

Notre Dame Collegiate



SENIOR HIGH COURSE SELECTION GUIDE

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Table of Contents

Table of Contents	2
Introduction	3
Post Secondary & Career Advising	3
General Course Information	3
What are credits?	3
What are prerequisites?	3
How are High School courses numbered?	3
Registration and Course Selection	3
Grade 10	4
Alberta High School Diploma Requirements	4
Core Academic Course Sequences and Descriptions	5
English Language Arts	5
Social Studies	6
Mathematics	7
Science	9
Religious Studies	10
Physical Education	10
CALM 20	10
Career and Technology Studies (CTS) and Knowledge & Employability (K&E) Occupational Choices	11
Off-campus Education	11
Guide to Program Planning and Course Selection	12
Program Planning Worksheet	13



Introduction

The purpose of this handbook is to help you plan and select your courses for High School. This document outlines information regarding the Alberta High School Diploma, credits, course prerequisites, as well as brief descriptions of the courses offered at Notre Dame Collegiate.

If you or your parents have any questions regarding our programs or courses, do not hesitate to contact the school at (403) 652-2231 and ask to speak to our post-secondary advisor or administration.

The academic year consists of two semesters: the first semester runs from September to the end of January; the second semester runs from February to the end of June.

Programs and services offered at NDC that help in the development of the whole student:

- Help students and parents understand post-secondary entrance requirements,
- ISP development and management,
- Academic subject support,
- Academic counselling,
- Socio-emotional counselling, and
- Post-secondary and world of work advising.

Post Secondary & Career Advising

The Post-Secondary Advisor is available to provide support and help ease the anxiety students may feel when planning for their future education. The Post-secondary Advisor is available to:

- Help students and parents understand post-secondary entrance requirements,
- Assist students with course selection,
- Review student plans and write reference letters,
- Answer questions about application and scholarship processes, and
- Host post-secondary representatives and events.

General Course Information

What are credits?

Credits are awarded for the successful completion of a course (final mark minimum 50%). A 5-credit course represents 125 hours of instruction. A course which is pursued for a full semester is normally worth 5 credits; a course using half this time is awarded 3 credits. Career and Technology Studies (CTS) courses are made up of multiple 25 hour 1-credit modules. Credits can be earned only once in any one class or module.

What are prerequisites?

A prerequisite course is one that must be successfully completed prior to proceeding to the next level of that subject. For example, you must pass English Language Arts 10-1 before taking English Language Arts 20-1.

How are High School courses numbered?

Generally, High School courses are numbered so that:

- Grade 10 classes are designated as “10”, e.g., Social Studies 10-1, Science 10 and Physical Education 10.
- Grade 11 classes are designated as “20”, e.g., English Language Arts 20-1, Chemistry 20 and Art 20.
- Grade 12 classes are designated as “30”, e.g., English Language Arts 30-1, Chemistry 30 and Math 31.

Note: Courses are not always taken in the Grade indicated by the course number, e.g., Biology 20 can be taken in Grade 10.

Registration and Course Selection

Students are advised to plan their High School program by taking into consideration past achievements, prerequisites, requirements for a High School diploma, and post-secondary preparation. Students should plan a program with the assistance and approval of their parents and from the post-secondary counsellor or administration.



Grade 10

All grade 10 students will complete the following requirements towards their high school diploma:

- English Language Arts 10-1 or English Language Arts 10-2
- Social Studies 10-1 or Social Studies 10-2
- Mathematics 10C or Mathematics 10-3
- Science 10 or Science 14
- Physical Education 10
- Career and Life Management 20

Students will choose 2-3 electives to complete in grade 10. Many students choose to take Biology 20 in their grade 10 year. Grade 10 students are required to maintain a full course load.

Grade 11

With a greater range of course choices, grade 11 allows students to focus their studies in more specific disciplines. Academic planning becomes important in order to ensure that students complete all of the necessary requirements for graduation, the institute program they are pursuing, and post-secondary entrance.

