



PROGRAM OF STUDIES

2019 – 2020

MHC Academy, the high school of choice for young women, is recognized for its rigorous college preparatory program, innovative faculty, competitive sports teams, state of the art facilities, and faith-filled Salesian family environment. We challenge the young women of today and inspire them to be the leaders of tomorrow.

Revised: January 2019



PHILOSOPHY OF EDUCATION AND MISSION

Mary Help of Christians Academy, located in North Haledon, New Jersey, is a private Catholic secondary school for young women. It is conducted by the Daughters of Mary Help of Christians, the Salesian Sisters of St. John Bosco, in collaboration with laypersons committed to Catholic education. Within a community rooted in the Gospel and in Catholic teachings, traditions, and moral values, Mary Help of Christians Academy seeks to enable the young women to establish a living relationship with Christ. This relationship empowers the individual to make a positive impact on her family, local, and world communities.

Mary Help of Christians Academy recognizes that the task of education is the responsibility of all: faculty, parents, collaborators and students. By embracing a diverse population, individual differences and abilities, the members of the educating community create an intellectually challenging environment. Here, the students can prepare for college and the workplace with a life-long commitment to faith, education, leadership, and service in a multicultural society.

Mary Help of Christians Academy utilizes the Preventive System developed by St. John Bosco and given a specifically feminine dimension by St. Mary Mazzarello. This system of education characterizes the interaction among the members of the educating community who seek in every situation to appeal to reason and faith with loving kindness. The mutual respect and trust promote feelings of self-worth and confidence.

Mary Help of Christians Academy values educational principles and learning experiences extending beyond the classroom. Each student is encouraged to develop solid convictions and to gradually assume responsibility for her personal growth and faith formation. She is thereby empowered to realize her unique plan and purpose in an ever-changing and complex society.

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ACADEMIC GUIDELINES

To receive a MHC Academy diploma, students must earn a minimum of 145 academic credits by successfully completing the courses indicated below. In addition, community service hours and attendance requirements must be met. The course requirements meet both diocesan and state mandates for high school graduation. All course curricula meet the criteria of the New Jersey Student Learning Standards.

<u>Field of Study</u>	<u>Years</u>	<u>Total Credits</u>
Theology	4	20.00
English	4	20.00
Mathematics	3	15.00
Science	3	15.00
Social Sciences	3	15.00
World Languages	2	10.00
Visual, Performing & Practical Arts	1	5.00
Physical Education	4	10.00
Health, Safety & Driver's Education	4	5.00
Financial Literacy	0.5	2.50
21 st Century Life & Careers Seminar	4	5.00
Electives		22.50

COURSE PLACEMENT

All course offerings are college preparatory. Courses are offered at various instructional levels – non-honors, honors, dual enrollment, and advanced placement (AP). Initial placement within a field of study is determined by grades, standardized scores, placement test results, and teacher recommendations at the time of entry into the Academy. Any movement of a student to a different level of a course will be determined by teacher recommendation and administrative approval. Changes in course selections are permitted during the add/drop period at the beginning of the school year and at the beginning of second semester for second semester half-year courses only with parent/guardian communication and administrative approval.

A student's college transcript will include her Adjusted Grade Point Average in which passing scores are given additional weight in AP (by a factor of 1.1), Dual Enrollment classes (by a factor of 1.075), honors classes (by a factor of 1.05), and non-honors courses (by a factor of 1.0).

AP & Dual Enrollment Courses (some are offered on a rotating basis):

AP	Rutgers	Fairleigh Dickinson University
Biology	Dynamics of Healthcare in Society	College Accounting
Calculus – AB & BC	Anatomy & Physiology 1 & 2	College Chemistry 2
English Literature & Composition	Medical Terminology	College English Composition
French		College Environmental Science
Psychology		College Marketing
Spanish		College Personal Financial Management
US Government		College Precalculus
US History		
World History		

21ST CENTURY LIFE AND CAREERS SEMINAR

In order to prepare our students in the areas of Career Education, Consumer, Family, Life Skills, and Digital Citizenship, we have designed a quarter course at each grade level that engages our students while providing instruction and exploring opportunities to better prepare them for the future. All students complete a 2.50 credit course designed to teach financial literacy and responsibility. Participation in specific internship experiences during Junior and Senior Year allows our students to investigate possible career paths, provides hands-on experience working in the respective career field, and helps students to make course selections that are aligned with their potential careers. The Guidance Department using Naviance provides our students with the opportunity to complete Interest Surveys and Career Surveys. Our students use the Curriculum Planner to design a four-year plan designed to assist each student reach her educational goals. Presentations are delivered that teach study skills, writing skills, interview skills, Pre-College and College Planning activities, SAT/ACT Proficiencies, and Speech and Oral Presentation skills. In-class presentations aligned with grade-level expectations are delivered by outside presenters to address how to write a college essay, how to market yourself, and what steps must be taken on your personal journey for educational and professional success. College representatives are scheduled to visit our campus to answer questions and provide information about available programs. Students also engage in individual counseling sessions, student/parent conferences, and small group sessions to make course selections, to review standardized test scores, and to review performance.

Information Literacy topics are presented on how to find and access information, how to discover and evaluate information, how to gather and synthesize information, and how to use information to support content. Each year, topics are expanded using a spiral approach that reflects more in-depth research techniques. The different types of plagiarism and how to avoid inadvertent plagiarism is addressed.

Digital citizenship is addressed to help students to learn, communicate, and collaborate safely and responsibly. Topics and discussions ensue during seminar sessions and health classes.

The following is a list of courses that fulfill various graduation requirement. Please note that courses may not be used to fulfill more than one requirement.

Visual or Performing Arts

All Art Courses
All Music Courses
All TV Production Courses
All Dance Courses
Graphic Design
Yearbook

Practical Arts

Culinary Arts I & II
Fashion Design
Fashion Craft

Financial Literacy

College Personal Finance
College Accounting
College Marketing

SCHOOL COUNSELING SERVICES

A school counselor is a person who has been trained specifically to help young people with personal issues, educational progress, career planning, and further education opportunities. Your counselor is skilled to help you reach your full potential. The services that you will receive from your counselor are varies and to a great extent depend upon your needs. You should see your counselor as an advocate who is available when you need assistance. Your counselor will assist you in assessing your strengths, limitations, make decisions, discover talents and abilities, plan your education, decide on a potential career, and manage personal issues. Here at MHC Academy, we have counselors who assist in Academic Guidance, Personal Guidance, and College and Career Guidance.

INTERNSHIPS

The internship program at Mary Help of Christians Academy is a unique opportunity for rising juniors and seniors to experience careers hands-on through authentic work situations. Interns will have the opportunity to expand their knowledge within their field of interest as well as build necessary networking skills that will enhance their resumes for college. This program allows students to explore career path possibilities which then allows for better choices when deciding on a future major.

MHC Academy Internships have included:

- ❖ Arts & Culture
- ❖ Film
- ❖ Culinary
- ❖ Law
- ❖ Business
 - Marketing
 - Banking
 - Development & Fundraising
- ❖ Education
- ❖ Medical
 - St. Joseph's Hospital
 - Geriatrics
 - Personal Training
 - Physical Therapy
 - Pediatrics
- ❖ Youth Ministry
- ❖ Aviation

BUSINESS

934: COLLEGE ACCOUNTING, FDU

Grades: 11-12

Full Year - 5 high school credits; optional 3 college credits (when you pass with a "C" or higher)

Fairleigh Dickinson University Optional Course Fee for college credit: \$228

This course fulfills the Financial Literacy requirement.

Accounting is the language of business and is an essential component of every institution and organization. This course presents the fundamental principles of accounting. It is designed to emphasize the theory of accounting. The accounting cycle is presented as it pertains to proprietorships and partnerships. Extensive accounting terminology and theory challenge the student to develop skills they will use in the business or accounting profession. Both manual and automated methods are used to evaluate students' ability to apply what they have learned. College Accounting prepares all students who plan to pursue a career in the business field.

936: COLLEGE MARKETING, FDU

Grades 11-12

Full Year - 5 high school credits; optional 3 college credits (when you pass with a "C" or higher)

Fairleigh Dickinson University Optional Course Fee for college credit: \$228

Marketing education introduces students to the processes and functions involved in transferring business products or services to a consumer. Students may be inspired to study marketing at a more advanced level, which can be a springboard for a challenging and lucrative career. In this course, the students learn the basic competencies needed for marketing careers. Emphasis is on selling techniques, knowledge of the channels of distribution, target marketing, and skills for obtaining employment. This course also provides an understanding of the economics of the free enterprise system and its implications for the global economy.

930: BUSINESS CONCEPTS

Grades 11-12

One Semester - 2.5 Credits

Business Concepts provides students with an introduction to important business principles. Students will become aware of key business functions including the role of economics in business, business organization, leadership skills, and business ethics and responsibility. The course will also introduce and explore such topics as careers in business, owning and operating a small business, the role of government in business and the impact of culture and diversity in the workplace. The course will emphasize such workplace skills as problem solving, critical thinking, teamwork, and communication through varied activities.

