
School Enter: 7/28/2015			

Class of 2017

CREDIT SUMMARY			
Subject Area	Credit Req'd	Compl	Needed
English 9	10.00	10.00	
English 10	10.00	10.00	
English 11	10.00	5.00	5.00
Eng 12/approved crs	10.00	-	10.00
Math	30.00	20.00	10.00
Physical Ed	20.00	20.00	
Science / Life	10.00	10.00	
Science / Physical	10.00	10.00	
Soc Sci / World Hist	10.00	10.00	
Soc Sci / US History	10.00	5.00	5.00
Soc Sci / Amer Govt	5.00	-	5.00
Soc Sci / Economics	5.00	-	5.00
Fine Art / For Lang	10.00	10.00	
Health	5.00	5.00	
ROP / Electives	115.00	82.95	32.05
* TOTALS *	270.00	197.95	72.05

This transcript is unofficial unless signed by a school official.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Weighted Non-Wgtd

Acad GPA (9-12) 3.16 3.16  
Acad GPA (10-12) 3.11 3.11  
Total GPA (9-12) 3.23 3.23

Credit Attempted: 202.95

Credit Completed: 197.95

Class Size: 633

Class Rank: 227 10-12 Rank: 240

Ranked by Weighted Total GPA

You should have the following credits

9<sup>th</sup> grade : 30-40 credits

10<sup>th</sup> grade: 105 credits

11<sup>th</sup> grade: 170-175 credits

## CREDIT SUMMARY

Subject Area	Credit Req'd	Compl	Needed
English 9	10.00	10.00	-
English 10	10.00	10.00	-
English 11	10.00	5.00	5.00
Eng 12/approved crs	10.00	-	10.00
Math	30.00	20.00	10.00
Physical Ed	20.00	20.00	-
Science / Life	10.00	10.00	-
Science / Physical	10.00	10.00	-
Soc Sci / World Hist	10.00	10.00	-
Soc Sci / US History	10.00	5.00	5.00
Soc Sci / Amer Govt	5.00	-	5.00
Soc Sci / Economics	5.00	-	5.00
Fine Art / For Lang	10.00	10.00	-
Health	5.00	5.00	-
ROP / Electives	115.00	82.95	32.05
* TOTALS *	270.00	197.95	72.05

# Do you have any Fs on your Transcript?

## Credit Improvement/Recovery

See your counselor as soon as possible so you get caught up!

- **Summer School**
  - Remember it is your responsibility to turn your application into your counselor's building office as soon as possible
  - Summer School office will process applications on a "first come, first serve basis"
- **The Learning Center**
  - Located at Freedom High School (After normal school hours)
  - CREDIT RECOVERY ONLY- Currently available for 11<sup>th</sup> and 12<sup>th</sup>
  - Grade Improvement for 10<sup>th</sup> – 12<sup>th</sup> grade



# CSU/UC Admission Requirements

AKA A-G Eligibility

Area	Subject	Units
A	History/Social Science	2 years
B	English	4 years
C	Mathematics	3 years, 4 recommended
D	Lab Science	2 years, 3 recommended
E	Language other than English	2 years, 3 recommended
F	Visual and Performing Arts	1 year (must be consecutive semesters)
G	Elective	1 year
Total		15 A-G Course Minimum

