



Career Readiness

Career Readiness courses are required to meet the post-secondary readiness graduation requirement

Career Readiness Study Skills (9) Fall This course will help you take control of your learning. In this course, you will learn facts and processes about how the human brain learns. You will learn strategies and techniques that promote better understanding and recall of the information you learn in your classes. You will examine how you can apply that new knowledge to develop skills and strategies to become a more effective learner through concepts like time management, self-management and growth mindset.

Career Readiness Character Education (10) Spring In this course, you will learn to understand and manage your own emotions, to understand the perspectives of other people, and to make decisions that demonstrate respect for yourself and for others. You'll be thinking about and discussing some big ideas as well as practicing the skills you need to get along in our complex and diverse world.

Career Readiness Career Planning 1 (11) Full Year In this course, students will learn about their own interests, values, and career aspirations through self-exploration. Students will learn how to incorporate their interests and values into a career of interest. Students will research career opportunities within Virtual Job Shadow. The goal of the course is for students to have a better understanding of what career area they are interested in pursuing after high school. Students will also gain skills in the area of completing job applications, cover letters, resumes, and interview processes.

Career Readiness Career Planning 2 (12) Full Year In this course, students will take what they learned in Career Planning 1 and apply it to educational opportunities for post-secondary education and training. Students will research training opportunities or college opportunities in which they can apply to begin training in the career of their choice. Students will begin the application process whether a training program or college, and work toward the deadlines associated with the program of their choosing. Students will learn about Financial Aid, Scholarships, and FASFA deadlines. Students will also learn about managing finances as an adult and gain skills in budgeting to help prepare them for adulthood. This course is designed to help set students up for success around the post-secondary education/training process.

Electives including Art- Required credits: 1.0 art and 2.0-5.0 electives

Electives-Art Some electives may be canceled due to low enrollment or at the decision of the school



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Electives-Art Photography Full Year This introductory course will introduce students into the world of photography. Students will learn how to use what they have on hand whether that means their cell phone, a point and shoot digital camera, DSLR, or Mirrorless Camera. They will learn how to develop concepts, work with different subjects, shoot in natural light, and bring images to life using post-production.

Electives-Art Digital Art Full Year This course will guide students in drawing and creating through the digital arts. Students will learn how to use digital drawing programs, how to create digital collage, paintings, and drawings, all while exploring core values and history in the art world. Students will be able to push personal boundaries and self-express through their digital artwork.

Electives-Art Art History/Studio Art Full Year In this course, you will be learning about and responding to art (past and present), as well as creating your own art and experimenting with materials and ideas. You do NOT have to be an amazing artist to do well in this course. You DO have to show up and participate.

Electives-Art Creative Sketchbooking Full Year In this course we will be exploring and experimenting with a variety of sketchbooking materials/processes such as drawing, collage, watercolor, etc. Students will strengthen their creativity and understanding of the elements and principles of design through weekly challenges as well as independent projects. You do not have to be a strong artist to have fun and be successful in this course. You DO have to show up and participate.

Electives-Art Intro. to Art Full Year This is an asynchronous course, meaning you can work at your own pace and plug it into your schedule wherever it fits. You will be expected to successfully complete all of the modules in order to earn your credit. There will be weekly Studio Sessions available for you to attend if you have ask questions, want to work on assignments/projects, etc. Throughout this course you will examine what artists are doing over the world, as well as learning some basic skills and exploring the elements of art so you can feel confident to dive into your own creative process.

Electives Gifted and Talented Art Full Year (grades 7-12)

Electives Language Studies Full year The Language Studies elective provides students with the opportunity to dive deeper into a language of their choosing and develop their writing, reading, speaking and listening skills. Throughout the week, students will work independently using an asynchronous program while under the guidance and supervision of the World Languages



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teacher. As a class, we will meet once a week to participate in cross-cultural learning and activities with our peers.

Electives French 1 Full Year French 1 is an introductory level course designed for students who are interested in developing language skills and broadening their perspective of the world around them. Topics include beginner-level grammar and vocabulary, geography and history, and cultural comparisons. Activities and assignments will incorporate writing and reading skills, though most emphasis will be on listening and speaking using games, skits and music. Together we will push ourselves to become better language learners while also having a lot of fun.

Electives French 2 Full year

Electives Early Medieval History Fall

Electives Late Medieval History Spring

Electives Maine History Full Year The course will examine the history of Maine from prehistoric times to the present. Through the use of exhibits, historical images, documents, and other artifacts, students will investigate the progression of Maine from economics to politics and natural resources to local history.

Electives Psychology Fall This course is offered only in the fall, with its counterpart Psychology of Stress and Trauma taking it's time slot in the spring. Psychology 1 will survey various aspects of psychology including its history, the science behind psychology, major psychological theories and theorists, stages of human development and the psychology of stress and mental illness.