902: ENTREPRENEURSHIP AND SMALL BUSINESS MANAGEMENT

Grades 11-12

One Semester – 2.5 Credits

Prerequisite: Business Concepts

This course is recommended for students who dream of someday owning or running their own business or who want to get a taste for what the business world is all about. Students will learn about entrepreneurship and the various types of businesses. Once they have decided what kind of businesses they would like they will:

- Create a portfolio based on a business they focus on throughout this course.
- Prepare a formal business plan based on their portfolio.
- Investigate topics including entrepreneurship, business ownership, layout, marketing, advertising, global opportunities and ethical business behavior.

711: COLLEGE PERSONAL FINANCIAL MANAGEMENT, FDU

Grades 10-12

One Semester – 2.5 Credits

Fairleigh Dickinson University Optional Course Fee for college credit: \$228

This course is an introduction to personal finance skills. Students will learn how to establish a personal budget. Students will select a career and determine their monthly gross and net pay. Using this information, they form a budget considering fixed and variable expenses. Students investigate banking services and learn to write checks and reconcile accounts. They learn various forms of credit, read credit card statements, and compare available loan options. Students will also explore investment opportunities.

ENGINEERING AND TECHNOLOGY

953: ENGINEERING

Grades 11-12

Full Year – 5 Credits

Prerequisite: Algebra 2

Course Fee: \$50

Students enrolled in Engineering will be provided with a solid foundation in fundamental skills needed to prepare for challenges in a technologically changing world. This course will provide opportunities to solve engineering problems, acquire team working skills, practice written and verbal communication skills, enhance problem solving and design skills, and use of a 3-D printer and a computer as a tool for analysis, design and communication. Programming in C++, HTML, Java, and Python will be incorporated.

931: COMPUTER PROGRAMMING

Grades 11-12

Full Year – 5 Credits

Course Fee: \$75 (covers the cost of the Microcontroller Kit)

This course will provide students with an understanding of the role computation can play in solving problems. It also aims to help students, to feel confident of their ability to write small programs that allow them to accomplish useful goals. The student will be supplied with a microcontroller board and platform to work on such as Arduino or Raspberry Pi. The student will be tasked with programming challenges to complete. This course will be project based, requiring students to complete a final programming assessment.

000: STREAM – Science, Technology, Religion, Engineering, Art, and Mathematics

Grades 9 - 10

One Semester – 2.5 Credits

STREAM introduces freshmen and sophomores to science paths of interest and STEM model of inquiry problem-based learning, provides exposure to integrated lessons across disciplines, and introduces ethical thinking and decision-making as it impacts all aspects of healthcare, forensic science, athletic training, performance on athletic teams, veterinary medicine, research in science disciplines, and medicine and dentistry. Art is intentionally intertwined with all projects. The problem-based learning approach will bring all students up to an acceptable base understanding in Chemistry, Physics, Life Science while exposing them to the Next Generation Science Standards and 3-D nature of science instruction.

ENGLISH

215/216: ENGLISH I

Grade 9 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

In this full-year course, students are introduced to the major types of literature, including the short story, drama, poetry, and the novel. Reading and analysis of literature and nonfiction is a fundamental aspect of this course. Literary devices are examined in their relation to writer's craft. Composition in the ninth-grade stresses language conventions and paragraph structure, with emphasis on the techniques of writing expository and persuasive essays. The research process is stressed as students develop skills in finding and evaluating information and composing research-based MLA style papers.

225/226: ENGLISH II

Grade 10 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

In this full-year survey course, students are introduced to American literature from the period of exploration and settlement to the present. Students will study works of prose, poetry, drama, and nonfiction in relation to their historical and cultural contexts. Texts will be selected for what they reflect and reveal about the evolving American experience and character. Composition and language conventions reinforce the previous year's skills with deepening critical reading skills and further examination of literary devices and language conventions. Students will be expected to write a formal MLA style paper.

235: ENGLISH III

Grade 11

Full Year – 5 Credits

British Literature is a survey course of epic poems, plays, poetry, novels, historical documents, and speeches from the United Kingdom - England, Ireland, Scotland, and Wales. Students will use critical reading skills to analyze, evaluate, and synthesize text structures as well as write critically by developing and supporting arguments. Continued reinforcement of writing skills and language conventions is a focus of this year. Students will be expected to write a formal MLA style research paper.

229: COLLEGE ENGLISH COMPOSITION, FDU

Grade 11

Two Semesters – 5 high school credits & 3 college credits (when you pass with a “C” or higher)

Prerequisite: Departmental Approval

Fairleigh Dickinson University Optional Course fee for college credit: \$228

College Composition is a full year course that gives students the opportunity for extensive practice in critical reading, critical thinking, and in writing expository prose. This course emphasizes the writing process and concentrates on the organization and development of ideas in written form. As the year progresses, this course continues the emphasis on the writing process and critical reading and thinking skills as it introduces writing about literature. Emphasis is placed on correct language usage and on research and the techniques of MLA documentation. Students will examine and write about a range of literary genres--poetry, drama, and prose--to hone critical thinking and composition skills. Correct language usage, research skills, and document presentation are covered. Particular attention is given to writing techniques that will enable the student to communicate successfully in various tasks including writing with sources and argumentative writing.

251: AP ENGLISH LITERATURE AND COMPOSITION

Grade 12

Full Year – 5 Credits

Departmental Approval Required

Course Fee: \$125

This college-level, full year course is concerned primarily with understanding, analyzing, writing, and rewriting about literature. Referring to the literature studied, students develop both oral and written compositions throughout the year. Independent and individual learning are expected including summer reading, extensive out-of-class reading, analysis assignments, and research-based papers are a requirement for the course. Students should have a well-developed vocabulary, a strong command of language conventions, well-developed communication skills (both written and oral) as well as the ability to think critically and interpret literature. This course is designed to comply with the curricular requirements described in the AP English Course Description provided by The College Board. All students enrolled are required to take the Advanced Placement Exam in English Literature and Composition.

253: YEARBOOK

Grade 12

One Semester (Fall only) – 2.5 Credits

Yearbook is a semester long course open to seniors only where students will help design and create the yearbook for their class. Components include taking photos for events and sports, writing descriptions, compiling and editing photos and descriptions, and creating pages for events, sports, and classes. Students must be deadline oriented, as their lateness will affect others and the timely production of the entire yearbook. Students applying to be enrolled in this class must complete a **Yearbook Application**. After its review, accepted students will be notified.

210: JOURNALISM

Grade 12; One Semester – 2.5 Credits

Journalism is a course for students who are interested in print and digital journalism and in improving their writing skills. Students will learn about the varied articles and columns that are typically in publications including news, sports, and editorials. They will also learn how to edit properly and to work with digital layout and formatting with articles and graphics. Students will create articles for our school newspaper, *The Mary Helper*, in conjunction with newspaper staff members who are not enrolled in this course. Students will be responsible for the content, style, layout and editing of each monthly issue.

239: WOMEN IN LITERATURE

Grades 12

One Semester – 2.5 Credits

This course examines the relationship between the woman writer and her work through a study of literature by and about women. We will be focusing on works from contemporary American women writers, examining how these writers search for and find self-identity and community. You will discover that in much post-1945 American literature there is an emphasis on understanding self-identities, as well as communal identities. Who are we and how do we know? What are the paths we traverse to establishing an identity and sense of self? Along the way, many contemporary American writers also look at the role and influence of community in the shaping of our identities.

000: TWENTIETH CENTURY AMERICAN DRAMA

Grades 12

One Semester – 2.5 Credits

This course is a survey of drama in the United States from the twentieth century. The plays we will read have been selected to represent a broad variety of styles, and perspectives. We will explore the relationship of drama to social, political, and cultural forces. The course will look to social context, exploring the importance of specific content as guideposts toward a more complete understanding of the uniqueness of American Drama and its place in the construction of an American identity.

000: MULTICULTURAL LITERATURE – ETHNICITY in LITERATURE

Grades 12

One semester- 2.5 Credits

This course offers students the opportunity to gain understanding and appreciation of culture, cultural values, and perspectives by reading works of fiction written by African American, Asian American, Native American, and Latino authors. Students will engage in discussion about the literature and write in response to what they have read. Students will read critically and write analytically in this course to show relationships between pieces of information such as to compare and contrast, assess, or evaluate.

000: CREATIVE WRITING

Grades 12

One semester- 2.5 Credits

This course is designed to guide students in creative writing through experience in several genres: short story, poetry, one-act play, and creative non-fiction. The course includes analysis of literary models (professional writings in each genre) and lecture on and discussion of literary techniques in each genre. Vocabulary development, creative writing techniques and skills are explored. Students may submit their work to local and national magazines as well as various contests.