**CSU**

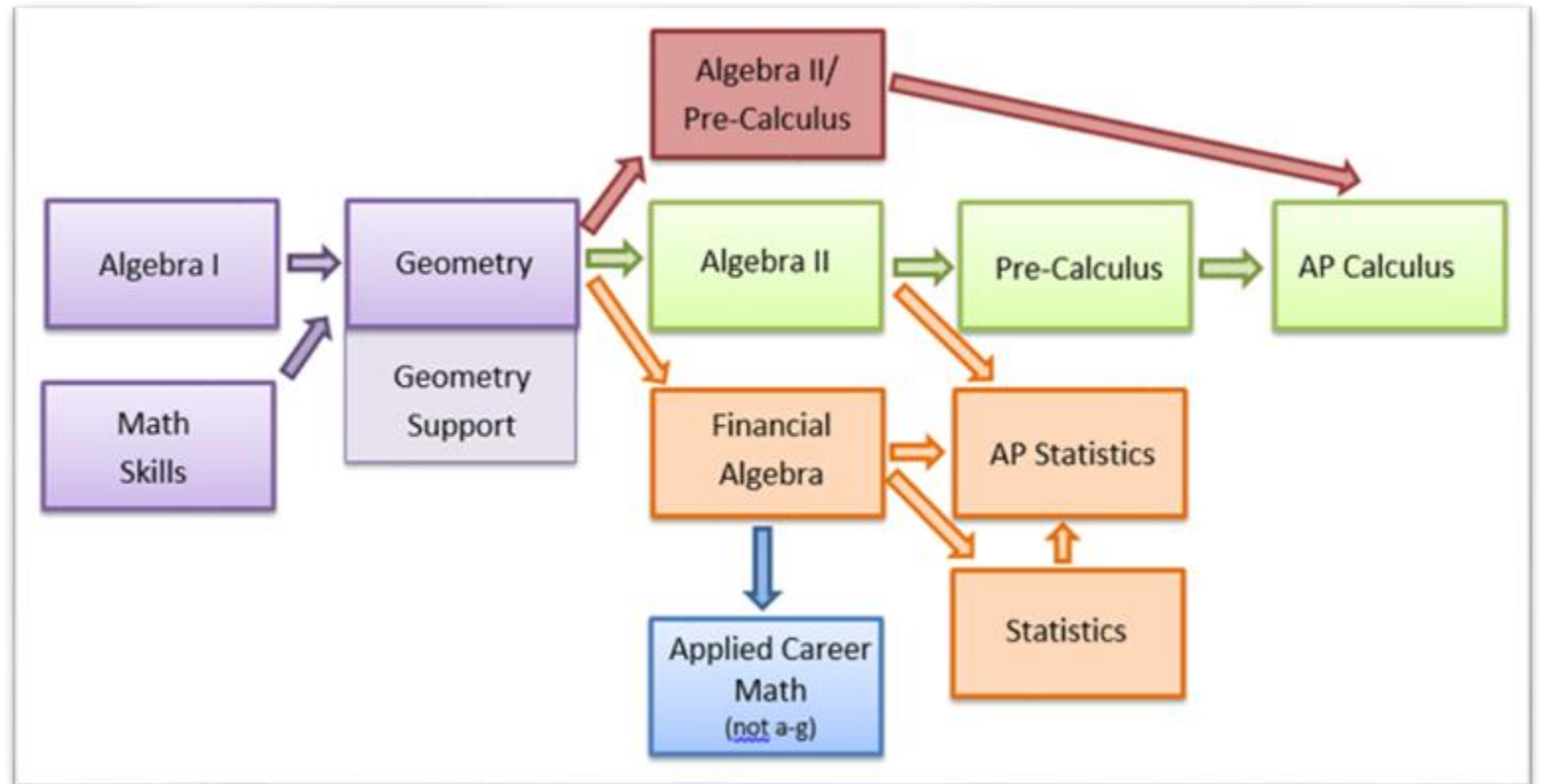
The California State University

**UNIVERSITY  
OF  
CALIFORNIA**

Freedom High School A-G Approved Course List