Electives Psychology of Stress and Trauma Spring

Electives Sociology

Electives Marine Biology Fall Semester This course has students exploring the biology of our Earth's oceans, seas, rivers, lakes, coasts, and estuaries. Students will gain knowledge on the complex



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biological and ecological interactions between the living and non-living components of aquatic ecosystems. This course has a focus on global climate change and how this scientific phenomena is impacting the biodiversity of our worlds oceans and aquatic systems.

Electives Oceanography Spring Semester This course has students exploring the science of oceans and seas. This course is focused primarily on abiotic (non-living) factors that help to shape and form earths aquatic environments. There is a heavy focus on physical science topics such as water chemistry, beach and coast formation, plate tectonics, etc.

Electives Women's Studies Full Year A cross-curricular exploration of women's roles in society and how those roles have changed over time. The student will have an understanding of the contributions that women have made throughout history. The student will feel empowered to continue to create change in society. The student will be able to identify reasons why women and minorities have been marginalized historically and relate those reasons to current events. The course will explore specific influential women in science, history, and art.

Electives Creative Writing Full Year Students will learn about the writing process and explore multiple genres,, mentor texts of literature, and develop multimedia writing. Students will build a sense of authorship as they hone their writing skills, connect with their peers and teacher about their writing over the course of two semesters. The genres studied include memoir, creative nonfiction, fiction, poetry, and digital writing.

Electives Yoga 1 Semester This is a general elective course offered to teach principles of yoga. Foundational concepts such as origin, philosophy, styles of movement, and breathwork will be taught in the course. Practical discussions will allow students to apply concepts to their daily lives. The course will conclude with an independent project to guided by the teacher to allow for personal interests to drive the last unit of study. Live classes will include chair-based movement with the option to extend to a floor or mat. All interested students will be able to access the course.

English- -Required credits: 4.0

English 9 English Foundations I Full English Foundations I builds the 9th grade foundation of high school English Skills. Students will chart their growth through six units consisting of the themes American Voices, Survival, Literature of Civil Rights, Star-Crossed Romance, Journeys of Transformation, and World's End. Students will build their skills through IXL, assignments, and assessments. The novels



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this year are *Leveling Up: How to Master the Game of Life* by Eric Siu and *Fahrenheit 451* by Ray Bradbury.

English 10 English Foundations II Full English Foundations II is focused on literary analysis and interpretation of diverse literature. Personal reflection, theme understanding, and central ideas are also spotlighted. Finally, cross-curricular work is a focus so that students experience real-life learning; examples of these are podcasts and marketing a product.

English English Fundamentals II Full English Fundamentals II is a special education course with a focus on skills in IXL, reading comprehension, persuasive writing citing resources, and application to transition out of secondary education.

English 11 American Literature Full Year Examines a broad survey of the classic American Literature texts, with an emphasis on short stories, poetry, and interpreting historical documents. Students examine literary, linguistic, and historical contexts to better understand an author's purpose, word choices, and overall meaning, while also developing critical thinking, problem solving, and professional writing skills needed for post-secondary degrees, jobs, and lives after high school. Novels may include: *"The Great Gatsby"* by F. Scott Fitzgerald, *"The Outsiders"* by S. E. Hinton, or another text selected at the discretion of the teacher.

English 12 World Literature A and B Full Year Focuses on a survey of the classic, British literature cannon and extends beyond to multicultural literature. Students examine historical, scientific, and nonfiction texts to examine real world writing and conflict in order to develop critical thinking, problem solving, and multimedia writing skills needed for post-secondary degrees, jobs, and living as digital citizens.

Math- Required credits: 3.0

Math Pre-Algebra full year The pre-algebra course will review the concepts needed in preparation for algebra including writing and evaluating expressions with variables and then applying this learning to problem solving. Geometry concepts including angles, lines, and polygons will be discussed. The class will also learn about ratios and proportions, graphing linear functions, probability and statistics.



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Math Consumer Math full year The course will review pre-algebra math concepts and apply those concepts to daily life situations. Topics will include earnings, taxes, insurance, budgeting, checking and savings accounts, financing major purchases, and using credit.

Math Algebra 1 full year Algebra 1 Topics include Recognizing and developing patterns using tables, graphs and equations. In addition, students will explore operations on algebraic expressions, apply mathematical properties to algebraic equations. Students will solve problems using equations, Graphs and tables to investigate linear relationships. Technology will be used to introduce and expand upon the areas of study listed above. Use of computers and graphing calculators will be incorporated into the module.

Math Geometry full year The Geometry course is a comprehensive look at the study of geometric concepts including the basic elements of geometry, proofs, parallel and perpendicular lines, the coordinate plane, triangles, quadrilaterals, polygons, circles, trigonometry, congruence and similarity, surface area, volume and transformations.

Math Algebra 2 full year Course is meant to elaborate and expand on content learned in Algebra 1 course. Topics include solving systems of linear equations, solving and graphing inequalities, properties of exponents, classifying numbers, understanding imaginary numbers and other concepts required for post-secondary education.

Math Pre-calculus full year Course is meant to introduce students to college-level content and coursework. The subjects covered include concepts that are covered in Algebra 2 along with trigonometry, the unit circle, and systems of equations.