HEALTHCARE

759: INTRODUCTION TO HEALTH CARE

Grades 10-12

One Semester – 2.5 Credits

Whether you plan to continue your education through medical school or want to graduate from high school into a career, Healthcare Science provides the challenging academic courses, and specialized technical skills you need. In the classroom and laboratory, students build solid math, science, reading, writing, and communication skills. Special emphasis is placed on developing the problem-solving and decision-making skills required in the fast-paced health care industry. And, through the Introduction to Healthcare Sciences course, students learn basic concepts of health, wellness, and preventative care; life-support skills; and the ethical and legal responsibilities of today's healthcare provider.

762: INTRODUCTION TO MEDICAL TERMINOLOGY

Grades 10-12

One Semester – 2.5 Credits

This course explores the root words, suffixes and prefixes of the vocabulary used in medical offices, hospitals, and other health settings. Students grasp vocabulary relevant to the nervous, musculoskeletal, and cardiovascular systems. They discuss terms related to physiology, anatomy, and pathological conditions. Students learn to spell, define, pronounce, and apply common medical terms.

760: DYNAMICS OF HEALTH CARE IN SOCIETY, Rutgers University

Grades 11-12

Full Year – 5 high school credits & 3 college credits

Prerequisite: Must take Anatomy. Students must be accepted into the class.

Course Fee: Refer to Program Fee and the Textbook must be purchased by student

NOTE: You must maintain an 85% or above in all HCC college level classes to stay in the program. In addition, you must maintain an 85% or above in the HCC College courses to be considered for college testing.

Students taking this college level course will explore a wide range of occupations and educational requirements directed to various careers in health care. The course provides an orientation to health care and its delivery system, with a focus on skills such as critical thinking, ethical reasoning, effective communication, and self-directed learning abilities. Emphasis is placed on general issues common to all health care providers in order to develop professional competencies. Dynamics I Internship at St. Joseph's Regional Hospital in Paterson is a vital component of this course. Accountability, reflective writing, communications, and hospital skills make a significant portion of the grade.

764: HEALTH CARE THEORY AND PRACTICE

Grade 12

Full Year including the Internship – 5 credits

Prerequisite: *Intro to Healthcare & H.S. Anatomy. Students must be accepted into the class.*

Course Fee: *Refer to Program Fee and the Textbook must be purchased by student*

This optional course is an elective for students who want a second year of an internship, and it is structured to address the needs of the whole patient within the hospital setting and provides the opportunity to gain knowledge, skills to practice the fundamentals health care. Students will learn key terms and work through case studies while learning practical applications of communication, teamwork, and resource management of time and supplies.

The Health Care and Practice, Internship II at St. Joseph's Regional Hospital in Paterson is a vital component of this course. In addition to the requirements of the Dynamics I Internship, content research of individual case studies make-up a significant portion of the course grade. There is also reflection and specialization in the student's main area of interest. This course is designed to expand upon the knowledge the students gained while taking Dynamics of Health Care in Society.

758: MEDICAL TERMINOLOGY – Rutgers University

Grades 12

Two Semesters – 5 h.s. credits and 3 college credits (must take Dynamics Junior or Senior year to earn credits.)

Prerequisite: *Teacher Recommendation.*

Course Fee: *Refer to Program Fee and the Textbook must be purchased by student*

NOTE: You must maintain an 85 or above in all HCC college level classes to stay in the program. In addition, you must maintain an 85 or above in the HCC College courses to be considered for college testing.

This course serves to provide the students with a comprehensive knowledge of the construction, definition and use of terms related to all areas of medical science. These include, but are not limited to, words related to human anatomy and physiology, structures and functions of body systems, pathology, and diagnostic and treatment procedures. All students will take a college exam on completion of this course.

<u>Course #</u>	<u>Course Name</u>	<u>Grades</u>	<u>Rutgers College Credits and/or Approval Required</u>	<u>Internship</u>	<u>Notes</u>
HIGH SCHOOL PROGRAM					
#759	Intro to Healthcare	10-12			
#762	Intro to Med Term	10-12			
#445	Anatomy & Physiology H.S.	11-12			
#764	HC Theory & Practice	12		X	Hospital Internship; Approval required

COLLEGE PROGRAM

#759	Intro to Healthcare	10-12			Optional, but not required.
#762	Intro to Med Term	10-12			Optional, but not required.
#450	College Anatomy & Physiology	11-12	X		College Anatomy has to be taken at the same time as or before Dynamics to get the internship.
#760	Dynamics of HC in Society	11-12	X	X	Hospital Internship; Dynamics has to be taken at the same time as or after College Anatomy.
#764	HC Theory & Practice	12		X	Hospital Internship; not required
#758	Medical Terminology	12	X		Optional, but not required.

MATHEMATICS

000: ALG/GEO COURSE 1

Grade 9

Full Year – 5 Credits

Prerequisite: Mathematics Grade 8

Placement: Department Chairman approval after record review and conferencing

Algebra/Geometry: Course 1 topics will include recognizing and developing patterns connecting number operations with algebraic expressions using tables and graphs. This course formalizes and extends those topics taught in middle school. Mathematical modeling will be stressed as a methodology for approaching the solution of problems. Students will perform operations on algebraic expressions and apply properties to solve algebraic equations. Students will problem solve using equations, tables, and graphs and investigate linear and exponential relationships. Topics to be included are basic geometric concepts, perimeter and area of polygons, the Pythagorean Theorem and its applications, parallel and perpendicular lines, volumes of solids, and similar figures. Introductory probability and statistics will be explored to reinforce the usage of fractions, decimals, and percentages. Technology will be integrated as a visual tool and means of computation within a problem-solving situation.

000: ALG/GEO COURSE 2

Grade 10

Full Year – 5 Credits

Prerequisite: Algebra/Geometry: Course 1

Placement: Successful completion of previous course

Algebra/Geometry: Course 2 continues with an emphasis on exploring algebraic and geometric relationships that result from congruency and similarity relationships. Course 2 focuses on quadratic expressions and factoring, solving quadratic equations, and interpreting quadratic functions. Students will continue to develop their ability to work with rational and irrational numbers. A further study of polygons, circles, right triangles, special right triangles, right triangle trigonometry, data analysis, probability and statistics continues. Technology will be integrated as a visual tool and means of computation within a problem-solving situation.

315/316: ALGEBRA I

Grade 9

Full Year – 5 Credits

Honors with Departmental Approval

Building on their knowledge of real numbers, students manipulate and solve linear equations and inequalities and quadratic equations. Relations and functions as defined by equations and inequalities are emphasized. The study of Algebra and its usefulness in solving real life problems will be emphasized. Polynomials, factoring, properties of exponents, and their applications are also included in this course. The Honors students also are introduced to rational expressions and radicals, in preparation for the study of Algebra II Honors.

325/326: GEOMETRY

Grades 9 or 10 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

Prerequisite: Algebra I

Geometry utilizes the skills learned in Algebra to study concepts which develop logical thinking through deductive as well as inductive reasoning. Topics include formal proof, points, lines, planes, angles, triangles, properties of congruence and similarity, parallelism, perpendicularity, circles, polygons, solids, trigonometry related to right triangles, and two and three-dimensional geometric figures. A transformational approach will be utilized in developing concepts. In addition to the regular Geometry curriculum, a review of solving equations (linear and quadratic equations, linear systems, and proportional systems) and graphing is undertaken to ensure the students are prepared for Algebra II.

335/337: ALGEBRA II

Grades 10 or 11 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

Prerequisite: Geometry

Algebra II follows successful completion of Algebra I and Geometry. Building on the concepts studied in the preceding courses, students will explore linear and quadratic functions extending their understanding to include complex number solutions and working with matrices and determinants. Operations with polynomial, rational, radical, exponential and logarithmic functions, and conic sections will be investigated. Emphasis will be on modeling, analysis, and application to real-world problems. Graphing calculators will be incorporated, when appropriate.

339/338: COLLEGE PRECALCULUS, FDU

Grades 11-12

Full Year – 5 Credits

Honors with Departmental Approval

Fairleigh Dickinson University Optional Course fee for college credit: \$228

Precalculus is necessary to continue with higher mathematics and is exceedingly useful in various branches of the physical sciences and computer science. This course includes the study and the development of the mathematical concept of functions including elementary functions, composite functions, inverse functions, and exponential and logarithmic functions, and the circular functions. Applications of the trigonometric relationships will provide the basis to solve triangles, to prove trigonometric identities, and to apply the trigonometric identities to solve trigonometric equations. Sum, difference, double, and half angle formulas are derived and applied. Graphing of all functions is essential to the understanding of how to visual and connect the properties and characteristics, when problem solving. Graphing calculators will be incorporated to explore graphs and data and perform calculations.

348: AP CALCULUS – AB

Grades 11-12 (Departmental Approval Required)

Full Year – 5 Credits

Course Fee: \$125

AP Calculus AB is specifically designed for the college-bound student who has successfully completed Pre-Calculus. Topics include limits and continuity, differential and integral calculus including applications of the derivative and definite integral and a study of slope fields through separable differential equations. Graphing calculator technology is used throughout the course to enhance instruction. Students who take this rigorous course are required to take the AP Calculus AB Examination toward securing possible college credits.

