

**STEARNS**

**JUNIOR-SENIOR**

**HIGH SCHOOL**

**Program of Studies  
For Students and Parents**

Stearns Junior-Senior High School 2023-2024

199 State Street

Millinocket, ME 04462

HYPERLINK "http://www.millinocketschools.org"

[www.millinocketschools.org](http://www.millinocketschools.org)

## TABLE OF CONTENTS

FERPA	3
AFFIRMATIVE ACTION POLICY	4
GRADUATION REQUIREMENTS	5
4-YEAR COLLEGE PREP	6
2-YEAR OR JUNIOR COLLEGE PREP	7
ENGLISH COURSES	8
MATH COURSES	10
SCIENCE COURSES	13
BUSINESS COURSES	16
SOCIAL STUDIES COURSES	18
FOREIGN LANGUAGE COURSES	20
PHYSICAL EDUCATION AND HEALTH COURSES	21
PERFORMING AND VISUAL ARTS COURSES	23
REGION III - VOCATIONAL EDUCATION COURSES	28
OTHER ACADEMIC OPPORTUNITIES	33

## **Millinocket School Department Annual Notice of the Family Educational Rights and Privacy Act**

The Millinocket School Department wishes to remind all parents of children under the age of 18 and adult students of their rights to inspect and review the education records in accordance with the law and the following procedures:

*Parents must request in writing to review or inspect the records through the principal at each individual school. An appointment will then be made to review the records and a school official will be present.*

Directory information on students, such as names, ages, grade, field of study, participation in officially recognized activities and sports and awards received, may be made public without notice, unless the school is notified in advance that such information is to be withheld.

The Millinocket School Department forwards education records to other agencies or institutions that have requested the records and in which the student seeks or intends to enroll.

Remember as a parent, you have the right to:

1. Receive, upon request, a list of the types and locations of educational records kept on your child.
2. Inspect and review any of your child's records.
3. File a complaint with the U.S. Department of Education.
4. Ask for an amendment of any record on the grounds that it is inaccurate, misleading or violates privacy acts.
5. Give prior written consent to disclose any personally identifiable information from the education records.

For a review of all regulations and policy concerning these rights, contact any school principal or guidance counselor.

**MILLINOCKET SCHOOL DEPARTMENT  
AFFIRMATIVE ACTION POLICY**

The Millinocket School Department recognizes the dignity of the individual student/employee to work and learn in an environment, which is free of discrimination on the basis of sex, race, national origin, age, religion, marital status, or handicap. Accordingly, students and employees are prohibited from engaging in discriminatory practices. In addition, the Millinocket School Department assures that it will comply with all Federal and State laws, rules, and regulations which exist regarding civil and human rights.

Assurance of non-discrimination will be provided through compliance with policies and procedures developed by the Millinocket School Department.

The need for such policies and procedures, and their development and inclusion in current administrative requirements, shall be documented through the maintenance of Millinocket School Department Affirmative Action Plans.

Responsibility for implementing and enforcing this policy rests with the Superintendent of Schools and/or the Affirmative Action Officer designated by the Millinocket School Department.

## **STEARNS HIGH SCHOOL GRADUATION REQUIREMENTS**

**TOTAL NUMBER OF CREDITS TO GRADUATE: 22 MINIMUM (AT LEAST 6 CREDITS PER YEAR)**

- FOUR CREDITS OF ENGLISH
- THREE CREDITS OF MATH (ALGEBRA I, GEOMETRY, AND ALGEBRA II)
- THREE CREDITS OF SCIENCE (FRESHMAN SCIENCE, BIOLOGY, AND A SCIENCE ELECTIVE)
- THREE CREDITS OF SOCIAL STUDIES (MODERN WORLD HISTORY, AMERICAN HISTORY, AND GOVERNMENT)
- ONE CREDIT OF FINE ARTS
- ONE CREDIT OF HEALTH
- ONE CREDIT OF PHYSICAL EDUCATION

STUDENTS MUST SHOW PROOF OF THE COMPLETION OF THIRTY HOURS OF COMMUNITY SERVICE.

SUCCESSFUL COMPLETION OF THE NEW ENGLAND COMMON ASSESSMENT PROGRAM (NECAP) AND MAINE EDUCATION ASSESSMENTS (MEA) AS EVIDENCED BY MEETING THE STANDARDS ESTABLISHED BY THE MAINE DEPARTMENT OF EDUCATION AND THE LOCAL ASSESSMENT SYSTEM WILL ALSO DETERMINE IF THE STUDENT EARNS A DIPLOMA OR A CERTIFICATE OF COMPLETION.