All grade 11 students will complete the following requirements towards their high school diploma:

- English Language Arts 20-1 or English Language Arts 20-2
- Social Studies 20-1 or Social Studies 20-2
- Mathematics 20-1, Mathematics 20-2, or Mathematics 20-3
- Biology 20, Chemistry 20, Physics 20, and/or Science 20, or Science 24 (if not completed in grade 10)

Grade 12

Grade 12 students are able to further focus their studies, having fewer required courses to complete.

All grade 12 students will complete the following requirements towards their high school diploma:

- English Language Arts 30-1 or English Language Arts 30-2
- Social Studies 30-1 or Social Studies 30-2

Provincial Diploma Examinations

- Final marks in 30-level diploma courses are a blend of the school mark and diploma exam mark—your class mark is worth 70%; the Diploma Exam is worth 30%. (Percentage weighting of diploma exams is at the discretion of Alberta Education.)
- Diploma Exams are required for English 30-1/30-2, Social 30-1/30-2, Math 30-1/30-2, Science 30, Biology 30, Chemistry 30, and Physics 30.

Alberta High School Diploma Requirements

Note: These are minimum requirements

COURSES	CREDITS
English (10, 20, & 30 level)	15
Social Studies (10, 20, & 30 level)	15
Mathematics (10 & 20 level)	10
Science (10 & 20 level)	10
Physical Education 10	3
CALM 20	3
10 credits from: CTS, Fine Arts, French, PE 20 or 30	10
10 “30” level courses (in addition to English & Social Studies)	10
Additional Credits	24
TOTAL MINIMUM CREDITS	100

Crist the Redeemer requires students to complete the following to participate in graduation:

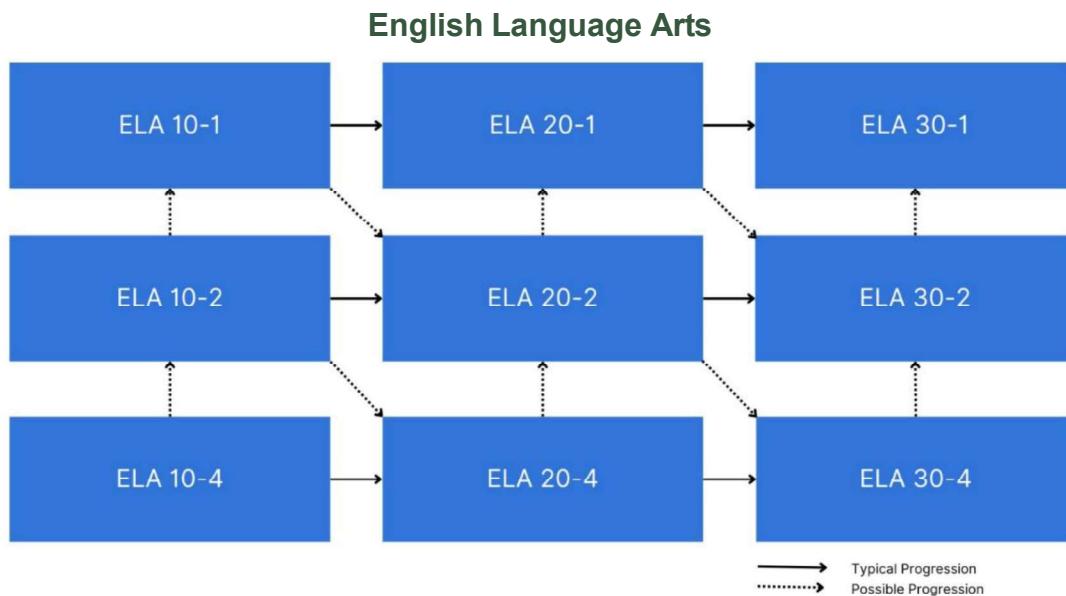
- Successfully complete one religion class for each year that they attend NDC,
- Complete 10 hours of community service, and
- Complete a Service Project in Grade 12.



Core Academic Course Sequences and Descriptions

In order to sequence courses appropriately, it is essential to take into consideration prerequisite courses at the onset of planning. Generally, a student must take all prerequisites before registering in each course. For a prerequisite to be waived a student must show proof that they possess “the knowledge, skills and attitudes identified in the waived course or program of studies” (p. 130, Alberta Education Guide to Education).