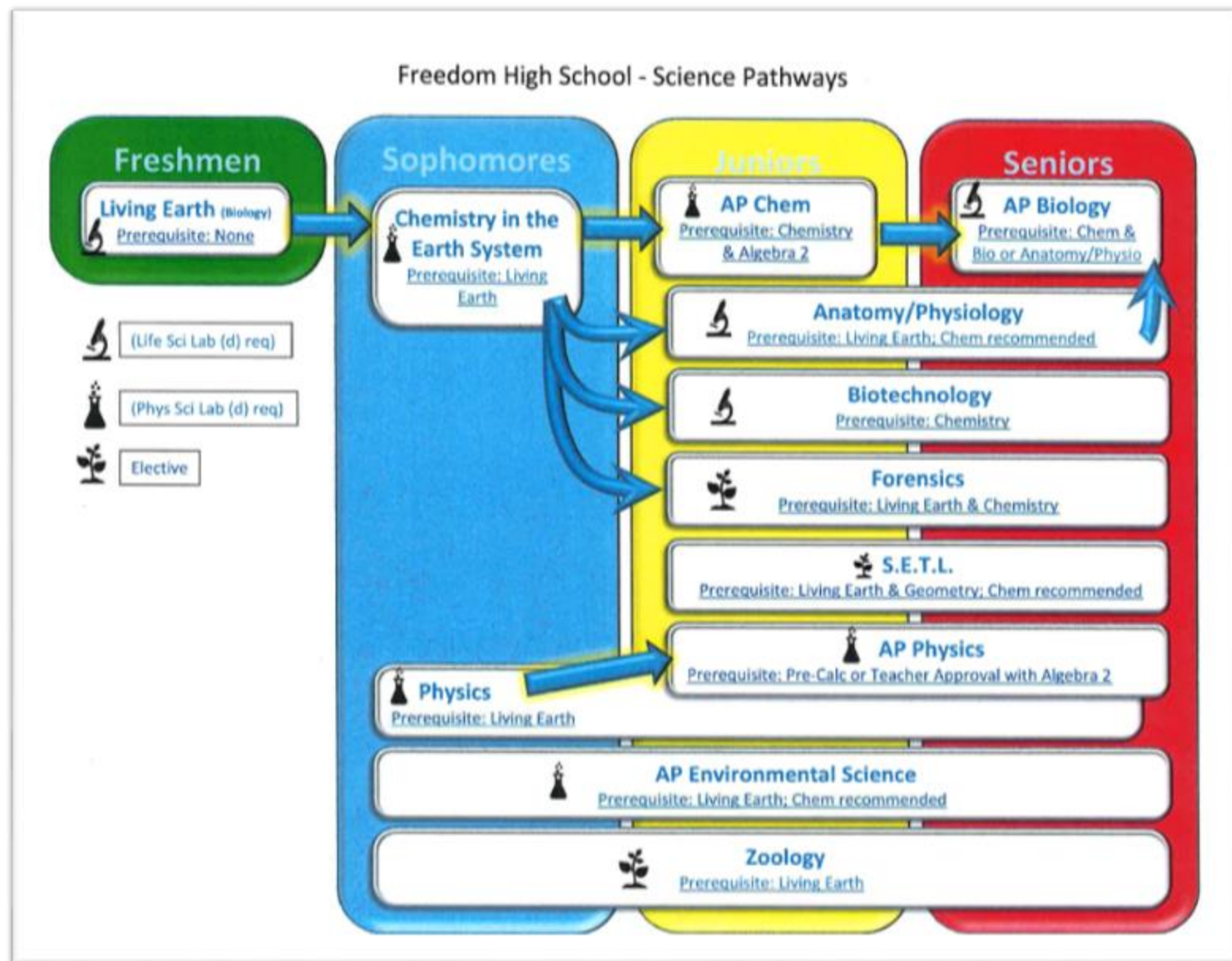
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# What Math Class Should I Take Next?

