

CARONDELET HIGH SCHOOL

Curriculum Guide



Four-year Planning Guide

Below you'll find an overview of the graduation requirements and a common four-year course of study for Carondelet students. This, however, is only an example and some students' courses will vary from the sample schedule here.

	9th	10th	11th	12th	Credits
English	English 1* (10)	English 2* (10)	English 3 or AP English Language & Composition (10)	AP English Literature (10), or AP English Language (10), or 2 Selectives (5+5)	40
Kinesiology	Frosh Wellness: Mind, Body, Spirit (5 Kin/5 Rel)	Soph Wellness: Kinesthetic Practices (5)	For final 5 required units of Kinesiology, semester selectives are available. Credit may be attained by participating for three seasons on a Carondelet interscholastic sports team.		15
Math	Individually-paced coursework for introduction classes. Four years highly recommended.				30
Modern Language	Two years of the same language required.				20
Religious Studies	Frosh Wellness: Mind, Body, Spirit (5 Rel/5 Kin)	Christian Living: Who am I called to be? (10)	Symbols & Ethics (10)	2 semester-long Selectives (10) and CSJ Capstone	40

* Honors option available

	9th	10th	11th	12th	Credits
Science	Conceptual Physics** (10)	Chemistry* or AP Chemistry (10)	Biology* or AP Biology (10)	Optional senior elective(s)	30
Social Studies	World History* (10)	World Geography (5)	US History or AP US History (10)	Civics (5) & Economics (5), or AP Government (10)	35
Visual & Performing Arts w/ Comp Science	Frosh Creation: Think, Make, Share (5 VPA/5 CS)	One yearlong course.			20
Electives	An elective course is any course taken in addition to specified department graduation requirements.				20
Credits Required	70	70	60-70	60-70 recommended, 55 possible with waiver	250-280

Selective: Choice that allows you to fulfill a graduation requirement.

Elective: Additional or optional coursework.

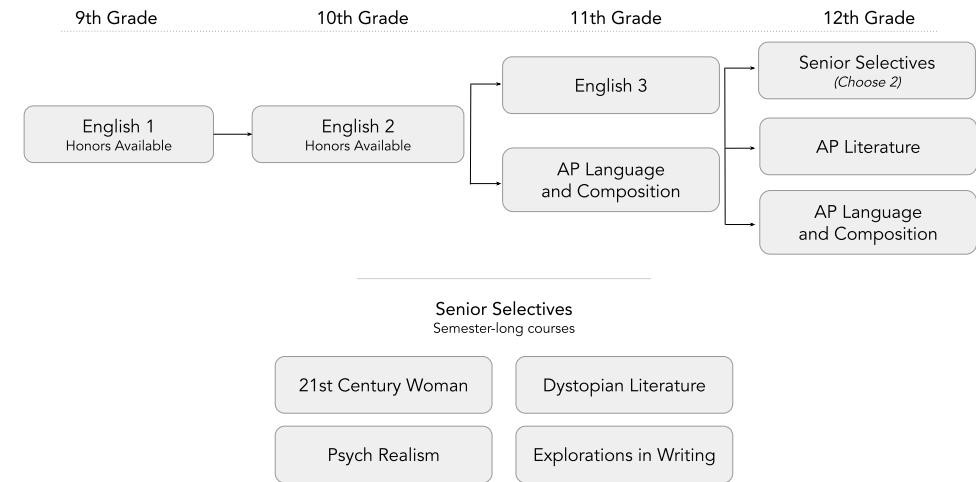
* Honors option available

** First year may be postponed for students taking HFCE, a study skills class that is part of our Academic and Learning Support program.

English

The English Department provides Carondelet students with engaging learning experiences while building core skills that they will need to be successful in college and beyond. Our courses allow students to develop a better understanding of the world beyond the classroom through authentic reading experiences that cultivate an empathic perspective.