PE/Health- Required credits: 1.0 PE and 0.5 Health

PE/Health Physical Education Fall and Spring PE consists of movement! The goal of this class is to teach and empower students to move in a variety of different ways throughout the semester. The largest component of physical activity is consistency. Students in PE are required to attend our morning movement sessions every school day to learn about the consistency necessary to remain healthy for life after high school. There is also one project where the students will make a fitness plan, requiring a SMART goal for them to try and achieve, then a plan to reach that goal.



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PE/Health Health (HS only) Fall and Spring Health will build students' understanding of all 6 aspects of health and how to best achieve optimal health. The course is run through one semester and covers topics like nutrition, physical fitness, stress, environmental health, and sexual health. The goal of Health is to prepare students to manage their health outside of the classroom and on their own based on up to date health science.

Science- Required credits: 3.0. Must include biology with lab

Science Earth Science 9 Full year In this course, students will discover what earth science is, and how it is used and found all around us. The importance of the scientific method to solve real world problems will be investigated. Knowledge will be gained in the following areas: Earth's place in the universe, Earth's systems, and Earth and human activity. Students will use higher order thinking throughout the entire course.

Science Biology with lab* 10 Full year In this course, students will explore the central concepts of Biology, which is the study of life. Students will utilize the scientific method, and expand their scientific inquiry skills through the lens of Biology's major concepts. Some of these major concepts include cellular biology, ecology, biochemistry, evolution and adaptation, and genetics. An understanding of the connectedness and interdependence of living systems is a crucial concept in Biology. Students will gain knowledge which is vital to understanding the living world around them.

Science Chemistry 11 Full year In this course, students will discover what chemistry is, and how it is used and found all around us. The importance of the scientific method to solve real world problems will be investigated. Knowledge will be gained in the following areas: types of matter, atomic structure, chemical periodicity, chemical formula writing and naming, chemical equations. This course will also stress the important relationship between math and science while studying measurement, metric system and stoichiometry. Students will use higher order thinking throughout the entire course. An algebra background is recommended because of the amount and type of math involved.

Science Chemistry Essentials 11 Full year In this course, students will discover what chemistry is, and how it is used and found all around us. The importance of the scientific method to solve real world problems will be investigated. Knowledge will be gained in the following areas: types of matter, atomic structure, chemical periodicity, chemical formula writing and naming, chemical equations. This course will also stress the important relationship between math and science while studying measurement, metric system and stoichiometry. Students will use higher order thinking



throughout the entire course. An algebra background is recommended because of the amount and type of math involved.

Science Physics 12 Full year "Students begin their exploration of physics by reviewing the International System of Units (SI), scientific notation, and significant digits. They then learn to describe and analyze motion in one and two dimensions. Students learn about gravity and Newton's laws of motion before concluding the course with an examination of circular motion, energy, and simple machines. Students apply mathematical concepts such as graphing and trigonometry in order to solve physics problems. Prerequisite: Successful completion of Algebra 2. "

Social Studies- Required Credits: 3.0. Must include US History

Social Studies Geography 9 Full year

Social Studies Civics 10 One semester. offered Fall and Spring This course will study the significance of government, law, and politics in the United States. Students will explore the foundations of American government at the federal, state, and local levels. They will evaluate their role in civic life while learning how to become civically responsible.

Social Studies Financial Literacy 10 One semester. offered Fall and Spring This course, offered once each semester, covers all of the basics of finances with the aim of preparing students for future financial decisions. With a focus on money management and education, the course will cover a range of financial subjects including but not limited to: student loans, getting a mortgage, investment, credit cards and more.

Social Studies U.S. History* 11 Full Year This course is a survey of US History and will cover major historical events and figures from early pre-colonial times to today, examine their effects on society and look to how students today can affect future historical events.

Social Studies Modern World History 12 Full Year This course will examine modern history through the lens of democracy. The course will survey a time period between the Second Industrial Revolution and today. Students will evaluate this period's significance and how historical events have influenced today's world.



RISE program

RISE program RISE 1 Transitions Full Year In this course, students will learn about their own interests, values, and career aspirations through self-exploration. Students will learn how to incorporate their interests and values into a career of interest. Students will research career opportunities within Virtual Job Shadow. The goal of the course is for students to have a better understanding of what career area they are interested in pursuing after high school. Students will also gain skills in the area of completing job applications, cover letters, resumes, and interview processes. Students will also research post-secondary/job opportunities such as Vocational Rehabilitation Services, Job Core, Community College, etc.

RISE program RISE 2 Transitions Full Year In this course, students will learn about their own interests, values, and career aspirations through self-exploration. Students will learn how to incorporate their interests and values into a career of interest. Students will research career opportunities within Virtual Job Shadow. The goal of the course is for students to have a better understanding of what career area they are interested in pursuing after high school. Students will also gain skills in the area of completing job applications, cover letters, resumes, and interview processes. Students will also research post-secondary/job opportunities such as Vocational Rehabilitation Services, Job Core, Community College, etc.

RISE program RISE 1 Functional Math I Full Year