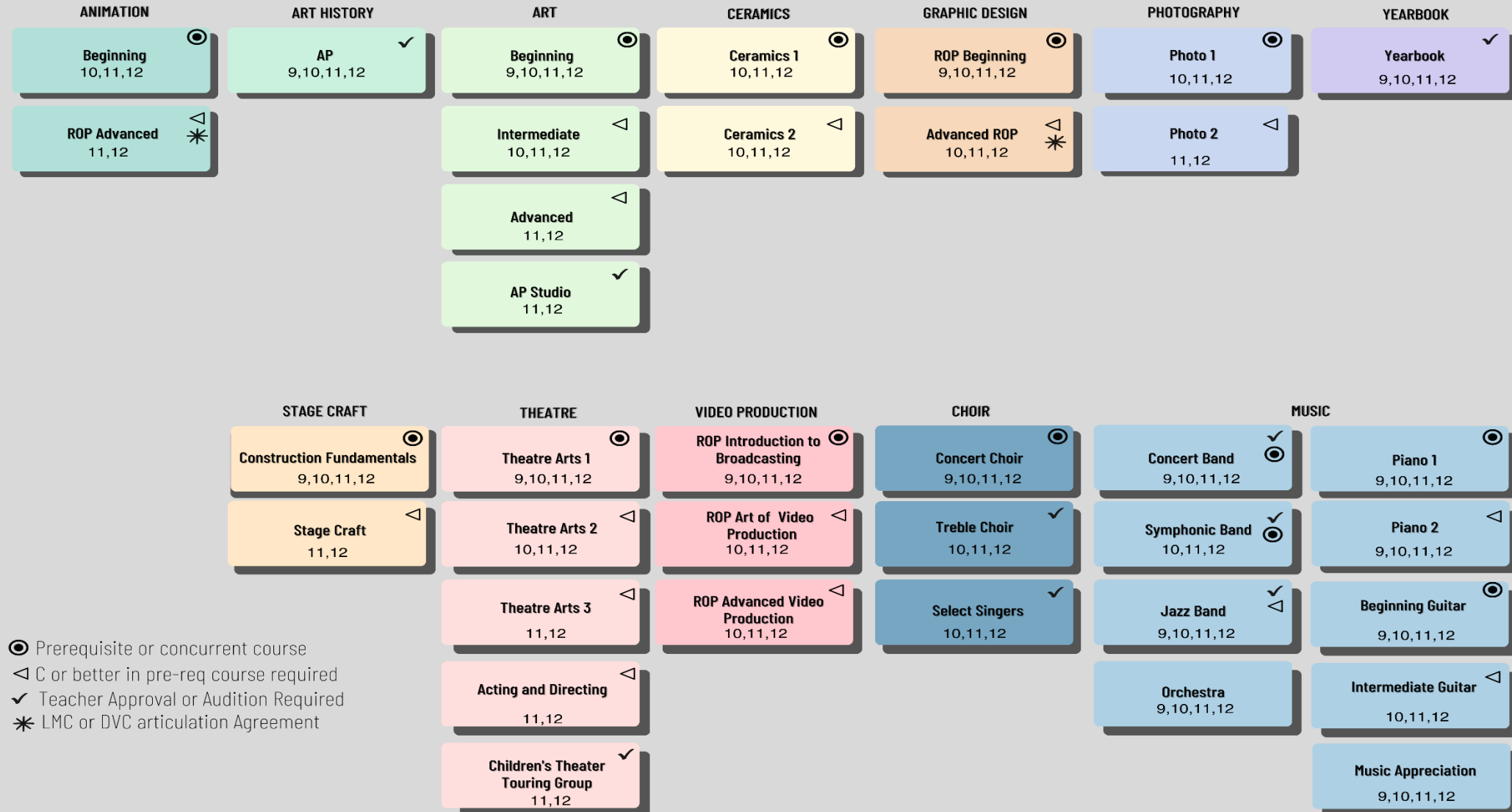




# Science Pathway



# VAPA PATHWAYS



# CTE PATHWAYS

All Concentrator courses must be completed with a C or better to enroll in a Capstone class

In order to count as graduation completers and be included in the CA Schools Dashboard, students must take the Concentrator course before the Capstone course

CTE PATHWAY AND INDUSTRY SECTOR	ANIMATION Design, Visual and Media Arts	BUILDING & CONSTRUCTION Design, Visual and Media Arts	BUSINESS Business Management	CHILD DEVELOPMENT Education and Family Services	COMPUTER SCIENCE Information and Communication	FASHION DESIGN Fashion Design and Merchandising
CONCENTRATOR	Beginning Animation 10,11,12	BITA (Building Tech) 1 Found. of Res. Const. 9,10,11,12	Business and Marketing 10,11,12	Child Development 10,11,12	Exploring Computer Science 9,10,11,12	Fashion Design 1 9,10,11,12
CAPSTONE	*ROP Advanced Animation 11,12	BITA (Building Tech) 2 Mod. Craft. and Infra 10,11,12	Virtual Enterprise 11,12	*ROP Careers With Children 11,12	AP Comp Sci Principles 10,11,12	Fashion Design 2 10,11,12
ENGINEERING Engineering and Architecture	GRAPHIC DESIGN Design, Visual and Media Arts	GAME DESIGN Information and Communication	PHOTOGRAPHY Design, Visual and Media Arts	PUBLIC SERVICE Public Safety	PATIENT CARE Health Science, and Medical Technology	VIDEO PRODUCTION Production and Managerial Arts
Intro. to Engineering 9,10,11,12	ROP Beginning Graphic Design 9,10,11,12	Mobile App Development 9,10,11,12	Photography 1 10,11,12	ROP Law Enforcement 10,11,12	ROP Sports Medicine 11,12	ROP Introduction to Broadcasting 9,10,11,12
Civil Engineering & Architecture 10,11,12	*Advanced ROP Graphic Design 10,11,12	Game Design Using Python 9,10,11,12	Photography 2 11,12	Mock Trials, Moot Courts 11,12	ROP Advanced Sports Med 11,12	Advanced Video Production 10,11,12

