



CARONDELET
HIGH SCHOOL

CARONDELET HIGH SCHOOL CURRICULUM GUIDE

2026-27



Challenging & Innovative Academics

Carondelet offers students a challenging college preparatory curriculum with a full range of AP and Honors courses, as well as personalized academic support for students of all abilities.

Girls deserve every opportunity to succeed in college and beyond. At Carondelet, we prepare students to be bold, confident leaders in the classroom, in the community, and in the world.

A unique, blended approach to single-sex education

For the first two years of the high school curriculum, Carondelet students take their classes in a single-sex environment on the Carondelet campus. This experience is intentionally designed to give girls the space to find their voices, build confidence, and learn to advocate for themselves from the moment they begin high school. At Carondelet, they are not on the sidelines; they are at the center of the classroom experience.

The impact extends well beyond those first two years. Research on all-girls education has shown that graduates of all-girls high schools report higher levels of academic self-confidence, community engagement, and participation in social and leadership activities in college. By giving students the opportunity to lead, speak up, and take intellectual risks early in their high school experience, Carondelet helps prepare them to carry that confidence into college and beyond.



A supportive and inclusive learning environment

Carondelet's learning environment helps students acquire the skills they will need for an ever-changing future. In class, students actively use creativity, collaboration, communication, and critical thinking skills. Outside the classroom, our extensive list of extracurriculars, top-performing sports teams, educational travel opportunities, and college counseling give students opportunities to expand their experiences and expertise.



Four-year Planning Guide

	9th Grade	10th Grade	11th Grade	12th Grade	CREDITS
ENGLISH	English 1* (10)	English 2* (10)	English 3 or AP English Language and Composition (10)	AP English Literature (10) or AP English Language (10) or 2 Selectives (5+5)	40
KINESIOLOGY		Health and Well-being (5)	For the remaining 10 required units, Wellness in Motion (5) must be taken anytime throughout 10th-12th, along with one additional elective. Five credits may be attained by participating in three seasons on a Carondelet interscholastic sports team.		15
MATH	Individually paced or teacher directed paths available. Completion through Algebra 2 (or equivalent) is required for graduation. Three years required; four years recommended.				30
MODERN LANGUAGE	Two years of the same language required. First year may be postponed for students selecting an alternate freshman pathway.				20
RELIGIOUS STUDIES	Foundation in Faith (10)	Christian Living: Who Am I Called to Be (10)	Symbols and Ethics (10)	AP Seminar or 2 semester-long Selectives (10) and CSJ Capstone	40
SCIENCE	Conceptual Physics** (10)	Chemistry* (10)	Biology* (10)		30
SOCIAL STUDIES	World History* (10)	Human Geography (5), or AP Human Geography (10)	US History or AP US History (10)	Civics (5) and Economics (5), or AP Government (10)	35
VISUAL AND PERFORMING ARTS	Frosh Creation: Think, Make, Share (5 VPA / 5 Elective)	One yearlong course.			20
ELECTIVES	An elective course is any course taken in addition to specified department graduation requirements.				30
Minimum Required	70	70	60-70	60-70	260+

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 selecting an alternate freshman pathway

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.