349: AP CALCULUS – BC

Grade 12 (Departmental Approval Required)

Full Year – 5 Credits

Course Fee: \$125

The topical outline for AP Calculus BC includes all AP Calculus AB topics and an extensive study of topics that expand the methods of differentiation and integration. Parametric and polar curves are explored using the derivative and integrals in many application settings. The Maclaurin and Taylor Polynomials and Series and the Lagrange Error Bound for Taylor Polynomials are included. Graphing calculator technology is used throughout the course to enhance instruction. Upon completion of AP Calculus BC, the students are required to take the AP Calculus BC Examination toward securing possible college credits.

344: STATISTICS & DATA ANALYSIS

Grades 11-12 and by Departmental Approval

Full Year – 5 Credits

Statistics & Data Analysis is the scientific discipline that provides methods to help us make sense of data. There are three important reasons why statistical literacy is important: (1) to be informed, (2) to understand issues and be able to make sound decisions based on data, and (3) to be able to evaluate decisions that affect your life. Real-world data and problem situations will be explored emphasizing the role of statistics in the disciplines of social sciences and health sciences. Discussions will include the use of statistics in research. Graphing calculator technology is used throughout the course to enhance instruction.

PHYSICAL EDUCATION, HEALTH & SAFETY

706/707/708/709: PHYSICAL EDUCATION I, II, III, IV

Grades 9-12

One Semester – 2.5 Credits

Classes are designed to develop a fundamental appreciation and knowledge of basic and complex skills for a range of sports activities. The following are areas of study and experience: soccer, volleyball, hockey, basketball, flag football, badminton, tennis, track, recreational activities and softball. Good practices are taught for achieving and maintaining general physical fitness through exercise and healthy life choices. In addition, a physical fitness test is administered yearly which follows the standards of The Presidential Challenge and Fitness Awards Program.

733: HEALTH I

Grade 9 (Required)

One Quarter – 1.25 Credits

Health I encourages students to think critically, to read about and discuss current health issues, and to conduct research in order to make informed decisions. Students will read current media coverage of health and wellness issues and complete projects based on these issues. Some topics to be covered are: self-esteem, healthy behaviors, stress, female and male development, and healthy relationships. Digital citizenship is addressed to help students to learn, communicate, and collaborate safely and responsibly.

731: DRIVER'S EDUCATION

Grade 10 (Required)

One Quarter – 1.25 Credits

Driver's Education teaches students to be responsible, honest, defensive, and sober drivers. It is designed to enable motor vehicle operators to be more efficient and courteous roadway users while knowledgeable about the New Jersey State automotive transportation system. The NJ driver written test will be taken at the end of the course. Other health topics to be explored include substance abuse, alcohol, drugs, tobacco and self-protection.

755: FIRST AID

Grade 11

One Quarter – 1.25 Credits

In this course, students learn to identify ways to prevent injury or illness, recognize when an emergency has occurred, follow emergency action steps, and provide initial care for injury or sudden illness until the victim can receive emergency medical help. Upon successful completion of the course and proper demonstration of skills, the students may have the option to receive certificates from the American Heart Association in Adult Cardiopulmonary Resuscitation (CPR), Infant and Child Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED), and First Aid.

732: HEALTH 2

Grade 12 (Required)

One Quarter – 1.25 Credits

Health II is designed to prepare the student to enter the next phase of her life, armed with skills necessary for a balanced and healthy existence. In addition to class discussion, students will complete a research project on different topics. Some topics to be included in this course are: weight management, mental health, pregnancy, aging process, exercise and nutrition as well as stress management.

SCIENCE

412/413: BIOLOGY

Grade 9 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

Biology establishes principles by which students can identify and understand interacting life systems and their components. Contributions made by scientists from various cultural backgrounds are recognized in the curriculum and add an area wherein each student can identify with her heritage. A hands-on approach to science allows for a greater understanding of the scientific method. Laboratory experiences aid the student to learn and practice science as a system of inquiry. This course includes laboratory work and experiments that are both quantitative and qualitative in nature to provide students with opportunities to gather and interpret data.

440: AP BIOLOGY

Grades 11-12 (Departmental Approval Required)

Full Year – 5 Credits

Course Fee: \$125

This course is designed for students who have successfully completed a year each of high school Biology and Chemistry. It will include topics regularly covered in a college Biology course for majors. It differs from an introductory biology course in the range and detail of the topics covered. Topics include: molecules and cells, energy transfer, heredity and evolution, diversity in the structure and function of living things, and interdependence in nature. Laboratory work will be an important component of the course. Students who enroll will be required to master several chapters of the text in the summer preceding the actual course. Upon completion of all requirements, students will take the College Board's Advanced Placement Examination Biology.

430: CHEMISTRY IN THE COMMUNITY

Grades 10-12

Full Year – 5 Credits

Chemistry in the Community was developed by the American Chemical Society. It uses an interdisciplinary approach based on a series of investigations of societal issues which involve chemistry and which students find relevant in their lives. These include the conservation of the earth's resources; air and water pollution; and the food, petroleum, and nuclear industries. This course is for students who want to learn chemistry but do not intend to pursue higher studies in chemistry and/or biology.

432/433: CHEMISTRY I

Grades 10-12

Full Year – 5 Credits

Honors with Departmental Approval

Chemistry I helps to develop an understanding of atomic theory, the importance and use of the Periodic Table, the concepts of moles and molar mass, the properties of solids, liquids, and gases, and the properties of acids, bases, and pH. Math skills are an important tool in the study of chemistry. The students must be able to use simple mathematical and algebraic processes such as ratios, proportions, percentages, and scientific notation to solve problems successfully. Laboratory experiments are of a quantitative nature and are based on gathering and analyzing data.

447: COLLEGE CHEMISTRY 2 HONORS, FDU

Grades 11-12 (Departmental Approval Required)

Full Year – 5 Credits high school credits; 3 college credits (when you pass with a “C” or higher)

Fairleigh Dickinson University Optional Course Fee for college credit: \$228

This course is a continuation of Chemistry I and includes material on solutions, equilibria, thermo chemistry, organic, and biochemistry. Students are given the opportunity to act more independently than in previous courses when carrying out lab investigations. Although the course is designed for students interested in science majors in post-secondary institutions, students looking to round out their background with more science courses will profit from the course.

448: PHYSICS HONORS

Grades 11-12

Full Year – 5 Credits

Departmental Approval Required

Co-requisite: Precalculus or Calculus

Physics involves universal laws and the study of the behavior and relationships among a wide range of important physical phenomena. Students study mechanics (motion, forces, and conservation laws), waves, sound, and fluids. They work with kinematics, dynamics, energy momentum, rotation, and the mechanical properties of matter. In addition, physics addresses heat and heat transfer, electricity and magnetism, light, atomic structure, and radioactivity. Throughout the course, the laws of physics are investigated with emphasis applied to practical problem solving with an emphasis on the student’s ability to interpret physical phenomena, translate these into applicable physical relationships, and apply mathematical tools for their solution. Fundamental concepts evolve as a result of class discussions, inquiry-based learning, and laboratory investigations.

000: PHYSICS

Grades 11-12

Full Year – 5 Credits

Co-requisite: Algebra 2

Physics is an-inquiry based course based on Next Generation Science Standards designed to expand on the principles of how and why the world around us works. We will search for practical applications of physics through laboratories, data analysis, problem solving, and discussions. This course is recommended for students who have an interest in science, architecture, medicine, or engineering. Students will investigate the topics of motion, force, energy, electricity, magnetism, waves, sound and light. Method of acquiring knowledge will be by discussion and laboratory investigations - all of which are enriched by hands-on activities, computer simulations, demonstrations, and animations.

452: AP PHYSICS

Grade 12

Full Year – 5 Credits

Departmental Approval Required

Course Fee: \$125

Prerequisite: Physics Honors

AP Physics 1 is an algebra-based, introductory college-level physics course. Students cultivate their understanding of Physics through inquiry-based investigations as they explore topics such as Newtonian mechanics (including rotational motion); work, energy, and power; mechanical waves and sound; and introductory, simple circuits.

461: COLLEGE ENVIRONMENTAL SCIENCE, FDU

Grades 11-12

Full Year – 5.0 Credits

Fairleigh Dickinson University Optional Course Fee for college credit: \$228

The Environmental Science course has been designed to provide students with a balanced approach to the diverse study of our environment. The emphasis is placed with the study of the underlying science concepts and the development of thinking and decision-making skills. Ecology topics including ecosystems, biomes, and species interactions will be covered. How pollution and other human-generated effects change the environment are also discussed. The goal is to provide students with the science background they need to analyze for themselves many of the issues concerning our environment. Topics covered also include: ecosystems, water, air and land pollution, ozone depletion, global warming, energy, and waste management.

551: FORENSIC SCIENCE

Grades 11-12 (10th with approval)

Full Year – 5 Credits

Course fee: \$50

Prerequisite: Biology

Students will learn about the techniques used in the field. Content areas would include glass analysis, fingerprinting, crime scene isolation and protection, investigating scenes of fire and explosions, collecting trace evidence, and evidence of foreign objects. Students will explore the investigative process from the laboratory. Coursework will be focused on multiple cutting edge techniques, and evaluation of older techniques. Content areas include forensic toxicology, forensic serology, laboratory technologies, nucleic acid identification techniques, computer forensics, and document analysis.

