

4-Year Plan Workshop

Making the Most of Your Wildcat Experience

What is a 4-year Plan?

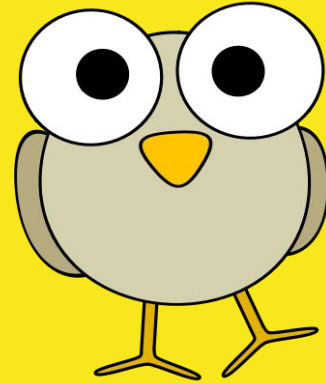


A plan is a road map to the direction you're headed.

- ★ This 4-year high school plan will help you prioritize, set goals, and manage your time appropriately.
- ★ Your plan should involve a list of objectives, your course work, and your extracurricular activities.
- ★ The plan will show you what milestones you've covered and if any changes should be made along the way.

Questions to consider...

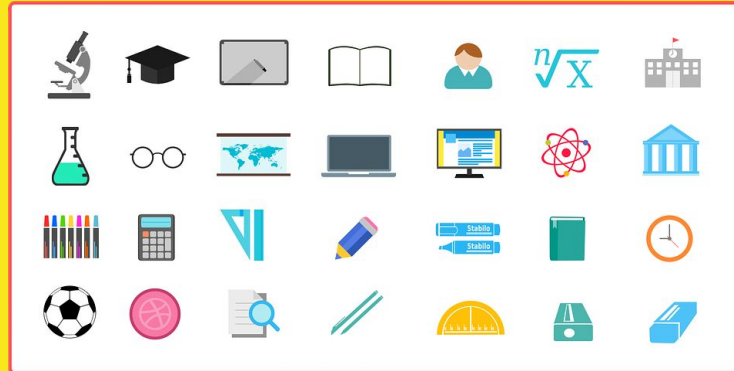
- ★ What are your future career goals?
- ★ What are your current interests?
- ★ Do you have a dream college or career?
- ★ What are your strengths and weaknesses and how might those impact your course selection?



Considering Electives

Outside the required high school courses there are many choices to consider:

- ★ Select electives in areas of interest or related to your future college major.
- ★ Be thoughtful about selecting honors and AP courses- They all require many hours of homework and studying, so be sure you are interested and have the time to devote to those subject areas -- Don't Overload!



Extra Curricular and Summer Activities

In addition to your courses and grades it is important to build and explore your interests!

- ★ DVHS has many sports and clubs to get involved with. Activities are a great way to build skills, make friends and and have fun.
- ★ Summers are an excellent time to relax and get ready for the next school year, but you can also volunteer, participate in a summer program, get a part time job, or take a course in a subject area of your choice :)



Academic Planning Page



Dougherty Valley High School
Home of the Wildcats and Traditions in Excellence

<https://dvhs.srvusd.net>

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Wildcat Counseling

Academic Planning

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Academic Planning

HIGH SCHOOL AND COLLEGE ADMISSION REQUIREMENTS

Subject Requirements (A-G)	High School Graduation Requirements	Cal State University (CSU)	University of California (UC)
Social Studies (A)	(35 credits) World Geography World History I & II US History I & II Gov't/Econ	2 years: 1 year World History 1 year US History or 1 year World History 1 semester Gov't 1 semester US History	2 years: 1 year World History 1 year US History or 1 year World History 1 semester Gov't 1 semester US History
English (B)	4 years (40 credits)	4 years CP (40 credits)	4 years CP (40 credits)
Math (C)	2 years (20 credits) Including successful completion of Algebra 1 or equivalent	Algebra 1 Geometry Algebra 2 4th year recommended	Algebra 1 Geometry Algebra 2 4th year recommended
Science (D)	2 years (20 credits) 1 year Physical and 1 year Life Science	2 years of lab science (e.g., Biology: The Living Earth, Chemistry in the Earth System, Physics of the Universe	2 years of lab science - 3rd year recommended (e.g., Biology: The Living Earth, Chemistry in the Earth System, Physics of the Universe
World Language (E)		2 years of the same language	2 years of the same language; 3rd year recommended
Visual/Performance Arts (F)	(20 Credits) required from any two of these three fields	1 year	1 year
Career Tech ED/ Applied Arts		None	None
Health	1 semester (5 credits)	None	None
Physical Education	2 years (20 credits)	None	None
Electives (G)	(60 Credits)	1 year (2 semesters) of additional college prep courses	1 year (2 semesters) of additional college prep courses
Total Credits	220 Credits	Grade of C or higher in all college prep courses	Grade of C or higher in all college prep courses

RESOURCES

- 2022-23 School Profile
- 4-Year Plan Suggested Timeline
- 4-Year Plan Template
- Time Management Worksheet
- UC/CSU a - g Approved Courses
- SRVUSD Course Catalog
- DVHS Electives Information
- Senior English Courses Information