The information in this section provides an overview of the content of each course offered, the number of credits allocated, as well as the prerequisites. A prerequisite is a course that a student must complete before taking the subsequent course.



The English Language Arts 10-1, 20-1, 30-1 sequence is for students who intend to go to university or other post-secondary institutions.

High school English Language Arts (ELA) is more than reading and writing. ELA involves:

- 1 | communicating effectively in various places for many different audiences and reasons
- 2 | selecting appropriate forms, structures, and technology for a variety of contexts
- 3 | understanding, appreciating and creating a broad range of texts (including multi- media, visual, oral, and print)

Credits: The following ELA courses are 5 credits.

Prerequisites: 50% minimum is required to progress to the next level in a sequence

Recommended: Approximately 65% minimum is recommended to progress to the next level in a sequence

Diploma Path | -1 and -2 Course Sequences

ELA 10-1, 20-1, 30-1

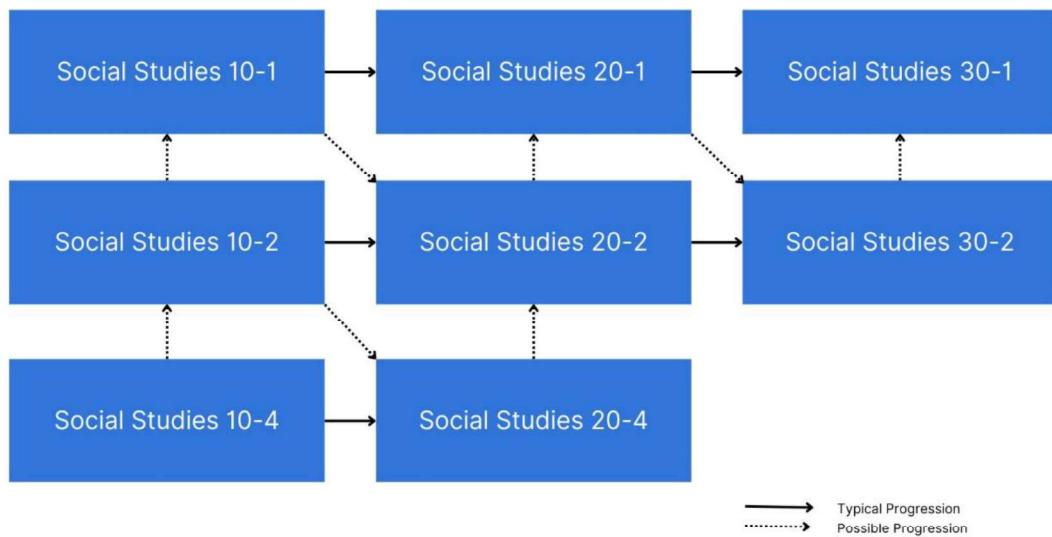
- 1 | engage with Canadian and international print and multi-media texts
- 2 | emphasize literary analysis to develop critical thinking skills
- 3 | develop strong, comprehensive communication skills for university and many post- secondary programs (entrance requirements for post- secondary institutions vary; be sure to check their websites)

ELA 10-2, 20-2, 30-2

- 1 | engage with a wide range of texts and some literary analysis
- 2 | develop communication skills through practical, creative and persuasive writing and representing
- 3 | prepare for some post-secondary education programs (entrance requirements for post-secondary institutions vary; be sure to check their websites)
- 4 | Important | English 20-2 meets requirements Certificate of High School Achievement requirements



Social Studies



The social studies 10-1, 20-1, 30-1 sequence is for students who intend to go to university or other post- secondary institutions.

Social Studies courses explore relationships among individuals in various societies and between societies. You examine cultural, economic, ethical, legal, and political issues that communities face. These courses focus on understanding: who am I, what kind of society do I want, and how do I and others shape our world?

Credits: The following Social Studies courses are 5 credits.

Prerequisites: 50% minimum is required to progress to the next level in a sequence.