445: ANATOMY AND PHYSIOLOGY (HS)

Grades 11-12

Full Year – 5.0 Credits

Prerequisites: Biology and Chemistry I

This course in human anatomy and physiology presents students with an in-depth view of the functional systems of the human body to include the nervous, endocrine, digestive, circulatory, respiratory, excretory, reproductive, and locomotive systems. Throughout the course, there is an emphasis on the coordinated interaction of physiological activities. Students examine each system from levels of cell specialization and organ structure. The overall performance of the human body is viewed as an interconnected complex structure working on molecular and gross levels. Laboratory exercises will supplement and enhance topics dealing with both system functions (physiology) and system structure (anatomy).

441: ANIMAL BEHAVIOR

Grades 11-12

One Semester – 2.5 Credits

Prerequisites: Biology

Students who take Animal Behavior will explore innate, learned, and social behaviors of animals and their influence on survival. The focus of the course is the adaptive value of behavior and the way that it differs across species. The course will cover basic zoology of the Animal Kingdom, instinctive behavior, learned behavior, cognition, and social behavior. Students will participate in both field and laboratory research settings and will conduct some investigations of their own design.

406: INTRODUCTION TO KINESIOLOGY

Grades 9-12

One Semester – 2.5 Credits

Students are introduced to the discipline of kinesiology, the study of the mechanics of body movement. They will study the effects of physical activity on the human body. Students will be introduced to exercise physiology, biomechanics, and motor behavior. This course will also explore how this discipline can be applied professionally. Athletic trainers, Exercise Physiologist, Occupational or Physical Therapists are some examples for careers that require knowledge in this area of study.

000: ASTRO BIOLOGY

Grades 11-12

One Semester – 2.5 credits

The Astro Biology course is a multidisciplinary laboratory-inquiry based incorporation of biological, space science, and environmental topics. This course integrates principles of astronomy and space exploration with biological topics that include the physiology of man in space, life characteristics and habitats on earth and beyond, and the potential and search for extraterrestrial life forms in the universe. The student will also investigate relationships between astronomical events and the biosphere's environments and life forms. Students will develop a greater understanding and a deeper appreciation of the world in which we live.

357: NUTRITION

Grades 11-12

One Semester – 2.5 Credits

Nutrition outlines the relationship of diet, lifestyle, and the prevention of disease. Students will receive an overview of digestion, absorption, and metabolism of proteins, carbohydrates, fats, vitamins, and minerals. Since one's nutritional needs change over her lifespan, an emphasis will be placed on identifying those changes and making adjustments. Applying the science of nutrition to your life including needs for physical activity, evaluation of nutrition claims, food labeling, and other consumer concerns are emphasized.

450: ANATOMY AND PHYSIOLOGY 1 & 2, Rutgers University

Grades 11-12

Two Semesters – 5 high school credits and 8 college credits

Prerequisite: Biology, Chemistry I (GPA-85 or above & Dept. Approval).

Course Fee: Refer to Program Fee and the Textbook must be purchased by student

NOTE: You must maintain an 85 or above in all HCC college level classes to stay in the program. In addition, you must maintain an 85 or above in the HCC College courses to be considered for college testing.

This course follows the curriculum required by Rutgers University. It is open to students enrolled in the Health Care Connections Program. Students are expected to complete a preparatory worksheet over the summer and return for two classes in August. Students must complete twenty-four chapters in their college textbooks. It is necessary to meet for additional class sessions to fulfill this requirement. Saturday classes are mandatory.

SOCIAL STUDIES

512/513: WORLD HISTORY

Grade 9 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

The main purpose of this course is to help students understand World History from the origins of Christian Europe in the Middle Ages to the Twentieth Century. This course focuses on the interactions of people, nations, and cultures of the world. Employing a global perspective, students will learn the significant features of politics and leadership, religious thought, invention and discovery, art and creative thought, as well as economic developments and principles. The pupil will engage in more than passive absorption of facts, dates, names, and places. Real historical understanding demands the student to engage in historical thinking, to raise probing questions, and provide evidence in support of their answers; to go beyond facts presented in their textbooks and examine the historical record; to consult primary source documents and other evidence of the past, taking into account the historical context in which these records were created and analyzing opposing viewpoints regarding the material.

532/531: US HISTORY I

Grade 10 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

Students in this course will focus on the meeting of the Native American, West African, and European cultures in the early years of America. They will study the Enlightenment and the Revolutionary Era as lived during the colonists' struggle for independence. The course will bring the students to the period of Reconstruction after the Civil War. Students will examine the Constitution in its origins, expansion, reform, and eventual conflicts. Critical thinking exercises and theme related group and individual projects deepen the students' understanding of the past, and how the actions and events of the past have shaped our present time.

542/541: US HISTORY II

Grade 11 (Required)

Full Year – 5 Credits

Honors with Departmental Approval

In a chronological and thematic approach, this course covers the period of American history from the post-Civil War era until the present. The emphasis is placed on historic trends, cause and effect relationships, and relevance to modern American life. Students are exposed to both the "what" and the "why" of history through the text, primary source materials, and current events. Four term projects are required which provide the opportunity to acquire an in-depth knowledge of an historic person or event which interests the individual student, as well as to develop research, reporting, and presentation skills.

550: AP UNITED STATES HISTORY

Grades 11-12 & Departmental Approval Required

Full Year – 5 Credits

Course Fee: \$125

The Advanced Placement program in United States History is designed to provide students with the analytical skills and enduring understandings necessary to deal critically with the problems and materials in United States history. Students learn to assess historical materials — their relevance to a given interpretive problem, their reliability, and their importance — and to weigh the evidence and interpretations presented in historical scholarship. This course develops the skills necessary to arrive at conclusions on the basis of an informed judgment and to present reasons and evidence clearly and persuasively in an essay format.

557: CRIMINAL JUSTICE

Grades 11-12

One Semester – 2.5 Credits

This course will introduce students to the topic of Criminal Justice with a basis in understanding crime from a bio-psycho-social perspective. This course is designed inform students about crime and its effects in society, the profession of policing and each of its realms, perpetrators and their rights, the criminal court, and the system of corrections and each of its realms. Students will also examine special issues such as juvenile justice and delinquency. This course will provide students with an understanding of the various employment opportunities within the world of Criminal Justice, as well.

533: PSYCHOLOGY

Grades 11-12

One Semester – 2.5 Credits

Psychology is the scientific study of mental processes and behaviors. This course will offer insight into human behavior and provides skills for healthy adjustment by exploring major theories of personalities, gender differences, human growth and development, cognitive processes, consciousness, motivation, emotion and perception. Mental disorders and maladaptive behaviors are studied, along with techniques of assessment and the availability of therapy treatments. A specific area of focus will be on Child Development. Students will be given the opportunity to develop a positive understanding of the growth and development of children and of parenting skills. In this section, students will study human reproduction, pregnancy and birth, parenting and the development of the child through age six.

548: AP PSYCHOLOGY (available online)

Grades 11-12

Two Semesters – 5 Credits

Course Fee: \$125 + additional course fee

Prerequisite: 90 average in English & History

AP Psychology is designed to introduce students to the systematic & scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields within psychology. They also learn about the ethics and methods psychologists use in their science and practice. All enrolled will be required to take the AP Exam in Psychology.

534: SOCIOLOGY

Grades 11-12

One Semester – 2.5 Credits

This course examines the essential concepts, principles, and methods central to the scientific study of sociology. The goal is to meet three fundamental needs: to teach students to think like sociologists, to develop a sociological imagination which will allow them to view their own lives within a larger social and historical context, and to understand and appreciate the rich diversity that is possible in social life by exposing them to a wide variety of data or cross-cultural and historical sources.

000: INTRODUCTION TO LINGUISTICS

Grades: 10-12

One semester – 2.5 credits

Linguistics is the scientific study of language. In this course, we delve into the sounds of speech and how they are produced by the vocal tract, how and why infants and adults learn languages differently, how words are formed, and how language has an impact on perceptions of social prestige and class. In addition, we will study accents, the changing nature of “proper grammar”, and how computational linguists have made it possible for a person to talk to “Siri” or “Alexa” and achieve the desired result. This course examines and compares examples from a multitude of languages around the world. This class will “open your ears” and allow students to perceive spoken and written language from an entirely new perspective.

THEOLOGY

The courses offered by the Theology Department are in line with the USCCB's Doctrinal Elements of a Curriculum Framework and integrate progressively deeper catechesis on Pope St. John Paul II's Theology of the Body. Throughout their high school experience, students will be enriched with philosophical, theological, and Salesian perspectives to prepare them spiritually and intellectually. They require the use of the *Catholic Youth Bible (NAB)*.