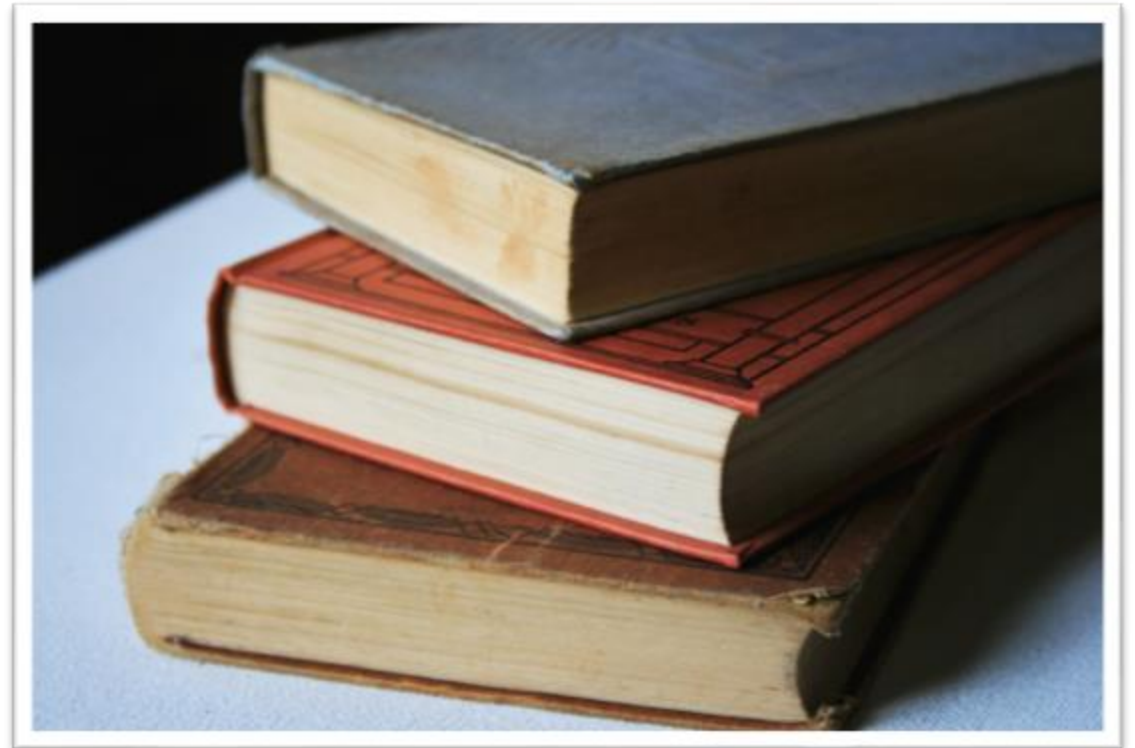
\*LMC or DVC articulation Agreement



# Advanced Placement Classes



- Classes that are taught at an introductory college-level
- More rigorous than college prep classes
- More independent learning than college prep classes
- Potential to earn college credit
- Need to register for optional exam in October



# Advanced Placement Classes by Grade

## 10th:

- AP Human Geography
- AP World History
- AP Art History
- AP Environmental Science

