

**OYSTER RIVER HIGH SCHOOL
SOPHOMORE
PRACTICE COURSE SELECTION FORM**

INSTRUCTIONS: On this form please indicate the courses for which you would like to register for the 2010-2011 school year. Consult the Program of Studies for graduation requirements, NH Scholars requirements, as well as for recommended courses for your career/college goals.

All students are encouraged to meet with their Guidance Counselor to receive assistance with the course selection process. All students have been assigned an individual Guidance Appointment for Scheduling which will begin in March; please refer to the schedules posted in the halls to find your appointment date and time.

	Course/Number	Credit
1. English Electives	/	1.0 cr.
2. Math		1.0 cr.
3. Science		1.0 cr.
4. Physical Education	PE 10 Fall/PE 10 Spring	1.0 cr.
5. Social Studies	Citizen/Govt. Education	.5 cr.
6. World Language (suggested)		
7.		
8.		
9.		

***A MINIMUM OF 6 CREDITS MUST BE
TAKEN IN THE SOPHOMORE YEAR***

SCHEDULING TIPS FOR TWO & FOUR -YEAR COLLEGE BOUND STUDENTS

This information should help guide you as you develop your schedule for next year. It is always best to check a college's specific admission requirements. **In addition to the requirements listed below, students must meet all Oyster River High School graduation requirements.**

What Factors Do Colleges Consider For Admission?

- Overall program of study (Strength of course selection)
- Cumulative Grade Point Average / Class Rank
- Standardized Test Scores: SAT/ACT (Required by most colleges)
- Extracurricular Activities, Awards and Honors
- Teacher/Counselor Recommendation(s)
- Personal Essays (Part of admission application)
- Interviews (Required or offered at some colleges)

Minimum Requirements for 4-year colleges

- 4 years of **English** (1 credit per year)
- 3 years required/4 years preferred of **Social Studies**
- 4 years of **Laboratory Science** (These should include Biology, Chemistry and Physics. Anatomy/Physiology is preferred in addition for Nursing/Health fields.)
- 4 years of **Math** (Algebra 1, Geometry, Algebra 2, Pre Calculus)
- 3 years required/4 years preferred of the same **International Language**
- 1 year preferred of **Visual and Performing Arts**
- Do not replace major discipline courses with electives.
- Elective courses should compliment core academic areas or relate to your future career path.

Minimum Requirements for 2-year colleges

- 4 years of **English** (1 credit per year)
- **Science:** Biology, Applied Chemistry/Chemistry – required for Health Science Related and Medical technology Majors; Physics for Architectural and Mechanical Engineering Technology
- 3 years of **Math**
- Optional **International Language:** If planning to transfer into a 4-year college, try to take 2 years. Most 2-year colleges do not require an International Language.
- Choose electives that will strengthen the overall program and make up for weaknesses in major discipline areas.

Students should challenge themselves in the highest-level courses in each academic discipline that they are capable of completing successfully while maintaining a healthy balance.