116: REVELATION OF JESUS CHRIST IN SCRIPTURE

Grade 9 (Required)

One Semester – 2.5 Credits

The purpose of this course is to give students a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible they will come to encounter the living Word of God, Jesus Christ. In the course they will learn about the Bible, authored by God through Inspiration, and its value to people throughout the world. They will learn how to read the Bible and will become familiar with the major sections of the Bible and the books included in each section. The students will pay particular attention to the Gospels, where they may grow to know and love Jesus Christ more personally.

117: WHO IS JESUS CHRIST?

Grade 9 (Required)

One Semester – 2.5 Credits

The purpose of this course is to introduce students to the mystery of Jesus Christ, the living Word of God, the Second Person of the Blessed Trinity. In this course students will understand that Jesus Christ is the ultimate Revelation to us from God. In learning about who he is, the students will also learn who he calls them to be.

118: THE MISSION OF JESUS CHRIST (THE PASCHAL MYSTERY)

Grade 10 (Required)

One Semester – 2.5 Credits

The purpose of this course is to help students understand all that God has done for us through his Son, Jesus Christ. Through this course of study, students will learn that for all eternity, God has planned for us to share eternal happiness with him, which is accomplished through the redemption Christ won for us. Students will learn that they share in this redemption only in and through Jesus Christ. They will also be introduced to what it means to be a disciple of Christ and what life as a disciple entails.

119: JESUS CHRIST’S MISSION CONTINUES IN THE CHURCH

Grade 10 (Required)

One Semester – 2.5 Credits

The purpose of this course is to help the students understand that in and through the Church they encounter the living Jesus Christ. They will be introduced to the fact that the Church was founded by Christ through the Apostles and is sustained by him through the Holy Spirit. The students will come to know that the Church is the living Body of Christ today. This Body has both divine and human elements. In this course, students will learn not so much about events in the life of the Church but about the sacred nature of the Church.

124: SACRAMENTAL THEOLOGY

Grade 11 (Required)

One Semester – 2.5 Credits

The purpose of this course is to help students understand that they can encounter Christ today in a full and real way in and through the sacraments, and especially through the Eucharist. Students will examine each of the sacraments in detail so as to learn how they may encounter Christ throughout life.

125: MORALITY: OUR LIFE IN JESUS CHRIST

Grade 11 (Required)

One Semester – 2.5 Credits

The purpose of this course is to help students understand that it is only through Christ that they can fully live out God’s plans for their lives. Students are to learn the moral concepts and precepts that govern the lives of Christ’s disciples.

126: WORLD RELIGIONS

Grade 12 (Required)

One Semester – 2.5 Credits

The purpose of this course is to introduce students to the major world religions (Judaism, Islam, Buddhism, and Hinduism), as well as lesser known but still influential belief systems so they can compare and contrast them with Catholic Christian theology. Students will study these faiths through experiential learning and primary source documents and identify how key beliefs affect modern American Culture.

127: RESPONDING TO THE CALL OF JESUS CHRIST

Grade 12 (Required)

One Semester – 2.5 Credits

The purpose of this course is to help students to understand the vocations of life: how Christ calls us to life. In this course, students should learn how all vocations are similar and how they differ. The course should be structured around married life, single life, priestly life, and consecrated life. Students should learn what it means to live life for the benefit of others and the value in considering a vocation in service to the Christian community.

133: CAMPUS MINISTRY

Grades 11-12

One Semester – 2.5 Credits

The Campus Ministry Course trains students in the skills necessary to lead their peers in school wide faith enrichment activities. Student interns will be responsible for planning and leading class and faculty retreats, prayer services, service projects, and liturgies, as well as providing formative talks and resources for their peers. Student interns should expect varied activities that follow the Church and the academic calendar. In order to succeed in this internship, students should be reliable, flexible, self-starting, and responsible, as well as work well with deadlines.

VISUAL, PERFORMING & PRACTICAL ARTS

827: MUSIC APPRECIATION

Grade 9 (Required)

One Semester – 2.5 Credits

This course is designed to acquaint students with the elements of music. Students will have a brief overview of how music relates to culture, religion and careers. Students will have an opportunity to explore their voices and bodies as an instrument. Students will develop an appreciation of music through lectures, listening to music, reading text, actively engaging in class discussions, oral presentations, and performance. Students in this course will be required to participate in the Christmas or Spring Concert.

820: CONCERT CHOIR

Grades 10-12

Full Year – 5 Credits

Course Fee: Students are required to purchase performance attire.

This course is designed to develop the experienced singer, designed for those students who would like to move forward in developing their vocal technique, vocal style, performance and repertoire. Students will perform and explore music from a variety of genres. They will be challenged to sing more advanced repertoire while building upon ear training and sight singing skills. Students in this course will be required to participate in the Christmas and Spring Concerts, community outreach performances and field trips.

831: VOCAL MUSIC

Grades 10-12

One Semester – 2.5 Credits

Course Fee: Students are required to purchase a gown and shirt.

This course is designed for students who enjoy singing. Students will perform music chosen to appeal to a wide variety of interests and ability levels, with an emphasis on developing proper vocal technique and basic musicianship skills. This course will develop and enhance the vocal skills of students for both choral and solo singing. Elements of vocal technique, style, interpretation, sight singing, and performance will be addressed and explored. This course is intended for any student interested in improving her singing, regardless of her level of vocal experience or skill upon entering the course. Students in this course will be required to participate in the Christmas or Spring Concert.

829: INSTRUMENTAL MUSIC

Grades 10-12

One Semester – 2.5 Credits

Course Fee: \$25

Limited to five students

This course is designed to enable students to gain and improve skills, knowledge, and insights in expressing music. Students who have never studied an instrument before and those looking to continue their studies are welcome to enroll. Students will explore elements of music theory, technique, and performance. Students will be expected to work independently and diligently, to complete the course work. Students may enroll in this course for one or two semesters.

830: DANCE APPRECIATION

Grades 9-12

One Semester – 2.5 Credits

Students are required to buy tan turners and black figure fit attire.

This course is designed to introduce students to dance. Students will learn about the different genres of dance focusing specifically on Ballet, Jazz, Modern, Tap and Hip Hop but may also include Ballroom and cultural dance. We will be examining the history behind these styles as well as highlighting famous performers and choreographers from past and present. Students will be introduced to and required to abide by the etiquette required in this field.

824: DANCE I

Grades 10-12

Two Semesters – 5 Credits

Prerequisite: Dance Appreciation or prior approval.

Students are required to buy tan turners and black fit attire.

This course will provide students with a solid foundation in different dance techniques including Ballet, Jazz, Contemporary, Modern and Hip Hop, while exploring various other dance techniques. Students will also study the origins and development of these genres along with learning to recognize iconic works from praised choreographers and performers of past and present. This course is designed to teach students to express themselves emotionally and creatively as they explore dance elements of time, space, and energy throughout their choreographic explorations. Students are required to perform their collaborative choreography in the Spring Concert.

826: DANCE II

Grades 10-12

Two Semesters – 5 Credits

Prerequisite: Dance Appreciation; Dance I

Students are required to buy tan turners and black fitted attire.

This course is designed as a continuation of Dance I. In addition to building upon technical skills, students will also develop a better understanding of specific historical events and important people that have influenced these styles of dance as well as the science behind the dance technique. Students will also be participating in more advanced choreography studies and improvisational activities to give them a better chance to create their own phrases and pieces. Students are required to perform their collaborative choreography in the Spring Concert.

828: DANCE III

Grades 10-12

Two Semesters – 5 Credits

Prerequisite: Dance Appreciation; Dance I; Dance II

Students are required to buy tan turners and black fitted attire.

This course is designed to be a continuation of Dance II and touch on all elements of dance. In addition to building upon their dance technique, students will have an understanding of various styles of dance and the elements that define those styles. In addition, their understanding of specific historical events and important people that have influenced these styles of dance will be discussed. Students will also be participating in more advanced choreography studies and improvisational activities to give them a chance to create their own phrases. Students are required to perform their collaborative choreography in the Spring Concert.

802: DANCE INDEPENDENT STUDY

Grades 11-12

Full Year – 5 Credits

Prerequisite: Dance I, II, or III

Students are required to buy tan turners and black tap shoes.

This course is designed to nurture students who see dance as part of their future. Whether that be college or as a profession, students will workshop or create solos that showcase their strengths for performance or college audition. This course will assist in building a dance resume and in preparing for dance auditions. Students will perform solos in a 'showcase' at the end of the year.

821: ACTING I

Grades 9-12

One Semester – 2.5 Credits

This course is designed to introduce students to various elements of acting and performance. Students will explore the fundamentals of character development, vocal technique, improvisation, pantomime, individual performance, and scene development. Class sessions will include performance tasks, rehearsals, group discussions, workshops, as well as written and verbal critique.

819: ACTING II

Grades 10-12

One Semester – 2.5 Credits

Prerequisite: Acting I

This course is designed as a continuation of Acting I with advanced studies in acting and performance. Students will explore the fundamentals of character development, individual performance in various genres of acting, scene development and directing. Class sessions will include performance tasks, rehearsals, group discussions, workshops, as well as written and verbal critique.