Recommended: Approximately 65% minimum is recommended to progress to the next level in a sequence

Diploma Path | -1 and -2 Course Sequences

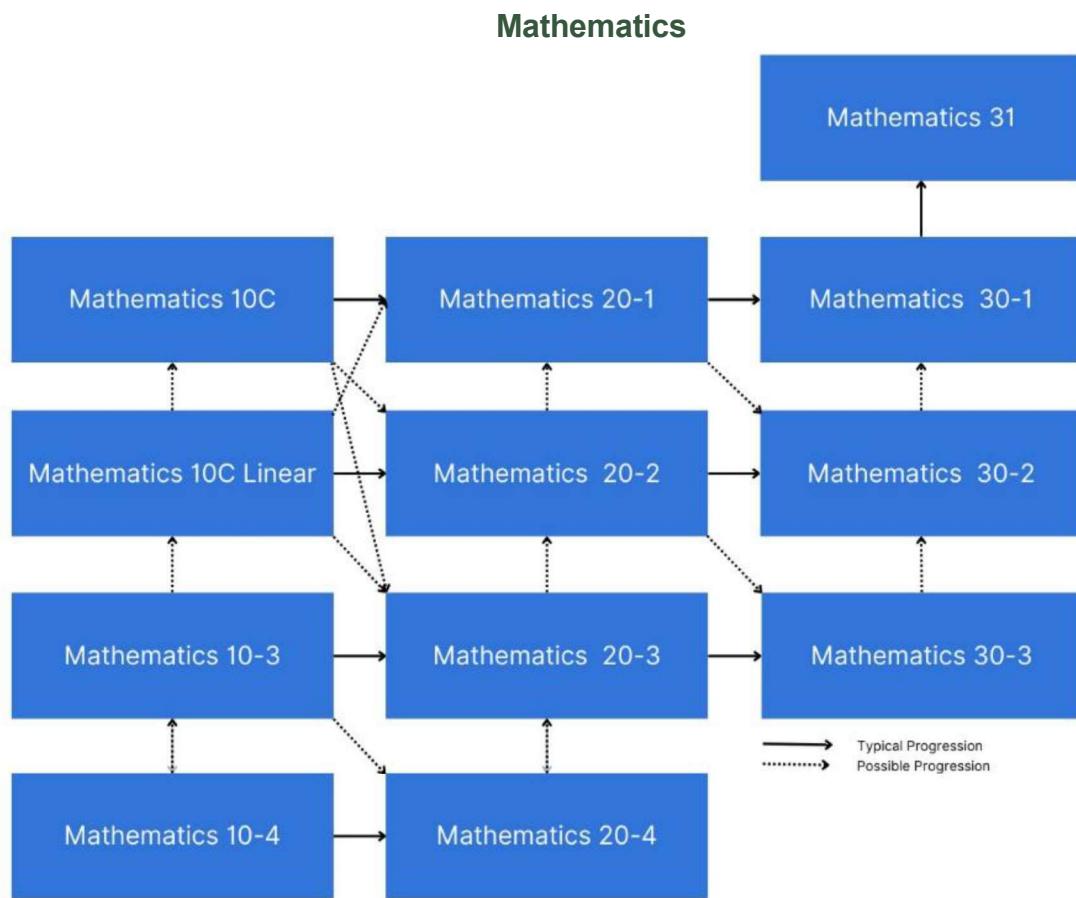
Social 10-1, 20-1, 30-1

- 1 | examine historical and contemporary aspects and relationships among citizenship, identity and:
 - a | Globalization in 10-1;
 - b | Nationalism in 20-1;
 - c | Ideologies, such as liberalism, in 30-1

Social 10-2, 20-2, 30-2

- 1 | explore historical and contemporary aspects and relationships among citizenship, identity and:
 - a | Globalization in 10-2;
 - b | Nationalism in 20-2;
 - c | Ideologies, such as liberalism, in 30-2





The mathematics -1 course sequence is designed to provide students with mathematical understanding and critical-thinking skills identified for entry into post-secondary programs that require the study of calculus. The mathematics -2 course sequence is designed to provide students with mathematical understanding and critical-thinking skills identified for entry into post-secondary programs that do not require the study of calculus.