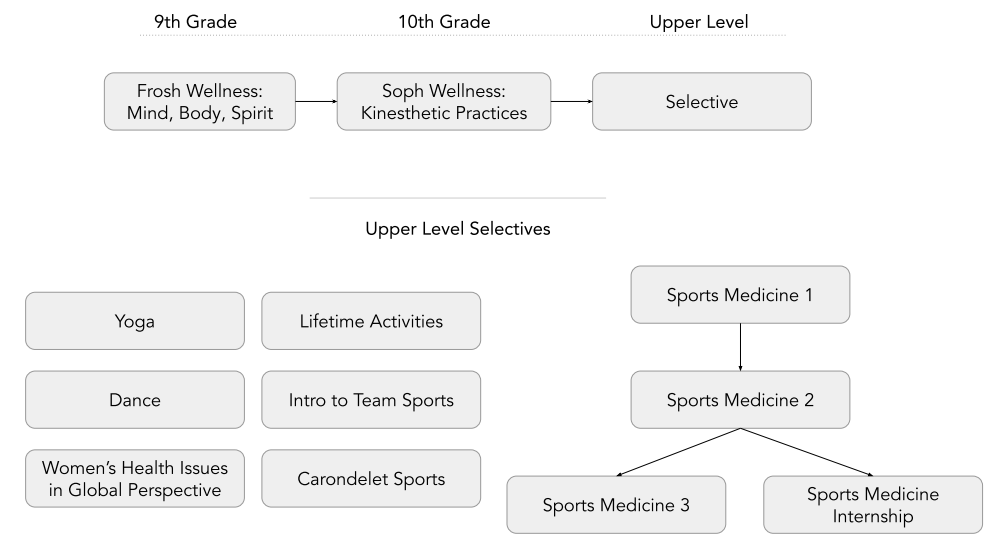
With a curriculum grounded in canonical as well as contemporary texts, students are exposed to a variety of viewpoints and experiences. Our focus on writing as a craft teaches students to write with precision while cultivating the power of their own unique voices.



Kinesiology

The Kinesiology Department is proud to collaborate with the Religious Studies Department to design the yearlong Frosh Wellness: Mind, Body, Spirit course. The main goals of this course are to help students establish a sense of community, explore how spirituality fits into wellness, and to teach skills that help our students know themselves, their ideals, and their values in order to lead a life of heart, faith, courage, and excellence.

Building on this foundational emphasis of wellness, the Kinesiology Department created Soph Wellness: Kinesthetic Practices. This is an activity-based course designed to introduce students to the latest research and trends in fitness, nutrition, and wellness. From stress management and sleep to overall wellbeing, students explore personal health and individual behaviors. Our goal is that students will gain the confidence and skills necessary to maintain their health and fitness for life.



Mathematics

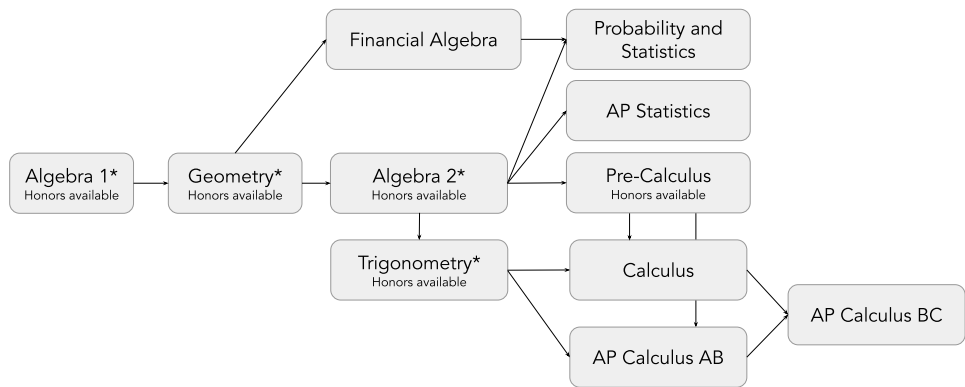
The Mathematics Department is excited to provide our students with more pathways to higher levels of mathematics as well as deepening each student’s understanding of mathematics to prepare them for success in college and beyond.

Our individually paced math program (Algebra 1, Geometry, Algebra 2, and Trigonometry—all with an Honors mastery based component) is based on the belief that students can achieve any level of math success they want if:

- They are given the freedom to learn at their own pace;
- They are empowered to believe that they have the ability to be successful in math and that there is no such thing as a *math person*; and
- They are provided with challenging, deep, and interconnected math tasks that allow them to struggle, persevere, discover, and grow.

Students work collaboratively in fluid groups as they work through the curriculum. They will have the ability to spend more time on topics if needed or can advance at a faster pace, potentially completing the course in less than one year and continuing on to the next level. Students may also self-select an honors distinction.

Last year more than 25% of our students completed two years of math in one year.