840: ART APPRECIATION

Grades 9-12

One Semester – 2.5 Credits

This course will give students the opportunity to learn about diverse artists, art movements, and techniques. Students will be able to build a visual vocabulary that will help them understand, analyze, and critique various forms of art. Students will be able to create hands on projects in order to further enhance the different media, movements, and techniques they will be studying.

000: 3-D DESIGN

Grade 9-12

One Semester – 2.5 Credits

Prerequisite: Art Appreciation

Materials Fee:

In this course, students will explore various craft and art forms of expression. They will learn the crafts of papermaking, bookmaking, jewelry arts, printmaking, and hand building with clay as forms of expression and product development. This is a hands-on class with a three-dimensional approach. Students will develop their conceptual and problem-solving skills while exploring the relationship between art and function. Students will acquire the skills necessary to produce crafts and three-dimensional works such as handmade books, jewelry, art objects from clay, linoleum carving and paper arts. A sketchbook will be provided for drawing and recording inspirational ideas and homework assignments.

000: STUDIO ART

Grade 9-12

Full Year – 5 Credits

Prerequisite: Art Appreciation

Materials Fee:

This course provides the art student an opportunity to expand on their ability to draw and paint, with an emphasis on developing design principles, drawing techniques and painting skills within a studio environment. Students are given more in-depth problems to solve creatively through an understanding of composition, line quality and shading techniques, while becoming more adept through a broad exposure to various medias such as pencil, charcoal, oil pastel, pen and ink, watercolor and acrylic painting.

000: PORTFOLIO

Grade 11-12

Full Year – 5 Credits

Prerequisite: Studio Art

Materials Fee: \$85

An advanced art course designed for the student who wishes to further develop skills and techniques that were introduced in the previous Studio Art course. This course is for any student wishing to develop a portfolio for college. Students will be encouraged to expand their creative ideas as well as their technical potential while building a well curated art portfolio consisting of a variety of sketches, drawings and paintings in various techniques and materials taught in an art studio environment that reflects their unique gifts and talent.

875: COMPUTER GRAPHICS

Grades 9-12

One Semester – 2.5 Credits

This course is designed to give students an understanding of and practical application of Adobe Design Suite. Adobe InDesign is one of the most powerful layout programs for professional desktop publishers and graphic designers. This is the process of creating documents that look like a professionally designed and printed product, which includes inserting: photos, graphics and line drawings for the text copy. Students will use digital photography, Adobe Photoshop to edit photos and create special effects. Students will produce and will be assessed on many projects that include creating an original layout for a brochure, logos, as well as designing and crafting effective promotional pieces, publications and digital art using Illustrator. Using art elements and principles of design, students develop original works of art that are relevant in today's digital environment.

850: TELEVISION PRODUCTION I

Grades 10-12

Full Year – 5 Credits

This course provides opportunities for students to develop skills in basic video production. These skills include: camera operation, post production editing, graphics, lighting, and audio. Students will create a variety of assigned projects and produce elements to be shown on the Mary Help Morning Show. Hands-on activities are integral to this course and generally require students to participate in activities beyond the school day. Entry level work will be performed on student iPads using iMovie, then students will move up to Adobe Premier Pro.

851: TELEVISION PRODUCTION II

Grades 11-12

Full Year – 5 Credits

Prerequisite: Television Production I

This course is an advanced practicum of the skills already learned in TV Production 1. Students in this course will be creating their own artistic productions for inclusion on the Mary Help Morning Show as well as the annual Art Show. This course also includes advanced projects that involve script writing, story boarding, direction and desktop publishing. Hands-on activities are integral to this course and generally require students to participate in activities beyond the school day. Students will continue using Adobe Premier pro, and learn more advanced functions of Adobe Creative Suite.

860: CULINARY ARTS I

Grades 10-12

One Semester – 2.5 Credits

Course Fee: \$150

This course offers an introduction to essential knowledge and skills needed in the field of Culinary Arts where Kitchen Lab practice parallels class work. Students will learn safety and sanitation, equipment, fundamental cooking and baking techniques and skills, food preparation, and healthy food choices. Students will learn how cultural, ethnic, and religious influences impact food choices. Students will work independently and in a Kitchen Lab setting to prepare nutritious foods while demonstrating job skills necessary for success in the field throughout the program.

861: CULINARY ARTS II

Grade 10-12

One Semester – 2.5 Credits

Prerequisite: Culinary Arts I

Course Fee: \$150

This course provides the student the opportunity to build on the foundational knowledge from the introductory course. Emphasis will be placed on nutrition, healthy snacking, meal planning, and recipe selection. Actual food preparation will incorporate more advanced skills and techniques. Students will actively participate in recipe selection to reinforce class work. Presentation, serving, and etiquette will be included. A year end project will give students the opportunity to demonstrate professionalism and proficiency.

000: CULINARY ARTS INDEPENDENT STUDY

Grades 12

One Semester – 2.5 Credits

Prerequisite: Culinary Arts I and II

Course Fee: \$150

This course is designed to provide advanced culinary arts students with the opportunity to showcase their specialty skills, as well as to encourage the pursuit of the commercial study. A study of the commercial foods industry and employment opportunities will be explored. Students will research the needed post-secondary training required, franchising and/or ownership responsibilities, marketing, and other day-to-day operations required of a restaurateur.

000: FASHION DESIGN

Grades 10-12

One Semester – 2.5 Credits

Course Fee: \$50

Students learn about invaluable resources such as trend shows, trend magazines, seminars or trend reports that bring much more meaning and desired results into designing their own collections. By gaining trend awareness both inside and outside the fashion industry, students develop a clear understanding of how trends affect consumer behaviors. Each fashion design student develops and creates effective concept boards that convey their inspiration and ideas using fabric, trims, and color which is then translated into a fashion collection. Sketching and illustration is taught as it relates to garment and accessory design, with a clear understanding of shapes, proportions and design details in a 2-D format as well as flat sketching. The students final fashion design collection is then presented at our art showcase in the spring.

000: FASHION CRAFT

Grades 10-12

One Semester – 2.5 Credits

Course Fee: \$75

Students will learn to design and create fashion items and accessories by realizing their original designs in a 3D reality. They will be instructed how to create paper patterns, and how to lay out and cut a pattern, while developing construction design details. Each design student will learn how to drape and shape muslin on a dress form and create 3 dimensional prototypes. Individual instruction is given on the basics of sewing on a sewing machine, how to make several different seams, seam finishes and hems, as well as hand stitching techniques. Various projects will be part of the course, such as an designing an apron, a tote bag, decorative pillows as well as other basic sewing projects. Projects may be adjusted to reflect the abilities and pace of each individual student enrolled in the course.

WORLD LANGUAGES

619: FRENCH I

Grade 9

Full Year – 5 Credits

Students selecting the first-year course in French are introduced to the fundamentals of the language and the culture of French-speaking countries. The four language skills of listening, speaking, reading, and writing will be emphasized. The students begin to build fluency in the language through daily conversation and maximum usage of French in the classroom. A strong foundation in basic vocabulary and basic grammar is stressed.

629: FRENCH II

Grades 10-12

Full Year – 5 Credits

Prerequisite: French I

The second-year course in French expands on those skills acquired in French 1. Students then develop a more complex understanding of grammatical constructions, add to their vocabulary, improve their command of communication skills, and increase their knowledge and understanding of the people and culture of the French-speaking world.

639: FRENCH III

Grades 11-12

Full Year – 5 Credits

Prerequisite: French II and Departmental Approval

Students in their third year of French are exposed to a combination of vocabulary building, advanced grammar, composition work, and conversational practices. The students' introduction to French literature begins by reading various works or excerpts from authentic works. The culture and geography of France and French speaking countries are explored. Opportunities are provided for speaking in the interpersonal, interpretive, and presentational modes to improve and expand conversational skill proficiency.

631: FRENCH IV HONORS

Grades 11-12 and Departmental Approval

Full Year – 5 Credits

French 4 provides students the opportunity to further develop, improve, and refine their listening, speaking, reading and writing skills. Supplementary materials are implemented to enhance language use. Students experience multiple opportunities to demonstrate their proficiency in French in different contexts. Aspects of contemporary French culture are emphasized through cultural readings, media, games, and class discussions. Student performance is identified using various means - written assessments, oral presentations, spoken dialogues, short compositions and other displays. History and literature are studied simultaneously for a better understanding of France's influence and importance in the world past and present.

632: AP FRENCH LANGUAGE & CULTURE

Grade 12 & Departmental Approval

Full Year – 5 Credits

Course Fee: \$125

The AP French Language and Culture course emphasizes communication by applying interpersonal, interpretive, and presentational skills in real-life situations. This includes vocabulary usage, language control, communication strategies, and cultural awareness. The AP French Language and Culture course strives not to overemphasize grammatical accuracy at the expense of communication. To best facilitate the study of language and culture, the course is taught almost exclusively in French. The AP French Language and Culture course engages students in an exploration of culture in both contemporary and historical contexts. The course develops students' awareness and appreciation of cultural products such as tools, books, music, laws, conventions, institutions; practices such as patterns of social interactions within a culture; and perspectives such as values, attitudes, and assumptions.