The main goals of mathematics education are to prepare you to:

- 1 | solve problems
- 2 | communicate and reason mathematically
- 3 | make connections between mathematics and its applications
- 4 | become mathematically literate

Credits: The following Math courses are 5 credits.

Prerequisites: 50% minimum is required to progress to the next level in a sequence

Math 10C

Prerequisites: 50% minimum is required in Math 9 to progress to Math 10C

Recommended: Approximately 65% minimum is recommended in Math 9 to progress to Math 10C

- 1 | involves topics such as measurement, powers, irrational numbers, functions and relations, and trigonometry
- 2 | focuses on algebraic skills and reasoning

Math 20-1, 30-1

Prerequisites: 50% minimum is required in Math 10C to progress to Math 20-1 and 50% minimum is required in Math 20-1 to progress to Math 30-1

Recommended: Approximately 70% minimum is recommended in Math 10C to progress to Math 20-1 and approximately 70% minimum is recommended in Math 20-1 to progress to Math 30-1

- 1 | investigate the relationships between relations and functions, and engage in trigonometric topics
- 2 | develop abstract reasoning and visualization in a problem-solving environment
- 3 | prepare for a post-secondary program that requires calculus (entrance requirements for post-secondary institutions vary; be sure to check their websites)



Math 20-2, 30-2

Prerequisites: 50% minimum is required in Math 10C to progress to Math 20-2 and 50% minimum is required in Math 20-2 to progress to Math 30-2
Recommended: Approximately 60% minimum is recommended in Math 10C to progress to Math 20-2 and approximately 70% minimum is recommended in Math 20-2 to progress to Math 30-2

- 1 | focus on investigation into logical reasoning, relations and functions, and trigonometry
- 2 | develop problem-solving, reasoning and communication in many ways, including a self-selected research project on a topic of interest
- 3 | prepare for a post-secondary program that does not require calculus (entrance requirements for post-secondary institutions vary; be sure to check their websites)

Math 10-3, 20-3, 30-3

- 1 | engage in measurement skills, geometry, personal and business finances, and statistics and probability
- 2 | emphasize practical math found in day-to-day activities
- 3 | prepare you for entry into some apprenticeship programs, trades or the workforce after high school completion

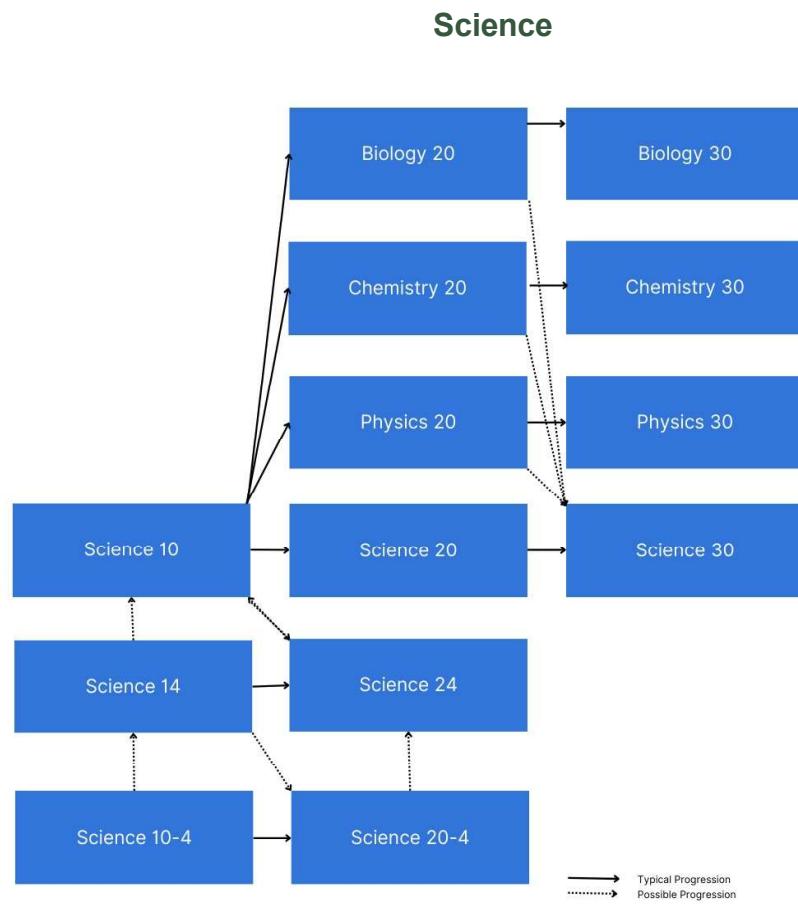
Post-secondary Path | Requiring Calculus