## 4-YEAR COLLEGE PREPARATORY PROGRAM

The four-year College Prep is designed for students pursuing a four-year degree (Baccalaureate) or college program leading to a professional career.

Some careers such as: medical doctor, lawyer, teacher, business executive, accountant (CPA), physical therapist, nurse (BSN), scientist, engineer, psychologist, counselor, social worker, forester, environmental scientist, architect, pharmacist, artist, musician, require a 4 year degree.

### RECOMMENDED COURSES:

#### **Grade 9**

English I  
Pre-Algebra or Algebra I  
Freshman Science  
Foreign Language I  
Fine Arts (Art, Chorus, Band)  
Physical Education  
Modern World History

#### **Grade 10**

English II  
Geometry  
Biology  
Foreign Language II  
Physical Education  
Health  
Elective

#### **Grade 11**

English III  
American History  
Algebra II or Pre-Calculus/Trigonometry  
Chemistry or Science Elective  
Elective

#### **Grade 12**

English IV  
Pre-Calculus/Trigonometry or Calculus  
Science Elective  
American Government  
Math Electives  
Electives

## **2-YEAR OR JUNIOR COLLEGE PREPARATORY PROGRAM**

The two-year or Junior College Prep is designed for students pursuing an associate degree, diploma or certificate in a university, business college, community college, or technical college or those preparing directly for work force.

Some typical careers include: medical lab technician, x-ray technician, carpenter, electronics technician, child care worker, physical therapy assistant, veterinary assistant, nurse (LPN, CAN or RN-Associate Degree), machinist, welder, chef, dental hygienist, automotive technician, engineering technician, drafter, graphic artist.

### **RECOMMENDED COURSES:**

#### **Grade 9**

English I  
Pre-Algebra or Algebra  
Freshman Science  
Fine Arts (Band, Chorus, Art)  
Modern World History  
Elective

#### **Grade 10**

English II  
Geometry  
Biology  
Physical Education  
Health  
Electives(s) may choose technical course with approval

#### **Grade 11**

English III  
American History  
Algebra II  
Chemistry  
Elective Course or Business  
Career Elective(s) or other electives

#### **Grade 12**

English IV  
Math (elective)  
American Government  
Physics – Recommended for engineering and other technical careers  
Anatomy – Recommended for health careers  
Computer/Business or Career Elective(s)

## ENGLISH COURSES

**ENGLISH I (Freshman):**  
**1 Credit**

**Course Number: 0800**

Focus shall be placed on a yearlong exploration of a central idea. Specific units will use fiction, nonfiction, drama, and poetry to look at personal, cultural, and interpersonal relationships to the central idea. In addition to reading and writing, students will complete research projects, and study vocabulary and grammar throughout the year.

**ENGLISH II (Sophomore):**  
**1 Credit**

**Course Number: 0806**

The sophomore English program has its focus on World Literature. An additional component is the development of writing skills. The process includes the procedures for essays, reports, and writing prompts. Style, content, mechanics, and presentation are all foci of these activities. Class discussion, oral interpretation, written and oral presentation, and collaborative study will be integrated in this course.

**ENGLISH III (Junior):**  
**1 Credit**

**Course Number: 0812**

This American Literature course is required for all juniors. Course content will emphasize 20th century American writers including F. Scott Fitzgerald, Arthur Miller, and Harper Lee. There will be multiple opportunities for students to improve their reading comprehension and writing skills as well as sharpen their critical thinking skills.

**ENGLISH IV (Senior):**  
**1 Credit**

**Course Number: 0812**

This survey course is required for all seniors. The focus of this course is developing real-life application of the writing process, as well as reading and writing skills across audiences and contexts. Course content will include non-fiction, poetry, drama, novels, multimedia work, and a research project. Additionally, students will write personal essays, resumes, and cover letters.

**HONORS ENGLISH I**

This course is for the student with above average reading and writing skills. Student learning will focus on exploration of a central idea using fiction, nonfiction, drama, and poetry to look at personal, cultural, and interpersonal relationships to the central idea. Grammar study, critical analysis, and the writing process will form an integral part of this course. Inquiry, research, and critical thinking will be necessary to achieve success.