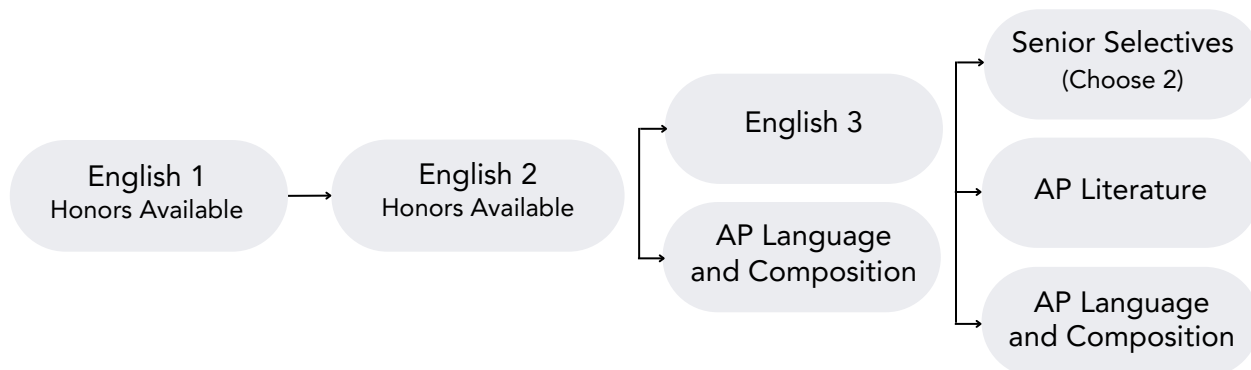


9th Grade

10th Grade

11th Grade

12th Grade



Senior Selectives

SEMESTER-LONG COURSES



= Available on De La Salle's campus.



One of my favorite classes was **AP Language and Composition**. My teacher really pushed me to become a better writer by challenging me to think critically, write with purpose, and refine my voice. His passion for language and honest feedback helped shape the way I approach writing and communication today.

—Kaitlyn B. '26

Kinesiology

The Kinesiology Department is committed to fostering students' physical, mental, and social well-being through a comprehensive education in movement science, physical fitness, health literacy, and wellness practices. Our curriculum integrates the scientific principles of human anatomy, physiology, biomechanics, and health to deepen students' understanding of the impact of movement on overall well-being. By emphasizing lifelong healthy habits, injury prevention, and fitness as integral components of balanced living, we empower students to make informed decisions about their personal health and contribute positively to the wellness of their communities.



10th Grade

Health & Well-being

10th–12th Grade

Wellness in Motion

Selective

Upper Level Selectives

Yoga

Strength & Conditioning

Sports Medicine 1

Dance*

Carondelet Sports
Three Seasons (5)

Sports Medicine 2

Sports Medicine 3

Sports Medicine
Internship

* May be taken for VPA credit.

Teachers at Carondelet...

Every single one of my teachers are glad to help me in any way they can. This has given me a positive outlook on my education and my academic experience; I want to come to school every day and learn. All of my teachers have shown patience, respect, and kindness towards me and my peers.

—Lucy B. '26

Carondelet teachers don't just teach the subject, they make sure their students understand the material, encourage us to think outside of the box, and inspire us to explore new concepts. Their guidance has taught me a lot about time management, organization, and how to work through problems without giving up.

—Alia N. '27

I always feel comfortable to raise my hand and ask a question, and encouraged to follow my curiosity in subjects that I'm interested in. I am excited to challenge myself in more difficult classes because I know there will always be someone to guide me and support me.

—Caprice V. '26

Mathematics

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

OPTION 1: INDIVIDUALLY PACED MATH PROGRAM

Our individually paced math program (Algebra 1, Geometry, Algebra 2, 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.