Math 31: prerequisite or co-requisite: Math 30-1

Prerequisites: 50% minimum is required in Math 20-1 to progress to Math 31
Recommended: Approximately 70% minimum is recommended in Math 20-1 or approximately 80% minimum is recommended in Math 30-1

- 1 | introduces skills and topics in calculus
- 2 | investigates a variety of topics; focuses on the limit of a function and looks at the relationship between differentiation and integration





In high school science courses, you focus on interconnected ideas and principles, such as change, diversity and energy. You develop scientific knowledge through collecting, analyzing and interpreting experimental evidence. Additionally, you make connections among science, technology and society.

Credits: The following Science courses are 5 credits.

Prerequisites: 50% minimum is required to progress to the next level in a sequence

Recommended: Approximately 65% minimum is recommended to progress to the next level in a sequence

Diploma Path | 10, 20, 30 Course Sequences

Science 10

- 1 | introduces biology, chemistry, physics and global energy systems
- 2 | allows you to choose from Biology, Chemistry, Physics and/or Science at the 20- level, depending on your interests, abilities and goals

Science 14, 24

- 1 | apply scientific knowledge and skills to everyday experiences
- 2 | are general sciences that meet the credit requirement for a high school diploma

Science 20, 30

- 1 | extend the application of biological, chemical, physical and earth sciences in Science 20 and apply them to current world scenarios
- 2 | analyze interactions in biological, chemical, physical and global energy systems in Science 30
- 3 | **Important** | Biology 20, Chemistry 20, Physics 20 or Science 20 can be used as a prerequisite to Science 30

Biology 20, 30

- 1 | engage in examining interactions of living systems with each other and their environment
- 2 | Biology 20 emphasizes energy and matter exchange
- 3 | Biology 30 focuses on adaptation and change in biological systems

Chemistry 20, 30

- 1 | engage with the study of matter and its changes in the natural and industrial worlds
- 2 |

Physics 20, 30

- 1 | engage in the exploration and analysis of the interactions between matter and energy
- 2 | understand the physics behind natural events and technology



Religious Studies

Jesus' call in the Gospels to "come follow me" is as meaningful today as it was when Christ walked the earth. The goal of Christian formation is inexorably tied up with the person of Jesus Christ and his summons to discipleship. Because of this, Catholic schools bear the responsibility of not only equipping students with the knowledge, skills, and attitudes they need to be successful but also helping students respond to the Good News as disciples and ethical citizens who will contribute to their communities and the world. Religion courses necessarily call students into this type of relationship with God. Through these courses, students are invited to deepen their relationship with Christ through knowledge of His Revelation and become Christ-like in their words, thoughts, and actions.

Credits: The following courses are 3 credits.

Religious Studies 15 – Christ and Culture

- 1 | to participate as Christians in the shaping of our culture
- 2 | how other World Religions and Canada's indigenous communities have influenced cultures both in Canada and throughout the world

Religious Studies 25 - Jesus Christ: God's Gift of Salvation

- 1 | to deepen their relationship with Jesus through a study of Scripture
- 2 | how other World Religions, as well as the way that contemporary Christians (both Catholic and from other Christian traditions) cooperate

Religious Studies 35 – In Search of the Good

- 1 | to understand themselves as moral persons called to discipleship by living the way of Christ
- 2 | how other World Religions understand their own sacred texts as guides to moral living, plus how they approach current moral issues.

Physical Education

Physical Education (PE) supports you in acquiring skills through a variety of developmentally appropriate movement activities. You will gain experience within various physical activities assisting you in further understanding health and wellness benefits, promoting positive interactions and leading an active lifestyle.