**Prerequisite: Student must have attained a grade of 90 or better in Grade 8 English.**



**HONORS ENGLISH II:**

***Course Number:0824***

***1 Credit***

This course is for the student with above average reading and writing skills. It serves as a preparatory class for those who will take Honors or AP English at the junior and senior levels. Students will study world literature with a focus on modern literature and will also work from supplementary texts. A research paper is a critical part of the course work. Composition skills, critical analysis and grammar study are incorporated into the course, as are oral presentations and small group projects.

**Prerequisite: Student must have attained a grade of 90 or better in English I.**

**HONORS ENGLISH III:**

***Course Number: H818***

***1 Credit***

This course examines in-depth the essential character of the American through in-class and independent readings of short stories, sketches, essays, novels, poems, biographies, and dramas selected from representative movements in American literature. The student is encouraged to develop clear, precise written and oral communication skills through a variety of composition, speech, and class discussion assignments, the ability to read mature works of literature independently of the teacher and to discuss and write about meaning and technique in a logical, persuasive manner. The course includes intensive reading and extensive writing.

**Prerequisite: Student must have attained a grade of 90 or better in English II and secure written permission from the instructor.**

**HONORS ENGLISH IV**

***1 Credit***

This course examines the essential character of the Briton through in-class and independent reading and writing. Course content will include non-fiction, fiction, poetry, drama, novels, and a research project/presentation. The course requires the ability to read mature works of literature independently and to discuss and write about meaning and technique in a logical, persuasive manner.

**WORDS AND EXPERIENCE: A WRITING WORKSHOP**

***1 Credit***

This course is based on two ideas: doing interesting things and writing. Students will engage in a spectrum of activities, planned and impromptu, including culinary arts, personal and community enrichment, and publishing, with a focus on the written word culminating in a writing portfolio of their experience. Writing will include informative, narrative, and poetic. Students will also be required to help facilitate the beginnings of our new Writing Center program, currently in its developmental stages. Prerequisites include a sample of student writing and permission from the instructor, Mr. Brown. 12 Student maximum.

# MATH COURSES

## **PRE-ALGEBRA:**

***Course Number: 0203***

***1 Credit***

Pre-Algebra is designed to prepare students for the study of algebra and geometry by providing a strong foundation in skills and problem solving. Topics covered include rational numbers, decimal numbers, integers, solving equations, number theory, ratios, percent's, proportions, solving inequalities, graphing, measurement, polynomials, statistics and probability.

## **ALGEBRA I:**

***Course Number: 0205***

***1 Credit***

In this course, students will understand and demonstrate a sense of what numbers mean and how they are used. They will be asked to describe the real number system and identify its appropriate applications and limitations. They will be asked to use various computation techniques to approximate solutions, determine the reasonableness of answer, and justify the result.

Data Analysis and Statistics is introduced and students are shown how to determine and evaluate the effect of variables on the results of data collection, how to predict and draw conclusions from charts, tables, and graphs that summarize data from practical situations. The idea of random sampling and its role in statistical claims and designs for data collection is touched upon as is finding the probability of compound events.

Students are asked to use measurement tools and units appropriately and recognize limitations in the precision of the measurement tools. They will create graphs that represent real life situations and then draw inferences from it. They will analyze, translate, solve and explain real-life problems using symbolic language (both equations and inequalities). Students taking this course should have successfully met the 8<sup>th</sup> grade Maine Learning Results.

## **GEOMETRY:**

***Course Number: 0207***

***1 Credit***

This is an axiomatic treatment of Geometry. Proofs, both formal and informal are used throughout the course. Additional topics include parallel lines and planes, congruent and similar polygons, right triangle geometry, a study of circles, and areas and volumes of plane figures and solids. Coordinate geometry is explored and the constant use of algebra necessitates successful completion of Algebra I.

**Prerequisite: Algebra I**

**ALGEBRA II:****Course Number: 0210****1 Credit**

In Algebra II, the student acquires advanced skills in algebraic operations and techniques with improved accuracy and ability in applying them; increases his knowledge of functional relationships, properties and variations, and strengthens his ability to use algebra to analyze, solve problems, and to express abstract ideas. This course provides a sound basis for further study in mathematics and the sciences. Standards covered are Number/Quantity (The complex number system), Algebra (Seeing structure in expressions. Arithmetic with polynomials and rational expressions, Creating Equations, and Reasoning with equations and Inequalities), Functions (Interpreting Functions, Building Functions, and Linear and exponential models) and Statistics/Probability (Interpreting Categorical and Quantitative Data, Making Inferences and justifying conclusions, Conditional probability and the rules of probability, and Using probability to make decisions).