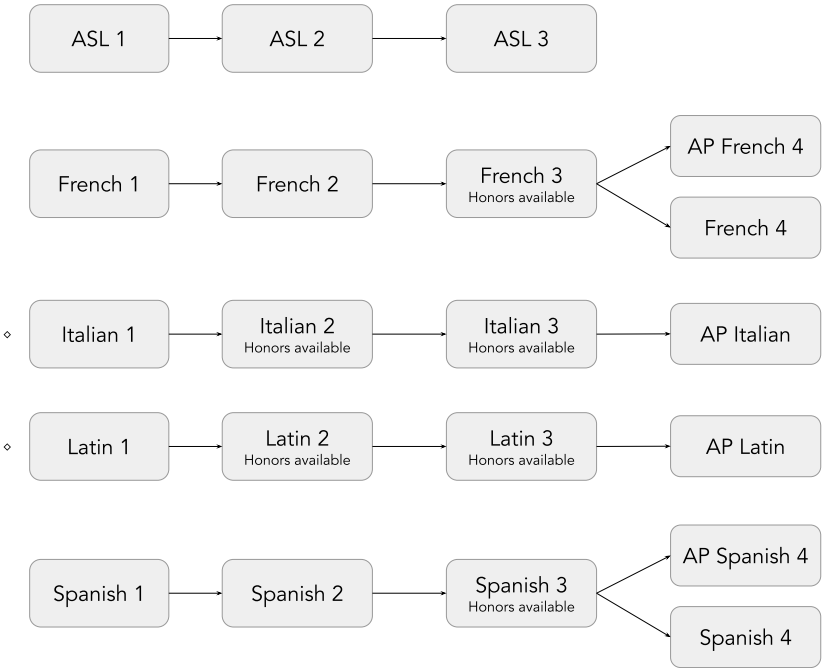
*Individually-paced, mastery-based courses

Modern Language

The Modern Language Department at Carondelet prepares students to communicate authentically in French, Spanish, and American Sign Language. In their Modern Language classes, students are immersed in a variety of communicative and culturally responsive activities designed to develop their listening, reading, speaking, and writing skills. Italian and Latin are available on De La Salle's campus.

Beyond the two years of language required for graduation, students are encouraged to continue their study for the third year (levels 3 and 3 honors) and the fourth year (level 4 and Advanced Placement) and obtain the Seal of Biliteracy.

Outside the classroom, language students can participate in a variety of clubs. Most years, trips abroad offer students the opportunity to use their language skills in French or Spanish speaking countries, and immerse themselves in the cultures with peers and locals.



Entrance exam available for initial higher level placement.
Regardless of placement, graduation requires taking at least two years of the same language.
◊ Available on De La Salle's campus.

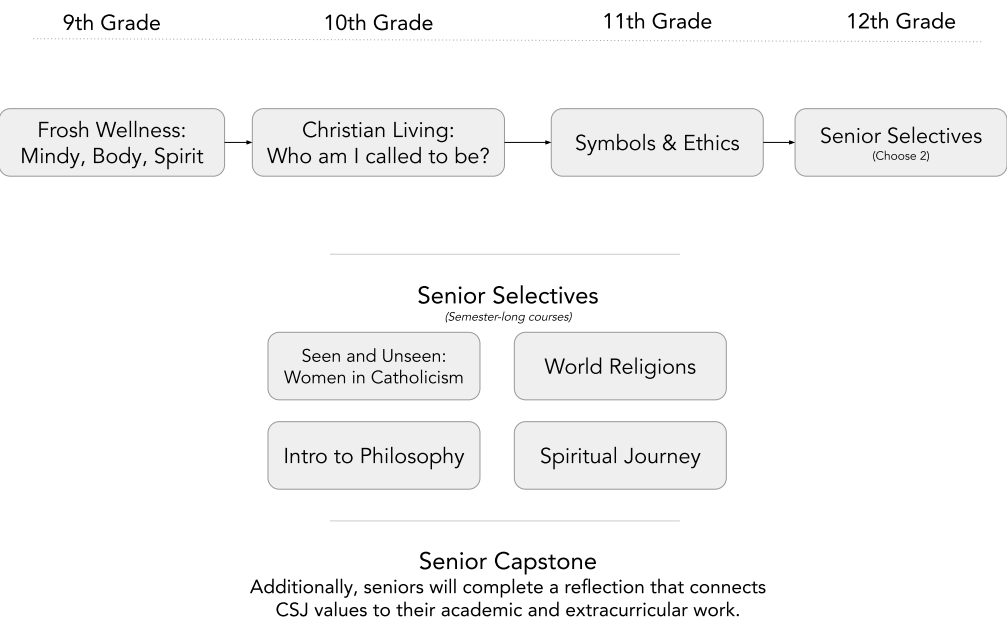
Religious Studies

Religious Studies curriculum builds every year towards helping develop women of heart, faith, courage, and excellence who become graduates of Carondelet that bring strong gospel values into everything they do.

