

UHS Freshman Year Schedule

Welcome, freshmen, to your first year at UHS. UHS offers all students a four-year, college preparatory liberal arts curriculum. "College preparatory" means we are preparing students to leave UHS and be successful at any university in the country. "Liberal Arts" means many things; it means we provide a general education that includes not only math and science but also the arts and humanities such as Latin, English, and Music. It also means we will teach students to be critical thinkers with a general understanding of the world, rather than providing them with a single, specific curriculum focus. Our four-year curriculum was developed in 1999 when educators in the community came together to outline what they thought would be the best curriculum for a high school student. During the freshman year, you will take seven classes, carefully aligned with each other.

COURSE/PROGRAM DESCRIPTION

Latin I

Latin is the starting point for many liberal arts curricula. It was the spoken language of Rome and is the language of science and the direct ancestor of all the Romance languages, such as French, Spanish and Italian. The study of Latin is one of the best ways to help students learn to think critically. This year, the majority of the curriculum will be focused upon Latin grammar, syntax, parsing, and translating. The class will also explore Classical and other World mythologies, along with ancient Roman history, politics, culture, and literature.

English 9

English 9 is the class that will look most familiar to students. It includes writing and grammar, as students explore works of literature from a variety of time periods. Each of the four years of English at UHS is different. In the freshman year, students focus more on the mechanics of written and spoken English in preparation for the junior and senior years, where students focus more exclusively on literary analysis and critical writing.

Musicianship I

In ancient times, music was a cornerstone subject for any education. Most modern schools neglect music, but the value of studying music is well- documented in research. Musicianship I is a music history and theory class that is singularly unique to UHS. It includes listening skills, music theory, and music history through the Renaissance. Students will develop skills in rhythmic dictation, melodic dictation, and sight singing. They will study and compose in Species counterpoint, learn triads and their inversions along with figured bass and chord symbols, and apply this when analyzing representative music of the time periods studied.

Performing Groups

All students participate in a musical performing group to reinforce the study of music. Students at UHS can choose between choral or instrumental music or may participate in both.

All entering freshman wind players and percussionists will be placed in the Concert Band. Students in Concert Band will develop their playing ability while studying and performing band literature in a variety of styles. Select students may be asked to audition for other groups as well. Students learning a new string instrument will be placed in a beginning Strings Ensemble class.

All entering singers will be placed into Concert Choir which is a treble and bass choral group that performs and explores all types of choral literature from all time periods, genres and styles.

If an entering student would like to sing and play an instrument in their first year, please contact both instructors to make these arrangements.

Physics

Science at UHS is designed to teach students how the world works, providing the foundation concepts for all science, before focusing on life in the world. Therefore, the freshmen science class is Physics. Physics is the study of matter and energy and how they interact in the world we know. Since this class is for freshmen, the emphasis is on conceptual understanding, problem solving techniques and critical thinking skills. Students only need algebra proficiency, as opposed to the trigonometry required for the typical junior/senior level physics course.

Science at UHS is also designed to teach students how to be scientists and use an inquiry method as they think about the world. This class requires students to engage in many science experiments as they learn the principles

of physics, not just relying on memorizing, calculating and book learning. In fact, the “Modeling Instruction” instructional approach used in this class received the highest rating for a secondary science course by the US Department of Education.

Integrated Mathematics I (9th grade only)

The Integrated Mathematics Program at University High School is a comprehensive study of mathematics where a typical four year study is completed in three years. Our courses will help students develop critical reasoning skills and the art of logical thinking. The Integrated Mathematics curriculum at University High School will cover the in-depth study of number & quantity, algebra, functions, modeling, geometry, statistics, and probability that will encourage students to solve real-world problems. Integrated Mathematics I is the first course in the three-course Integrated Mathematics series. With this course, students generalize, formalize, and extend the mathematics they learned in the middle grades.

Integrated Mathematics II (9th grade and 10th grade)

The Integrated Mathematics Program at University High School is a comprehensive study of mathematics where a typical four year study is completed in three years. Our courses will help students develop critical reasoning skills and the art of logical thinking. The Integrated Mathematics curriculum at University High School will cover the in-depth study of number & quantity, algebra, functions, modeling, geometry, statistics, and probability that will encourage students to solve real-world problems. The University High School Integrated Math II is designed to be a sequel to the Integrated Math I curriculum, as well as a bridge course in leading to the topics covered in Integrated Math III.

Physical Education 9

At UHS, the physical well-being of our students matters as much as their intellectual growth. The Physical Education program for freshmen and sophomores at UHS is designed to introduce the students to a variety of activities, exercises and fitness related issues. Our hope is that what students learn will help them to find a fun and enjoyable way to stay physically fit for the rest of their lives. For their first two years of P.E., the focus will be on dance, individual and dual activities, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. The

students will learn how to perform a variety of activities using proper form while also learning about health issues such as obesity, anorexia and nutrition.

48 Books Program

The 48 Books program is unique to UHS and is a cornerstone of our academic program. It is designed to enrich and broaden our students’ experiences beyond the required coursework, and it is part of the reason why our school has some of the highest ELA test scores in the state.

Each month, students are given a book that is theirs to keep. The books are a mix of current and classical fiction and nonfiction. Each month, students are expected to read their book and are assessed in a variety of ways. At the end of their UHS experience, students will have amassed a personal library of the 48 books they have read, discussed, and experienced as part of the UHS community.

Beginning Drama (elective)

For those interested thespians, Drama is an elective taught at UHS. This class studies many aspects of acting and theater and also helps to put on the two theatrical productions UHS performs each year. This course is taught in the afternoons, and interested students should notify their counselor or registrar to enroll.

Student Wellness

At UHS, we also recognize the need to support student wellness. In addition to having two fulltime academic counselors on campus, we also have a counseling curriculum. The focus of the freshmen year is, “Who Am I?” Students will not only participate in activities with their Peer Mentors that examine their personalities and how to become U.H.S. (Understanding, Honorable, and Studious), they will also read *7 Habits of Highly Effective Teens*. Lastly, in order to help students more deeply connect to who they are, students will write bi-monthly prompts which center on character reflection and developing a strong sense of self.