ADVANCED PLACEMENT

For all information regarding AP, please visit the [DVHS AP page](#)

All the tools you need to select your courses



Suggested 4-Year Plan Timeline

Freshman Year

- Maintain good [study skills](#) and [grades](#)
 - while our CA public schools do not use the grades from freshman year in their GPA calculation for admission eligibility, they do look at the grades in the application process
 - Be proactive. Seek help from teachers, [counselors](#) (email, Schoology message, Access period) and [peer tutors](#)
- Attend DVHS Club Fair in early September. Join a [club](#), find ways to [volunteer](#) and get involved in the school community
- Stop by the [College & Career Center](#) to begin learning about colleges and opportunities
- Attend the SRVUSD College Fair in the fall
- Create a [Four Year Plan](#) for your high school courses
 - Review high school graduation requirements and [A-G requirements](#) for college
 - Tentatively select courses in preparation for your intended field of study
- Counselors will visit your classroom annually in early spring to discuss DVHS course selections for the following year
- Complete a Career Interest Profiler for [career exploration](#): [CA Career Zone](#), [CA Career Center](#), [California Colleges.edu](#), [Big Future \(College Board\)](#)

Sophomore Year

- Consider taking the [PSAT/NMSQT](#) in mid October (registration is in September). This is practice and optional as many colleges are becoming [test-optional](#)
 - Information on [PSAT/NMSQT](#)
 - [Prepare for the test](#)
- Start building your [resume](#)
- Build off of your career interest profiler and continue to explore your fields of interest
- Start looking at colleges that offer [majors](#) you are interested in

How to spend your time outside of class to prepare you for post-high school success!

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DVHS Graduation Requirements



Social Science- UC/CSU Subject Area "A"

Estimated HW & Study Time For AP Options

Subject Requirements (A-G)	High School Graduation Requirements	Cal State University (CSU)	University of California (UC)
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Social Studies
 AP European History: 3-4 hours/weekly (10th grade)
 AP World History: 45 mins/nightly (10th grade)
 AP United States History: 5-7 hours/weekly (11th gr.)
 12th grade:
 AP American Government and Politics: 30-45/nightly
 AP Comparative Gov & Politics: 2-3 hr/weekly
 AP Micro and Macro Economics: 2 hours/weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
History (a)	3.5	2	World Geography (semester)		World History or AP World/Euro		US History or APUSH		Amer. Gov/Econ (semester of each) or AP Gov (Year) and AP Econ (Year)

DVHS Course Offerings by Grade Level

English UC/CSU Subject Area “B”

Estimated HW & Study
Time For AP Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
English (B)	4 years	4 years	4 years

English

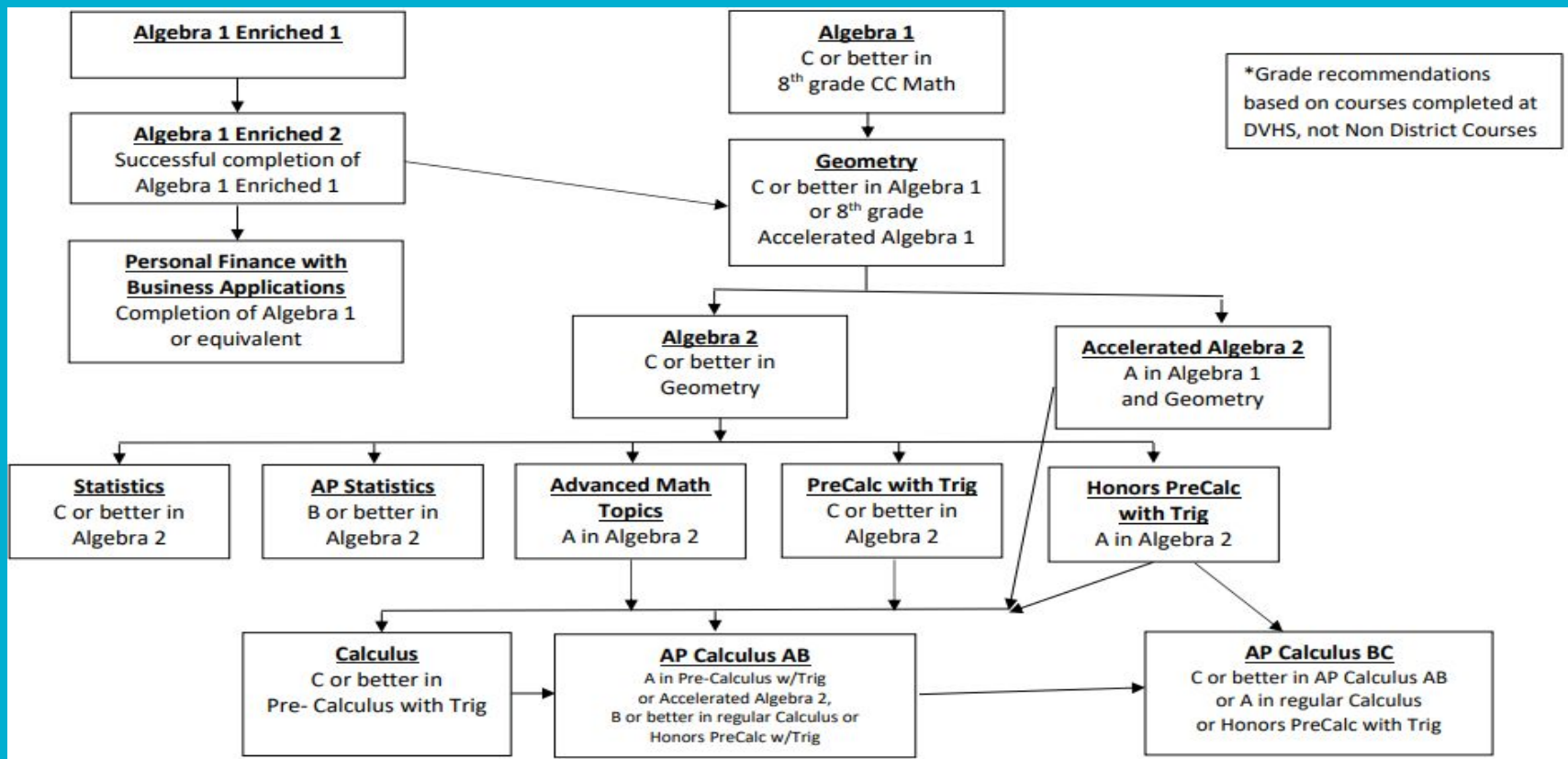
AP Literature: 4 hours (11th grade)