Our Religious Studies curriculum, in the Catholic tradition, is relevant and actionable for our students. In our program, we:

- Focus on Catholic Social Teaching and putting faith into action;
- Foster spiritual growth through integration of mindfulness practices and social emotional learning;
- Connect Catholic values to their lives;
- Increase opportunities for self-reflection; and
- Embed the charism and spirit of the founding Sisters of St. Joseph as contemplatives in action who serve the dear neighbor.

The Religious Studies Department aims to meet the needs of the student and model what it means to be a loving, gospel-valued human being through the students’ four years at Carondelet.

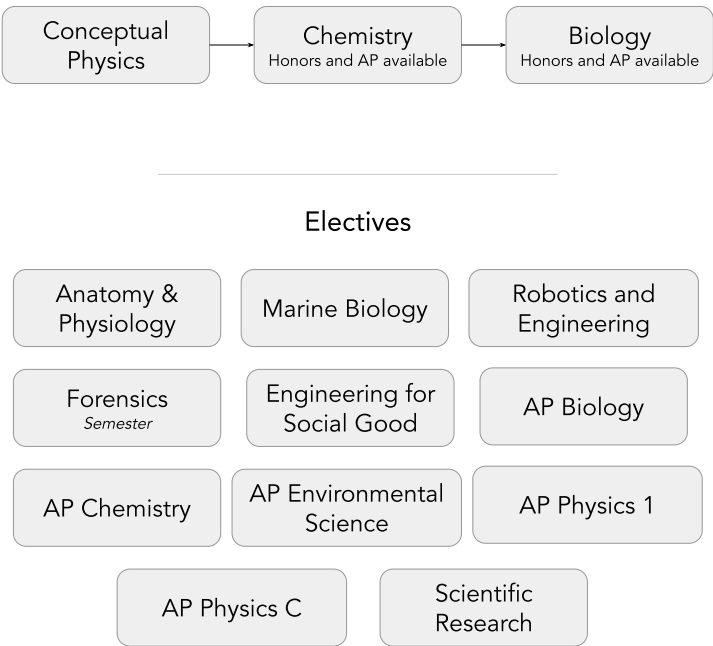


Science

The Science Department strives to ignite a desire to explore the unknown. Our courses are designed to cultivate intellectual independence through inquiry, direct experience, and collaboration to prepare responsible citizens to innovate in an increasingly complex world.

The program begins with Physics, which introduces students to phenomena and leads them through investigations that help them construct explanations using data analysis. Study continues with examination of the physical world through Chemistry. Extensive experimentation in the lab allows the students to connect the theoretical concepts with practical analysis. The final required year allows students to apply their background in physical sciences to the life sciences by studying Biology. Students are challenged to ask questions about the world around them and investigate concepts ranging from ecosystem biology, organismal biology, cellular biology, and molecular biology.

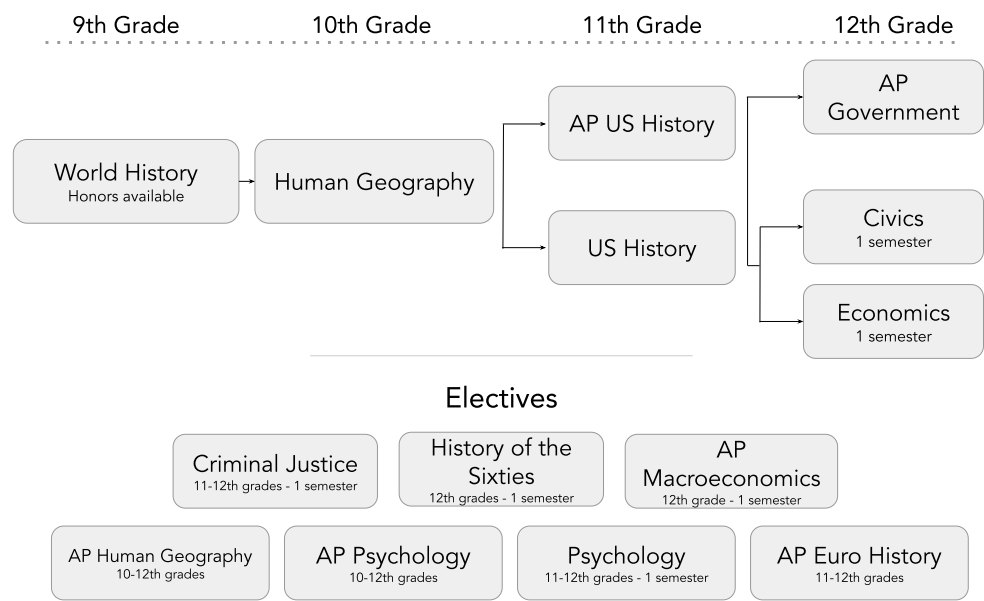
Additionally, our AP and elective courses showcase our teachers' experience. Many of our faculty have been involved in science careers in various industries before they embraced high school education.