**Prerequisite: Algebra I****PRE-CALCULUS:****Course Number: 0212****1 Credit**

Pre-calculus completes the formal study of the elementary functions begun in Algebra 1 and Algebra 2. Students focus on the use of technology, modeling, and problem solving involving data analysis, trigonometric and circular functions, their inverses, polar coordinates, complex numbers, conics, and quadratic relations. **Prerequisite: Algebra II with a “C” or better.**

**TRIGONOMETRY:****Course Number: 0230****1 Credit**

Student will study relations, functions, graphs, trigonometry, polar coordinates, complex numbers, limits, and derivatives. The student will analyze and graph mathematical functions. There is an emphasis on verification of trigonometric identities using all of the basic trigonometric identities. Students will use graphing calculators in activities that are appropriate to the topics being studied. **Prerequisite: Pre-Calc or Permission from Instructor**

**STATISTICS:****Course Number: 0215****1 Credit (Grades 11 & 12)**

This is a year-long college level statistics course. Approximately 75% of college courses of study require a statistics course. Areas of study include Exploring Data, Sampling and Experimentation, Probability, and Statistical Inference. Graphing calculators are integral to this course. Stearns High School will provide calculators to all students taking this course.

**Prerequisite: “C” or better in Algebra II**

**CALCULUS:**

***Course Numbers: 0213***

***1 Credit***

This course is primarily concerned with developing the students' understanding of the concepts of calculus and providing experience with its methods and applications. It emphasizes a multi-representational approach to calculus, with concepts, results and problems being expressed graphically, numerically, analytically, and verbally. The connections among these representations are also important.

Special Note: Technology will be used regularly to reinforce the relationships among the multiple representations of functions, to confirm written work, to implement experimentation, and to assist in interpreting results. A TI-89 is recommended and will be used throughout the course.

**Prerequisite: "C" or better in Pre-Calculus and Trigonometry or permission of instructor**

**HONORS MATH:**

***Course Number: 0214***

***1 Credit***

This is a year long course offered to any student who has completed Algebra II. Areas of study include Inequalities and Absolute Value, Matrices, Determinants, and Systems of Equations, Number Theory, Series and Sequences, Counting Principles and Binomial Theorem, Exponents and Radicals, Complex Numbers, Logs and Log Equations, Trig Mechanics, Trig Equations & Identities, Circles and Spheres, and Conics.

**Prerequisite: Algebra II**

## SCIENCE COURSES

### **FRESHMAN SCIENCE:**

***Course Number: 0102***

***1 Credit***

A study of the physical earth with emphasis on the waters and the atmosphere, including principles and concepts of geology; plate tectonics; environmental phenomena; earthquakes, volcanoes, seismic sea waves, landslides, surface processes, earth resources, wastes and hazards. Labs will include the topics of earthquakes, hydrology, geology, weather phenomena and the oceans.

### **BIOLOGY:**

***Course Number: 0105***

***1 Credit***

This course is available to students interested in science and mathematics. This will be a laboratory-oriented course with an emphasis on science as an inquiry. The content basis for this program will be a physiological, biochemical and evolutionary approach in nine unifying themes. Units covered will include cell biology, heredity, microbiology, botany, zoology, evolution, environmental and biological topics related to social problems. Representative members of both the plant and animal kingdoms will be dissected. Projects, scientific papers AND portfolios will be required. This is a lab based course.

### **ANATOMY AND PHYSIOLOGY (Human Biology):**

***Course Number: 0106***

***1 Credit***

This course will introduce the college bound students with an interest in the biological sciences, the principle of the structure, and function of the human body. This course stresses detail with major activities such as laboratory studies with dissection work, microscopic studies and physiology lab work. Library research and independent studies are encouraged. Projects and portfolios will be required. This is a lab based course.

**Prerequisite: Biology**

### **ANIMAL SCIENCE**

***1 Credit***

This course will incorporate taxonomic classification, North American wildlife identification, animal behavior and training, animal health (including basic anatomy and physiology), wildlife rehabilitation, and wildlife techniques.