AP English Language: 4-5 hours weekly (12th Grade)

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
English (b)	4	4	English 9		English 10		English 11 or AP Eng. Lit		English Option or AP Eng. Lang

DVHS Course Offerings by Grade Level

DVHS Math Pathways



Math UC/CSU Subject Area “C”

Estimated HW & Study
Time For AP/Honors
Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
Math (C)	2 years (20 credits) including successful completion of Algebra 1 or equivalent	Algebra 1 Geometry Algebra 2 4th year recommended	Algebra 1 Geometry Algebra 2 4th year recommended

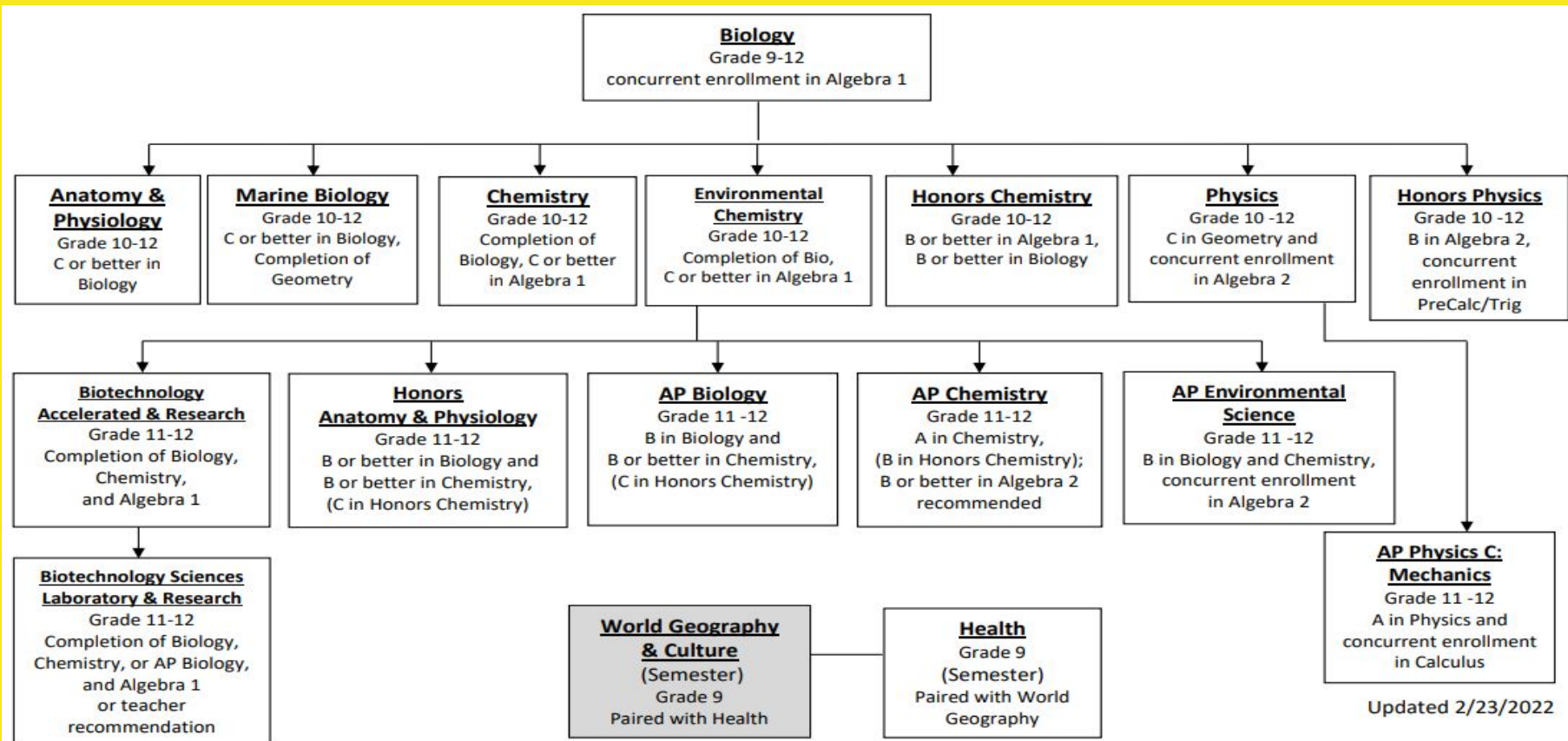
Math

Honors Pre-Calculus: 10 hours
 AP Calculus AB: 1 hour/nightly
 AP Calculus BC: 1 hour/nightly
 AP Statistics: 3 hours/weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
Math (c) Alg.1 Req.	2	3	Math		Math				

DVHS Course Offerings by Grade Level

DVHS Science Pathways



Updated 2/23/2022

Science UC/CSU Subject Area "D"

Estimated HW & Study Time For AP Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
Science (D)	2 years (20 credits) 1 year Physical and 1 year Life Science	2 years of lab science (e.g., Biology: The Living Earth, Chemistry in the Earth System, Physics of the Universe	2 years of lab science - 3rd year recommended (e.g., Biology: The Living Earth, Chemistry in the Earth System, Physics of the Universe

Science

AP Biology: 1-2 hours/nightly
 Honors Anatomy and Physiology: 1 hour/nightly
 Honors Chemistry: 1 hour/nightly
 AP Chemistry: 1-2 hours/nightly
 AP Environmental Science: 1-2 hours/nightly
 Honors Physics: 3-4 hours/weekly
 AP Physics: 3 hours/weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
Lab Science (d)	2	2 (3 yrs. rec.)	Biology		Chemistry or Honors Chemistry				

DVHS Course Offerings by Grade Level

World Language UC/CSU Subject Area “E”

Estimated HW & Study Time For AP/Honors Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