## 11th:

- Everything from 10th Grade Plus:
- AP US History
- AP Chemistry
- AP Biology
- AP Physics
- AP Calculus
- AP Statistics
- AP Psychology
- AP English Language Composition
- AP Spanish Language

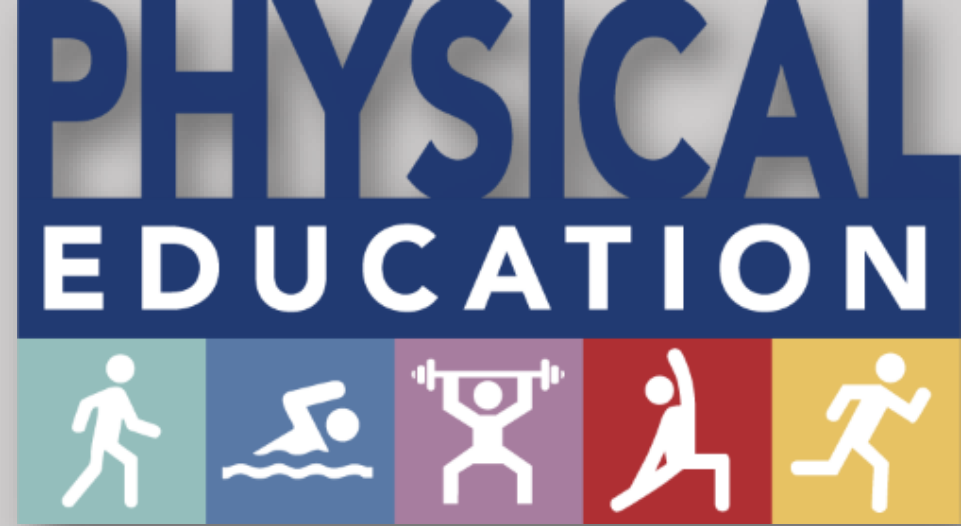
## 12th:

- Everything from 10th & 11th PLUS:
  - AP Government
  - AP Economics
  - AP 2D Art/Design
  - AP English Literature Composition

# PE Related Courses

- P.E. 9th
  - As a Freshman, this is the only P.E. course you can take
- P.E. 10th
  - As a sophomore, you must take P.E. 10
- Team Sports
- Walking for Fitness
- Basketball Tactics
- Strength and Fitness
- Yoga

Students can only take up to **4 SEMESTERS** of PE related courses in a year





Needs Signature from Teacher:

- Baseball Tactics
- Bowling

If you have not passed PE 9 or 10 with a D or better, those must be retaken

# LMC courses at Freedom

- High School Articulation classes are “college level” elective classes offered at FHS taught by our High School teachers.
- Dual Enrollment Classes are LMC classes offered at FHS, taught by college professors.
- Both Articulation and Dual Enrollment classes earn High school and college credits.
- If you want to take a Dual Enrollment Classes next year please add it to your course request.
- For Seniors if you want to take English 100, you will also be enrolled in English 12 for the first semester.
- For Concurrent enrollment at LMC, please see your counselor.



### Earn College Credit at Freedom High School

Save Money, Save Time, & Reach Your Goals

#### Dual Enrollment 2025-2026

Take specific LMC courses offered as a part of your high school schedule!

**College Transition**  
**COUNS-032** Intro to Career Exploration  
1.5 college units  
**COUNS- 034** College Success  
1.5 college units  
**COUNS-031** Educational Planning  
0.3 college units

**Early Childhood Education**  
**CHDEV-010** Child Growth & Development  
3 college units  
**CHDEV-020** Child, Family & Community  
3 college units

**American Sign Language**  
**SIGN-050** Elem. American Sign Language I  
5 college units  
**SIGN-051** Elem. American Sign Language II  
5 college units

**General Education**  
**ENGL-c1000** Academic Reading and Writing  
3 college units  
**ADJUS-110** Intro to Criminal Justice System  
3 college units

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**Good to Know!**  
Students will be contacted by their counselor for enrollment process

#### High School Articulation 2025-2026

Take “college level” high school classes connected with LMC to earn college credit!