Credits: The following courses are 3 or 5 credits.

Prerequisites: 50% minimum is required to progress to the next level in a sequence

Physical Education (PE) 10 | REQUIRED COURSE

- 1 | acquire skills through a variety of movement activities
- 2 | understand, experience and appreciate the health benefits and wellness that result from physical activity
- 3 | interact positively with others
- 4 | assume responsibility to lead an active lifestyle

Physical Education (PE) 20, 30

- 1 | engage in more activities that promote lifelong physical activity
- 2 | connect and engage with lifelong active living and wellness

CALM 20

Career and Life Management (CALM) helps you develop your ability to make well-informed decisions and choices that contribute to the well-being and respect of yourself and others.

Credits: 3 | REQUIRED COURSE

Prerequisite: none

In CALM, you:

- 1 | apply an understanding of the emotional, psychological, intellectual, social, spiritual and physical dimensions of health
- 2 | learn responsible financial decision-making to reflect your values and goals and to demonstrate commitment to self and others
- 3 | apply strategies to manage your wellness and lifelong career development



Career and Technology Studies (CTS) and Knowledge & Employability (K&E) Occupational Choices

CTS and K&E pathways build on the Career and Technology Foundations (CTF) program of studies that allows students to explore their interests and passions as they learn about various career possibilities and occupational areas.

There are 5 clusters with industry similarities:

- BIT: Business, Administration, Finance & Information Technology
- HRH: Health, Recreation & Human Services
- MDC: Media, Design & Communication Arts
- NAT: Natural Resources
- TMT: Trades, Manufacturing & Transportation

To enhance flexibility and transitions for you as a student:

- 1| CTS courses are combined into pathways (groups of 1 credit courses where you acquire attitudes, skills and knowledge for a career).
- 2| CTS courses in each occupational area are offered at the: Introductory or 1000-level, Intermediate or 2000-level, and Advanced or 3000-level.
- 3| Approved Locally Developed and Authorized CTS courses will have the credits listed after the course name. The levels for these are: Introductory or 15-level, Intermediate or 25-level, and Advanced or 35-level.
- 5| Knowledge & Employability (K&E) occupational courses are 5-credit courses that run parallel to CTS occupational areas.

Off-campus Education

Workplace Safety Systems (HCS 3000)

- 1 | Required course to register in any Work Experience course, including Exploratory Programs and Internships
- 2 | Gain the attitudes, knowledge and skills related to workplace health and safety and examine relevant legislation required in the workplace

Workplace Safety Practices (HCS 3010)

- 1 | Required course if enrolling in the Register Apprenticeship Program (RAP)
- 2 | explore workplace safety principles and practices, and apply these principles and practices to a variety of contexts

Work Experience (Internships) 15, 25, 35

- 1 | Credits: 3 to 10 per course
 - a | 30 credits possible
 - b | Important | only 15 credits can be used for diploma or certificate of achievement requirements
- 2 | Prerequisites:
 - a | successfully complete Workplace Safety Systems (HCS 3000)
 - b | must be 15 years of age or older and enrolled in high school
- 3 | gain hands-on opportunities in various occupational areas
- 4 | develop employability skills necessary for success during and after high school
- 5 | no retroactive hours can be counted
- 6 | work must be supervised by the school-based Off-campus Coordinator

Registered Apprenticeship Program (RAP)

- 1 | Credits: up to 40 Alberta Registered Apprenticeship Program credits
 - a | Important | all 40 credits can be used for diploma or certificate of achievement requirements
- 2 | Prerequisites:
 - a | successfully complete Workplace Safety Systems (HCS 3000)
 - b | recommended Workplace Safety Practices (HCS 3010)
 - c | must be 15 years of age or older
 - d | employment in a skilled trade
- 3 | find a position that fits with your interests and goals
- 4 | gain experience as an apprentice in a skilled trade of interest and earn high school credits
- 5 | training conducted by qualified journeypeople



Guide to Program Planning and Course Selection

1. Graduation Requirements

In order to obtain their Alberta High School Diploma, students must complete the following courses:

- English Language Arts 10, 20, 30
- Social Studies 10, 20, 30
- Mathematics 10, 20
- Science 10
- Biology 20, Chemistry 20, Physics 20, Science 20, or Science 24
- Physical Education 10
- Career and Life Management 20

2. Post-Secondary Entry Requirements

Students should check the general academic requirements for the specific faculties in which they may be interested.