World Language (E)	(20 Credits) required from any two of these three fields	2 years of the same language	2 years of the same language; 3rd year recommended
Visual/Performance Arts (F)		1 year	1 year
Career Tech ED/ Applied Arts		None	None

World Language
 Chinese IV Honors: .5 hours/nightly
 AP Chinese: .5 hours/nightly
 French IV Honors: 1-2 hours/weekly
 AP French: 1-2/weekly
 Korean IV Honors: 20 mins/nightly
 Korean V Honors: 20 mins/nightly
 Spanish IV Honors: 1-2 hours/weekly
 AP Spanish: 1-2 hours/weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
World Language (e)++	1	2 (3 yrs. rec.)							

DVHS Course Offerings by Grade Level

Fine Arts UC/CSU Subject Area "F"

Estimated HW & Study Time For AP Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
Fine Art (F)	1 year (can be met w/other categories)	1 year	1 Year

Art
 AP Music Theory: .5 hours /nightly
 AP Studio Art: 6 hours weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
Fine Art (f)++	1	1							

DVHS Course Offerings by Grade Level

College Prep Elective UC/CSU Subject Area “G”

Estimated HW & Study Time For AP/Honors Options

Subject Requirement (A-G)	High School Requirements	Cal State University (CSU)	University of California (UC)
College Prep Elective (G)	(60) Elective Credits	1 Year	1 Year

Elective
 AP Seminar: ½ hour/nightly
 AP Research: 1 hour/nightly
 AP Computer Science: 1 hour/nightly
 AP Psychology: 3 Hours/weekly

Subject	Req. Yrs for HS	Req. Yrs UC/CSU	9th	Grade Earned	10th	Grade Earned	11th	Grade Earned	12th
Elective (g)		1							

DVHS Course Offerings by Grade Level

Miscellaneous Information

In Addition to the A-G Requirements Students Need the Following to Graduate:

- 2 years of PE
- 1/2 year Health
- 220 credits Total

Each Student Will Meet With Their Counselor 1-1 For Course Selection and to Answer Additional Questions