**FHS Anatomy/Physiology w/LMC**  
**BIOSC-030** Intro to Anatomy/ Physiology

**FHS ROP Careers w/LMC ECE-001**  
Principles & Practices of Teaching Young Children

**FHS ROP Fire Science w/LMC FIRE-101**  
Fire Protection Organization


**FHS Graphic Design I w/LMC ART-015**  
Graphic Design

**FHS Journalism w/LMC JOURN-129**  
Media Production: Overview of Newsroom Skills and Practices

Recommended credit is notated as “Credit by Exam” on LMC Transcript

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**Good to Know!**  
Students will complete the LMC application and enrollment process in HS Teacher's class




Visit the Early College Credit webpage for more information!

**Talk to your HS counselor about Early College Credit!**

**Have Questions for LMC? Contact Us!**

Email: [LMCQuestions@losmedanos.edu](mailto:LMCQuestions@losmedanos.edu)  
Phone: 925-473-7434



# How to use the course request form

- Read and follow the directions.
- Select your class choices.
- Fill in your course selections with course number and course name.
- Fill in the *alternates* section.
- Take home for student and parent signature.
- Turn in form by due date.

		Required Courses:		Total credits required for high school graduation: 270	
		Semester 1		Semester 2	
C O U R S E  R E Q U E S T  F O R M		Course #	Course Name	Course #	Course Name
	1	5280 5290 1439	___ US History ___ AP US History ___ P-American Studies US History		
	2	3050 3085 1438	___ English 11 ___ AP English Language and Composition ___ P- American Studies English 3		
	3		Add Math Course		
	4		Science Course Recommended		
	5		Language Other than English Recommended		
	<b>Electives:</b>				
		Semester 1		Semester 2	
		Course #	Course Name	Course #	Course Name
	6				
7					
8					
<b>Alternates: Write in 4. If 4 alternates are not listed, you will be placed in classes where room is available</b>					
1					
2					
3					
4					
<b>APPROVAL:</b> By signing below, you agree to remain enrolled in the above requests for the duration of the courses. You have read course descriptions available in the course catalog found on Freedom's webpage.					
_____ Student Signature			_____ Parent Signature		____/____/____ Date