Social Studies

Critical thinking, problem solving, collaboration, and communication—these are the 21st century skills that Carondelet students develop during their four years as students in the Social Studies Department. Our refreshed curriculum approach helps ready our students for success beyond graduation.

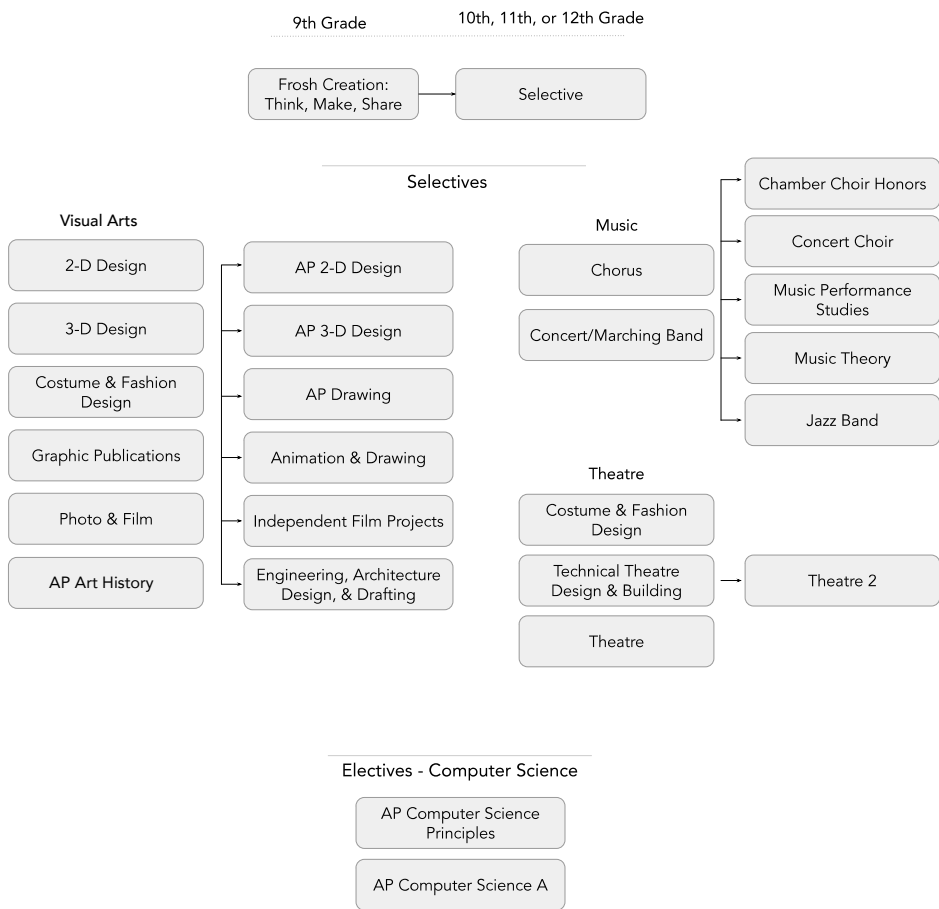
Throughout the four years at Carondelet, students will encounter project-based learning in and beyond our courses. We encourage students to select their topics, practice intensive research and teamwork, and perform oral presentations of their research findings. It is our firm belief when students are fully engaged in the process of inquiry, learning becomes more meaningful and important skills are developed.



Visual and Performing Arts

Our Visual & Performing Arts and Computer Science (VPA + CS) Department has been a leader in curricular innovation and design. As such, the VPA + CS department strives to make learning visible, inspiring students to be creative, risk-taking thinkers and makers. Our goal is to guide and inspire students to be both intentional and reflective with their artistic choices. We provide a space for students to share their thoughts about how art helps them understand and interpret the world.

In conjunction with our VPA colleagues at De La Salle, we are able to offer our students more than 20 different course options. These range from beginner to AP course work with classes that are sure to appeal to the artist that resides in each student.





Got a question?
We've got your answer.

Check out the full course catalog and additional information about our departments and teachers at CarondeletHS.org.



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