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

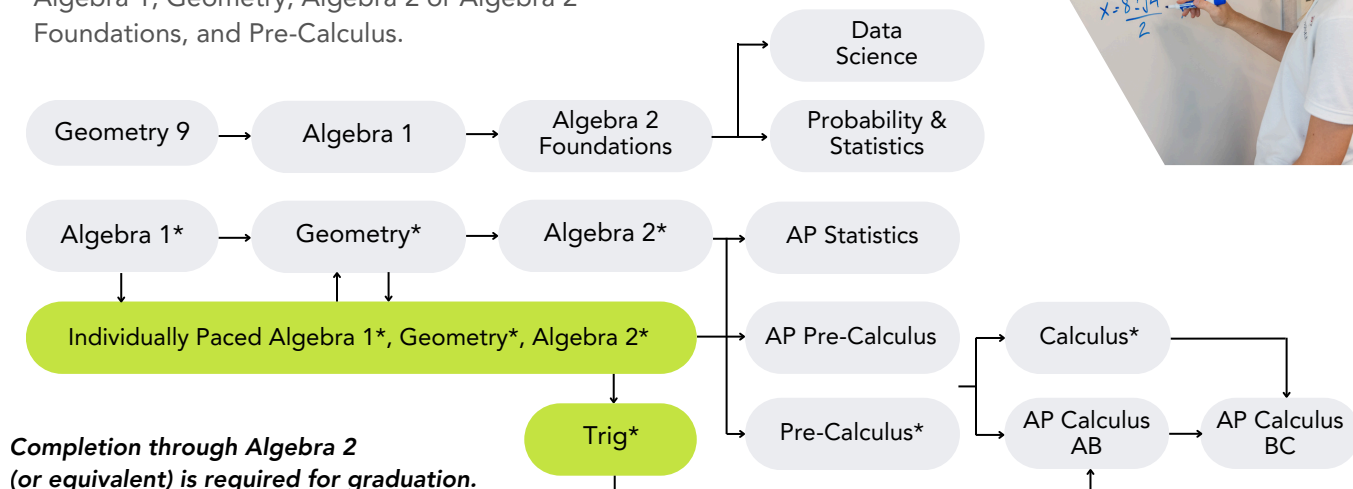
OPTION 2: TEACHER DIRECTED MATH CLASS

For students who need a little more structure, a more traditional teacher-led classroom, or who are starting at the beginning of a course with goals of completing that course in a school year, we have teacher-led options in Algebra 1, Geometry, Algebra 2 or Algebra 2 Foundations, and Pre-Calculus.



An experience that has shaped my learning was the **self-paced math program**. I was able to go at the speed that was best for me and get the individualized help I needed. It was helpful being in a classroom with students on the exact same topic as me so we could work together to problem solve.

—Emma L. '26



* Student-select honors available

● Individually-Paced Mastery-Based

Electives after Algebra 2

AP Business and Personal Finance

Applied Financial Mathematics

Intro to College Math

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. Latin is available on De La Salle's campus.

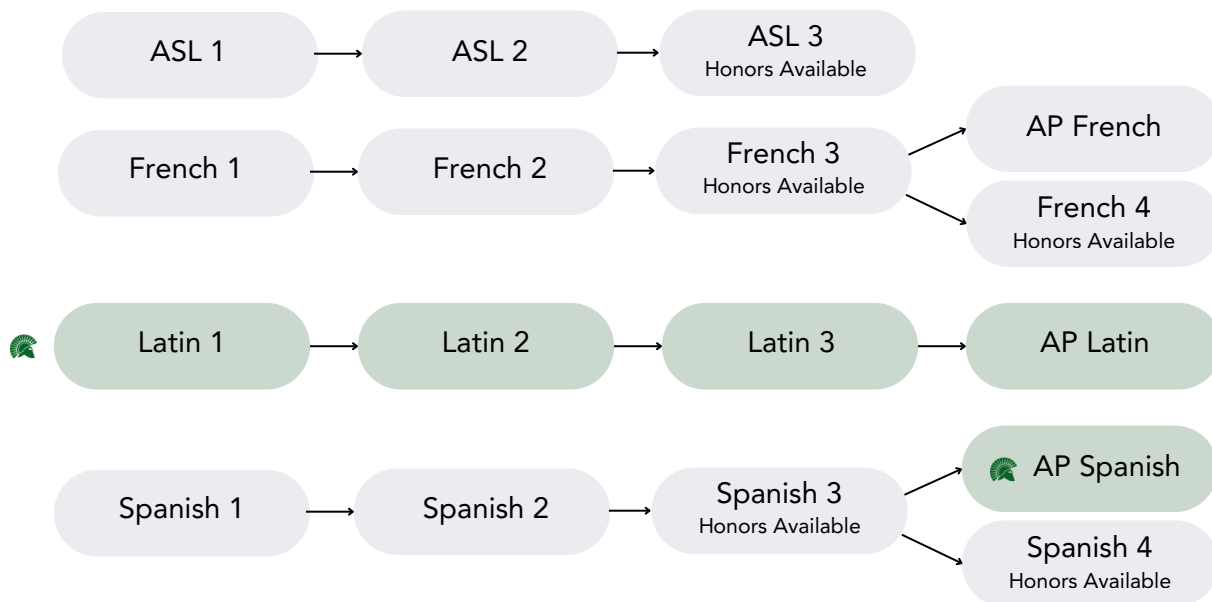
Beyond the two years of language required for graduation, students are encouraged to continue their study for the third year (levels 3 and 3 honors) and the fourth year (level 4, 4 honors, and Advanced Placement) and obtain the Seal of Biliteracy.