# How to use the course offering sheet

Semester  
classes live  
here

Arranged by  
department

FHS 11th Grade Course Offerings 2022-2023											
Semester Classes			Year Long Courses								
Crs #	Course Name	Pre-req	Crs #	Course Name	Pre-req	Crs #	Course Name	Pre-req	Crs #	Course Name	Pre-req
2700	Health		<b>Math</b>			<b>Visual &amp; Performing Arts</b>			<b>Social Science</b>		
2830	Drivers Ed/Decision Mkg	Yes	4630	P-Algebra 1		1506	P-Beginning Art		5270	P-AP World History	
5662	Advanced Athletic Skills	Yes	4563	Algebra 1 Support		1516	P-Intermediate Art	Yes	5276	P-African American History	
5668	Baseball/Softball Tactics TA	Yes	4670	P-Geometry		1520	P-Advanced Art	Yes	5280	P-US History	
5670	Bowling Fundamentals	Yes	4501	Geometry Support		1548	P-Graphic Design 1		5290	P-AP US History	
5674	Basketball Tech/Tactics	Yes	4690	P-Algebra 2	Yes	1549	P-Graphic Design 2	Yes	1439	P-American Studies US History	
5676	Walking for Fitness	Yes	4702	P-Algebra 2-Pre-Calculus	Yes	1546	P-3D Design		5396	P-Psychology within Society	
5790	Team Sports	Yes	4710	P-Pre-Calculus	Yes	1593	Photography		5397	P-AP Psychology	
5792	Strength & Fitness	Yes	4740	P-Statistics	Yes	1594R	P-Photography 2		5260	AP-Human Geography	
5794	Sculpt and Tone	Yes	4720	P-AP Calc AB TA	Yes	4094	P-Animation		5230	Ethnic Studies	
6007	Yoga Plus		4725	P-AP Calc BC TA	Yes	4098	P-Adv. Animation	Yes			
7680	Study Hall - 1 Sem		4750	P-AP Statistics TA	Yes	1575	P-AP Art History				
7689	Study Hall - 2 Sem		4605	Applied Career Math	Yes	3195	Yearbook	Yes			
8050	Staff Assistant - 1 Sem	Yes	4643	P-Financial Algebra	Yes	6016	P-Concert Band	Yes			
7698	Unscheduled Sem		<b>Science</b>			6020	P-Symphonic Band	Yes			
8040	Peer Tutor	Yes	5010	P-AP Biology TA	Yes	6036	P-Orchestra				
2596	Personal Finance		5020	P-The Living Earth		6026	P-Jazz Band	Yes	<b>Career Tech</b>		
			5060	P-Anatomy & Physiology	Yes	6058	P-Piano I		4155	Foundations of Construction	
			5092	P-AP ROP Environmental Science TA	Yes	6059	P-Piano II		4156	Study of Modern Construction	Yes
			5140	P-Chemistry in the Earth Sys	Yes	6092	P-A Capella Choir	Yes	1491	Fashion Design 1	
			5160	P-AP Chemistry TA	Yes	6099	P-Concert Choir		1492	Fashion Design 2	Yes
6820	Tutorial Support		5165	P-Physics in the Universe		6100	P-Select Singers	Yes	2516	P-Child Development	
7680	Study Hall - year		5185	P-AP Physics 1 TA		6104	P-Theatre Arts I		2296	Business and Marketing	
7690	AM Unscheduled - year		5041	P-BioTechnologyI	Yes	6166	P-Theatre Arts II	Yes	2297	Business Computer Apps	
7695	PM Unscheduled - year		5125	P-Forensic Science	Yes	6167	P-Theater Arts III	Yes	2327	P- Game Design	
8010	Staff Assistant - Year	Yes	5005	Search for Extraterrestrial Life		4055	Intro to Broadcasting		2328	Mobile App Development	
3174	AP Seminar TA					6183	P-ROP Art/Video Production		4077	P- Exploring Computer Science	
3176	AP Research TA					6185	P- Adv. Video Production		4252	P-Jump Start Engineering	
7373	PUSH	Yes				1578	P-AP Art Studio 2D	Yes	4753	P-AP Computer Sci Pr	Yes
						1831	P-Ceramics I		2760Q	P-Rop Law Enforcement	
			<b>World Languages</b>			6130	StageCraft 1		5582	P-Rop Sports Medicine	
			3510	P-French 1		<b>Special Education</b>			5585	ROP Sport Medicine II	Yes
3050	P-English 11		3520	P-French 2	Yes	6730	English 3		2310	P-Virtual Enterprise	
3085	P-AP Eng Lang Comp		3530	P-French 3	Yes	6746	English Fundamentals		2730	P-ROP Careers with Children	
3190	P-Journalism		3540	P-French 4	Yes	6768	Geometry		2750	P-ROP Fire Science	
3184	P-Lit Analysis through film		3610	P-Spanish 1		6778	Chemistry in the Earth System		5328R	P- Mock Trial	Yes
3202	Speech & Debate	Yes	3620	P-Spanish 2	Yes	6708	Career Exploration				
3194	P-Peach and Conflict Studies		3630	P-Spanish 3	Yes	6783	US History				
3270	English Fundamentals		3640	P-Spanish 4	Yes	6793	Tutorial Support		<b>Legend</b>		
1438	American Studies Eng 3		3642	P-AP Spanish 4 Lang/Cult	Yes	6906	Modified PE 10		P=College Prep		
			3670	P-Spanish for Spanish Speakers 1	Yes				TA = Teacher approval		
			3676	P-Spanish for Spanish Speakers 2	Yes						

P = College Prep

This class has a  
pre-req

AP = Advanced  
Placement

# Course Request Due Dates

Turn in your course request  
form to your Building  
Secretary

- 10th Grade- February 13th
- 11th Grade- February 12th
- 12th Grade- February 5th



# Elective Course Videos



<https://www.youtube.com/playlist?list=PLxp5DSSVS86JddzwWTCtj37gYdeHvi1eu>



*Thank you!*