**Prerequisite: College Biology**

**CHEMISTRY:**  
***1 Credit***

***Course Number: 0107***

Great emphasis is placed on the activities of experimentation and observation as the basis for the knowledge of chemistry. Essential chemistry is presented in terms of understanding and/or interpretation of facts in a consistent and systematic manner. It is designed for students who according to their records and interest, demonstrate a better than average ability in mathematics, science or science related subjects. **Prerequisite: Freshman Science, Algebra II (currently taking or already passed)**

**PHYSICS:**  
***1 Credit***

***Course Number: 0113***

The major focus of this course is to learn how to model physical phenomena through visual, graphical and mathematical techniques, and to apply the different models in a variety of applications. In this inquiry based class, teams of students work together to collect and analyze data, explore topic material, and discuss relevant information.

The major topic areas include: motion, forces, and energy. The process of learning how to handle new information and develop problem solving strategies is stressed in this course.

***Prerequisite: Algebra II and Geometry***

**FORENSIC SCIENCE**  
***1 credit***

This course is for students to delve into forensics. This will be a laboratory oriented course. The content basis for this program will be a physiological, biochemical approach to forensics (blood, fingerprints, hair, drugs, and ballistics). This is a lab based course. Projects and portfolios will be required.

**Prerequisite: Lab Biology**

**INTRODUCTION TO ENGINEERING DESIGN**  
***1 credit***

**Co-Teachers Ms. Guy and Mrs. DeMello**

Introduction to Engineering Design is appropriate for high school students who are interested in design and engineering or another technical career. The major focus of this course is to expose students to a design process, professional communication and collaboration methods, design ethics and technical documentation. Introduction to Engineering gives students the opportunity to develop skills in research and analysis, teamwork, technical writing, engineering graphics, and problem solving through activity, project, and problem-based learning. Introduction to Engineering also allows students to develop strategies to enable and direct their own learning, an ultimate goal of education.

**Pre-requisite: Algebra 1, Geometry**

**PATHOPHYSIOLOGY**

***1 credit***

An introduction to the basic concepts of pathophysiology. Students examine the phenomena that produce alterations in human physiologic function and the resulting human response. Upon completion of this course, students will understand pathophysiological changes, including how pathological processes are manifested, progress in the body, and primary and secondary effects.

**Pre-requisite: Biology**

## BUSINESS COURSES

### COMPUTER APPLICATIONS:

#### *1 Credit (Grades 9-12)*

Students will learn how to use industry leading business applications including Microsoft Office 365-Word, PowerPoint, Access, Excel and the online environment that hosts these applications. **Juniors and Seniors only or Permission from Instructor**

### COMPUTER SCIENCE DISCOVERIES

**Computer Science Discoveries** replaces **Digital Art** (taught by anyone at the 8th grade level, but possibly offered to higher level as well) - No prerequisite

CS Discoveries is an introductory course for 6-10th grade students that can be flexibly taught as a single semester, two semesters over multiple years, or as a full year course. Mapped to CSTA standards, the course takes a wide lens on computer science by covering topics such as problem solving, programming, physical computing, user-centered design, and data, artificial intelligence, and machine learning, while inspiring students as they build their own websites, apps, games, and physical computing devices.

### COMPUTER SCIENCE PRINCIPLES

**Computer Science Principles (Intro and AP course)** replaces **Creative Applications** Designed for 9 - 12 grade students, CS Principles introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology can impact the world. This year-long course can be taught as an introductory course and as an AP course - no prerequisites required for students or teachers new to computer science! CS Principles complements CS Discoveries with a deeper focus on concepts such as how the internet works and the societal impacts of computer science.

### COMPUTER SCIENCE A

**Computer Science A (CSA) - Prerequisite CS Principles or CS Discoveries** replaces Digital Design

Computer Science A (CSA) introduces students to software engineering and object-oriented design while learning the Java programming language. The Code.org CSA curriculum is recommended for any high school student who wants to continue their computer science education after completing an introductory course, such as CS Principles or CS Discoveries. Students expand their programming skills by developing solutions in the Java programming language, building on the knowledge they acquired from their previous introductory computer science course. (The prerequisites will need to be waived for the first year, but only for students with an advanced math class (trig or pre-calc))