Outside the classroom, language students can participate in a variety of clubs. Some years, optional trips abroad offer students the opportunity to use their language skills in France or Spain, and immerse themselves in the cultures with peers and locals.



*My favorite class at Carondelet has been **French**. The class has challenged me in more ways than I ever could have imagined, getting me engaged in discussions on culture, history, and world problems, and causing my brain to work in new ways as it takes on a second language.*

—Thora A. '27



Entrance exams 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.



9th Grade

Foundation
in Faith

10th Grade

Christian Living:
Who am I
called to be?

11th Grade

Symbols & Ethics

12th Grade

Senior Selectives
(Choose 2)

AP Seminar

Senior Selectives

SEMESTER-LONG COURSES

Christian Prayer
and Meditation

Intro to
Philosophy

 Intro to
Church History

 Spirituality in
the Arts

Spiritual Journey

World Religions

Senior Capstone

Additionally, seniors will complete a reflection that connects CSJ values to their academic and extracurricular work.



*One class that has shaped my learning was **Symbols & Ethics**. We were encouraged to look at life through the lens of Catholic Social Teaching, reflecting on our actions and how it affects day to day life (and how we, as women, can work toward a more just future). Every day was different. This class taught me that education isn't just about understanding the content but knowing how to apply these lessons into daily life. It has also influenced me to find my choice of career.*

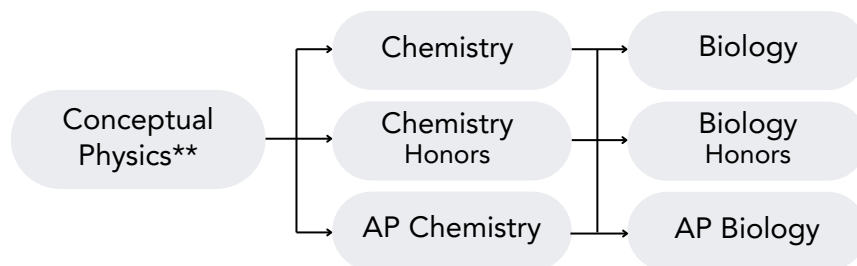
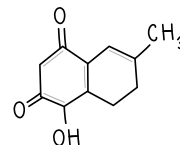
—Alexandra F. '26

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.



Electives

Anatomy & Physiology	AP Biology	AP Chemistry
AP Environmental Science	 AP Physics 1	 AP Physics C
Engineering for Social Good	Forensics Semester	Marine Biology
 Robotics & Engineering	Scientific Research Honors (Repeatable)	Scientific Illustration



Sophomore year in my **Chemistry** class, I truly felt myself grow and become stronger in a subject that I was never confident in. My teacher always pushed me to give my best effort, and come up with solutions on my own. Because of my experience in that class, I took on a more advanced class that I never thought I would have been able to take.

—Mikayla B. '26

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 curriculum helps ready our students for success beyond graduation.

Throughout the four years, 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.