651: SPANISH I

Grade 9

Full Year – 5 Credits

Spanish I is an introductory course that makes use of Spanish to develop thematic units based on daily experiences. Basic grammar and vocabulary are stressed. Conversation allows the student to engage in dialogue that reinforces usage of vocabulary and practice pronunciation. The course will be stressing the four language skills – listening, speaking, reading, and writing. Opportunities are provided to hone their skills through interpersonal, interpretive, and presentational modes. Through reading selections and class discussions, the student is acquainted with Spanish culture and civilization in the Spanish-speaking world.

652: SPANISH I for HERITAGE SPEAKERS

Grade 9 & Departmental Approval

Full Year – 5 Credits

The main purpose of the Spanish for Heritage Speakers courses is to build upon the language knowledge that students bring to the classroom and advance their proficiency of Spanish for multiple contexts. Special attention is given to building vocabulary, acquiring and effectively using learning strategies, and strengthening composition skills in Spanish. Cultural projects and readings reinforce learners understanding of the multiple issues related to the Hispanic cultures in the USA. Taught exclusively in Spanish, this course is designed for heritage or native speakers only.

654: SPANISH II

Grades 10-12

Full Year – 5 Credits

The second year of Spanish continues to develop the student's fundamentals of the language, expands her foundation in vocabulary, enriches her understanding of grammar, and continues to explore the history of the Hispanic world. Reading materials, videos, and online resources will acquaint the student with customs, culture, and various societal issues that confront the Spanish-speaking countries promoting greater listening and speaking skills as they are explored. Students are familiarized with career options available to Spanish speakers.

655: SPANISH II for HERITAGE SPEAKERS

Grades 10-12 & Departmental approval

Full Year – 5 Credits

Spanish II for Heritage Speakers builds upon the language knowledge that students bring developed in Spanish I and advances their proficiency of Spanish for multiple contexts. Special attention is given to developing a more extensive vocabulary, acquiring and effectively using learning strategies, and strengthening composition skills in Spanish using advanced grammatical constructions. Cultural projects and readings reinforce learners understanding of the multiple issues related to the Hispanic cultures in the USA. Taught exclusively in Spanish, this course is designed for heritage or native speakers only.

656: SPANISH III

Grades 10-12

Full Year – 5 Credits

Prerequisite: Spanish II

Students in their third year of Spanish instruction are exposed to a combination of vocabulary building, advanced grammar principles, conversation, and writing practice. Reading and listening comprehension exercises develop a greater command of the language. Culture, geography, and history explorations help the student to develop a richer understanding and appreciation for language study. Short stories or excerpts from Spanish literature provide the student with exposure to Spanish authors and seasoned writing in the target language.

657: SPANISH III for HERITAGE SPEAKERS

Grades 10-12 & Departmental Approval

Full Year – 5 Credits

Spanish III for Heritage Speakers, taught exclusively in Spanish, covers reading, writing, listening, and speaking skills. The students will study grammar, spelling, writing, and literature from different genres, time periods, and cultures. The students will be exposed to literary works about the many kinds of communities that make up contemporary America and about countries and cultures throughout the world, with emphasis in Latin America, and Spain. Spanish literature and culture are utilized as a vehicle for developing their language skills. It is a pre-AP Spanish course.

636: SPANISH IV

Grades 10-12 & Departmental Approval

Full Year – 5 Credits

Spanish IV concentrates attention on improvement of communication skills and building an extensive working vocabulary. Students develop a deeper appreciation for Hispanic culture and civilization through reading authentic literary texts and print material. They are expected to express themselves at a more sophisticated level during conversations and presentations of an interpersonal, interpretative, and presentational nature. At this level, a pre-advanced placement level of instruction is experienced.

644: AP SPANISH LANGUAGE & CULTURE

Grade 11-12 & Departmental Approval

Full Year – 5 Credits

Course Fee: \$125

The AP Spanish Language and Culture course is comparable to a high intermediate or advanced low-level college or university Spanish language course. Emphasizing the use of Spanish for active communication in real life tasks, it focuses on developing your abilities in the three modes of communication – Interpretive, Interpersonal, and Presentational – and strengthening your cultural competencies through theme-based instruction based on a variety of authentic resources, such as newspapers, magazines, podcasts, blogs, advertisements, television programs, films, music, video clips, and literature. Grammar and vocabulary are developed through contextualized study.

613: ITALIAN I

Grade 9

Full Year – 5 Credits

This year, the students will begin their study of Italian. The course will be stressing the four language skills - listening, speaking, reading, and writing. Through this course, the students will be taken on a journey through Italy studying its culture, history, and traditions. Every aspect of the program is based on the strong foundation of vocabulary and grammar presentations with communicative activities and cultural material to help students develop language proficiency.

617: ITALIAN II

Grades 10-12

Full Year – 5 Credits

This year, the students will continue their study of Italian reinforcing the content covered previously and will develop an in-depth understanding of more complex grammatical constructions. The four language skills of listening, speaking, reading, and writing and cultural explorations will continue to be stressed. Students will increase their vocabulary and improve their conversational and writing skills. Further development of language proficiency will ensue.

620: ITALIAN III

Grades 10-12

Full Year – 5 Credits

Prerequisite: Italian 2 & Departmental Approval

The third year of Italian focuses on the refinement of the communication skills developed in the first two years. Vocabulary building, advanced grammar, conversation and writing practice will be treated within the literary framework. An introduction to basic Italian literature, history, culture, and geography is presented.

CLUBS

- **20th Century Culture** – Explore noteworthy events, music, history, and art and its influence on society.
- **Abolitionists Club** – Students who want to raise awareness about human trafficking and modern slavery.
- **ACT (Art, Culture & Theater)** – Examine art and theater throughout history and how it represents the culture of that period. Students will visit an art museum in the fall.
- **Art & Design Club** – Students serious about art & design will be able to work on projects and sharpen their skills while working in traditional and digital mediums.
- **Big Sister/Little Sister** – Work together to plan fun and exciting events for BS/LS.
- **Book Club** – Students with a love of reading enjoy a community-building experience as they meet once per month to discuss, reflect, and share insights about the chosen book of the month.
- **Business Leaders Club** – What does it take, what skills are required, and what daily decisions and tasks must be completed to operate a successful business? Work with your peers to design a business plan.
- **Choir Club** – Students will develop their vocal skills and perform. This club meets twice a week and students may earn 1.25 credits in the Arts.
- **Fall Ball** – Hit the indoor batting cage and improve your swing!
- **Farm to Table Cooking** – Create delicious recipes using ingredients from MHC’s own vegetable garden.
- **Games of Strategy** – Chess improves your memory and can raise your IQ. Backgammon improves your attention span and strategic thinking. Compete with your friends!
- **Gardening Club** – Learn everything you need to know about planting, maintaining and growing flowers and vegetables.
- **Health Care Club** – Students interested in the health care industry have the opportunity to discover aspects of the industry and explore career options.
- **JOY (Joining the Old and Young)** – Students interested in the care and service of our elders. This is also a great opportunity for health care students who want to pursue geriatric medicine.
- **LIGHT Club** – Students who desire to live more fully in the light of Christ and are called to be a reflection of that light for others.
- **Linguistics Club** – The scientific study of language, students can compete in the North American Computational Olympiad at Columbia University.
- **Mock Trial** – Students take part in The New Jersey State Bar Foundation’s Mock Trial Competition.
- **Model United Nations** – Students research and prepare to explore issues in peacekeeping, human rights, economics, and sustainable development globally.
- **Morning News Club** – Join the team that brings the news to us each week. Learn to manage every aspect of producing a news show.
- **Newspaper Club** – Students will work collaboratively to write articles, gather photos, and publish the Mary Helper.
- **NHS** – for students inducted into the National Honor Society.
- **Photography Club** – Explore the different types of photography and the technical knowledge to create artistic and journalistic photographs.
- **Pro-Life Club** – Students will support the Culture of Life in a tangible way through prayer, silent protest, and witness of faith. Students are invited to attend the march for Life in January 2019.
- **Research & Writing Lab** – Be better prepared for college and work on your writing and research skills. Improve your grades on your papers and essays in this resourceful club.
- **Robotics Club** – Collaborate to build and program robots to complete tasks and compete.
- **SAT Prep Club** – Learn strategies and understand what you need to prepare for your SAT’s.
- **SHO (Salesians Helping Other)** – Plan service projects with your classmates to benefit those in need.
- **Speech & Debate Club** – Prepare to compete against other schools hosted by The International Debate Association.
- **Sports Council** – Students interested in the management of sports will work with our Athletic Director with various tasks that will give you insight into the business of sports.
- **Student Council** – for elected members.
- **Wellness Club** – Clear your mind and learn to maximize your performance in academics, art, and sports through meditation and relaxation.
- **World Languages Club** – Explore the language, culture, art, music, film, and food of Spanish, French, and Italian speaking countries.