3. Develop your 3-Year Plan

Assign the required courses to grade 10, 11 or 12, ensuring that you put a maximum of 2 courses from the same sequence in one year (1 course per semester).

- Try to leave 1-2 blocks blank per year if possible.
- In the remaining blocks, choose courses that you believe you will enjoy. This time in your schedule should allow you to explore new subjects, be active or pursue creative arts.



Program Planning Worksheet



Notre Dame Collegiate

Begin with the End in Mind...

Graduation!

Registration Sheet			
Grade 10	Grade 11	Grade 12	AB High School Grad Requirements
			100 Credits Minimum
English 10-1 English 10-2	English 20-1 English 20-2	English 30-1 English 30-2	30 LEVEL ENGLISH
Social 10-1 Social 10-2	Social 20-1 Social 20-2	Social 30-1 Social 30-2	30 LEVEL SOCIAL
Math 10C Math 10C Linear Math 10-3	Math 20-1 Math 20-2 Math 20-3	Math 31 Math 30-1 Math 30-2 Math 30-3	20 LEVEL MATH
Science 10 Science 14	Biology 20 Chemistry 20 Physics 20 Science 20 Science 24	Biology 30 Chemistry 30 Physics 30 Science 30	20 LEVEL SCIENCE
PE 10			Physical Education 10
CALM (school year traditionally or summer school year)			Career & Life Management
Religion 15 (school year or summer school)	Religion 25 (school year or summer school)	Religion 35 (school year or summer school)	10 CREDITS IN ANY 30-LEVEL COURSE (in addition to a 30-level English language Arts and a 30 level Social Studies course as specified above)
OPTION COURSES CTS: Construction Foods Legal Studies/Law New Media Outdoor Education Photography Tourism Science, Technology, Business: Business and Finance Computer Programming Forensic Science 25 Sports Medicine 10 Synthetic Biology Fine Arts and Other: Art 10 Band 10 Drama French 30 Learning Strategies Media & Cinema Military History / World History Psychology	OPTION COURSES CTS: Construction Foods Legal Studies/Law New Media Outdoor Education Photography Tourism Science, Technology, Business: Business and Finance Computer Programming Forensic Science 25/35 Sports Medicine 10/20 Synthetic Biology Fine Arts and Other: Art 20 Band 20 Drama French 30 Learning Strategies Media & Cinema Military History / World History Psychology	OPTION COURSES CTS: Construction Foods Legal Studies/Law New Media Outdoor Education Photography Tourism Science, Technology, Business: Business and Finance Computer Programming Forensic Science 25/35 Sports Medicine 10/20 Synthetic Biology Fine Arts and Other: Art 30 Band 30 Drama French 30 Learning Strategies Media & Cinema Military History / World History Psychology	10 CREDITS IN ANY COMBINATION FROM: <ul style="list-style-type: none">• Career and Technology Studies (CTS) courses• Fine Arts courses• Second Languages courses• Physical Education 20 and/or 30• Knowledge and Employability courses• Registered Apprenticeship Program courses• Locally developed courses in CTS, fine arts, second languages or Knowledge and Employability occupational courses <p>NDC REQUIRES: 10 hours Community Service and 1 Religion course for each year you attend NDC</p>
Sports & Activity: Elite Athletics PE 20/30 (3 or 5 credits) S2 only Yoga	Sports & Activity: Elite Athletics PE 20/30 (3 or 5 credits) Yoga	Sports & Activity: Elite Athletics PE 20/30 (3 or 5 credits) Yoga	COMMENTS:
*Please note: Option classes are dependent on enrollment numbers.			



Adapted from: CBE Detailed High School Course Guide and WIC Senior High Course Selection Guide