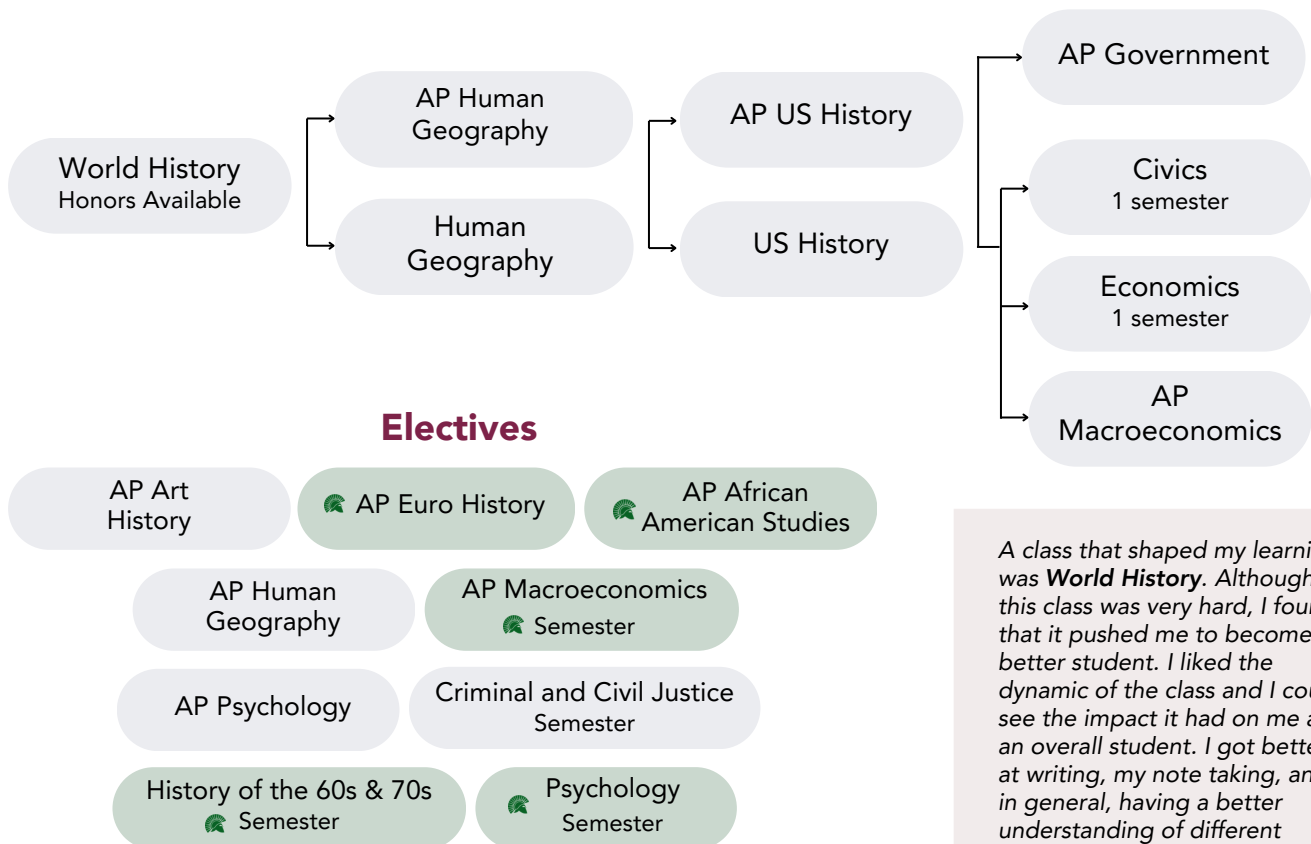


9th Grade

10th Grade

11th Grade

12th Grade



*A class that shaped my learning was **World History**. Although this class was very hard, I found that it pushed me to become a better student. I liked the dynamic of the class and I could see the impact it had on me as an overall student. I got better at writing, my note taking, and, in general, having a better understanding of different concepts.*

—Wynterlyn C. '28



Visual & 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.



9th Grade

Frosh Creation:
Think, Make, Share

10th-12th Grade

Selective

Selectives

VISUAL ARTS

2-D Design

AP 2-D Design *

AP Drawing *

Animation

Scientific
Illustration

Graphic
Publications *+

Multimedia
Design

Photo & Film

AP Art History

MUSIC

Chorus

Concert Choir *+

Chamber Choir
Honors *+

Band

Jazz Band *+

Pop Music and
Production

Music Theory

DANCE

Dance I/II

THEATRE

Theatre I

Costume &
Fashion Design+

Advanced Costume
& Fashion Design *
Honors

General Electives

AP Computer
Science Principles

AP Computer
Science A

Architecture I

Engineering and
Fabrication 1-3

🌿 = Available on De La Salle's campus.

* Audition required or instructor approval

+ May be repeated



One of my favorite classes has been **2D Art** because it gave me a creative space to create art and helped me see things from different perspectives. It taught me patience, attention to detail, and how to express myself in ways I hadn't before.

—Addie S. '27

Graduation Requirements

Students must complete at least **260 credits** in order to graduate:

- English (40 credits)
- Kinesiology (15 credits)
- Mathematics (30 credits)
- Modern Language (20 credits)
- Religious Studies (40 credits)
- Science (30 credits)
- Social Studies (35 credits)
- Visual & Performing Arts (20 credits)
- Electives (30 credits)



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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CarondeletHS.org