**BUSINESS & PERSONAL FINANCE:**

**Course Number: 0516**

***1 Credit (Grades 9-12)***

This is a course designed to educate students of their financial responsibilities as citizens, students, family members, consumers, and active participants in the business world. Students will learn math skills that will help them understand basic banking skills, insurance, investments, and budgeting. The course will also focus on career decisions, money management, financial securities, credit management, resource management (renting vs. buying a residence, buying and caring for a vehicle), and risk management (focusing on property, liability, health, and life insurance decisions). **Juniors and Seniors only**

**ACCOUNTING:**

***1 Credit***

This is an upper level class (Juniors and Seniors) in which we will cover three types of businesses – proprietorship, partnership, and corporation in presenting a complete accounting cycle that covers analyzing transactions, journalizing, posting, petty cash, financial statements, and adjusting and closing entries. Whenever possible, we will cover these topics from the perspective of a business owner. **Juniors and Seniors only**

**GAME DESIGN:**

***1 Credit***

This course introduces students to basics of game design and character development using cutting edge tools like Adobe's new Fuse app in an intensive, hands-on collaborative experience. Learn to create characters, develop characters and start the process of creating a 3D game using the latest Adobe tools. **Prerequisite: must have successfully completed Digital Design or Creative Applications**

## SOCIAL STUDIES COURSES

### **MODERN WORLD HISTORY:**

***Course Number: 0316***

***1 Credit (Grade 9 Required)***

A course designed to connect students to the history of the modern world with an emphasis on geography. From the early River Valley civilizations to the 20<sup>th</sup> century of change and conflict to the effects of September 11, 2001, students will learn about the relationship of events and people; will develop historical knowledge of enduring themes in world history; and will develop an understanding of how our past helps to define who we are today.

### **AMERICAN HISTORY:**

***Course Number: 0304***

***1 Credit (Grade 11 Required)***

American History 304 is a survey of the political, economic, cultural, and social landscape that begins with Reconstruction and ends with the present administration. Students will focus on the enduring themes and the critical crossroads that animate major historical eras, paying particular attention to unique constitutional imperatives and evolving ideological presumptions. Throughout, the course will stress divergent historical interpretations and their political use.

### **AMERICAN GOVERNMENT:**

***Course Number: 0307***

***1 Credit (Grade 12 Required)***

Government 307 is a survey of the philosophical foundations, the ideological assumption, the constitutional structure, and the economic imperatives that are the bed-rock of the American political system. Integral to the course are an examination of the evolving rights and responsibilities of citizenship and a basic awareness of the global political and economic forces that shape reality. An introduction to Economics, both micro and macro, will also be presented.

### **CURRENT EVENTS:**

***Course Number: 0600***

***1 Credit (Grades 11, 12 and 10 with instructor's permission)***

This is a year long course that takes a look at the current issues facing our community, state, country and world. Students will research and develop theories on how to observe these current issues. Students will gain a better understanding of the issues we face today and in the future. There is no text book for this course, students will be studying the world around them via: Newspaper, Television, Magazines and Internet and connecting themes and patterns learnt in history and government classes with the world they live in today.

### **INTERNATIONAL RELATIONS AND GLOBAL POLITICS:**

***(Grade 11 & 12)***

This course is designed as an introduction to examine the multifaceted nature of politics and economics; theory and practice; and the development of international relations.

**CASE LAW**  
**(Grades 9 - 12)**  
**1 Credit**

Students will analyze criminal and civil cases through mock trials, debates, simulations, crime scene re-enactments, and Socratic discussion. Competitions and extension activities are an integral part of the course as culminating programs. Students will work with attorneys, law enforcement agencies, and neuropsychologists to enhance their understanding of legal proceedings. Class is limited to six; advanced reading is required.

**STREET LAW**  
**Grades 9 - 12**

Learn the law and your rights through practical hands-on experiences. Students will participate in the following opportunities: Mock Trial, Moot Court, Debate, Project Citizen, and extension trips to enhance their learning of the law. Students will also travel to Harvard University in Cambridge for the High School Mock Trial Seminar Program in October. Advanced **reading** skills are required.

**JOURNALISM 101:**  
**Grades 9 - 12**

This class offers a hands-on approach to journalism; students will create and maintain a school newspaper, design and develop a live broadcasting studio, and learn the legal intricacies of journalism. Students will also learn the Associated Press writing format. If you like to write and have a nose for news, this class is for you! Advanced writing skills are required.

**WE THE PEOPLE: THE CITIZEN AND THE CONSTITUTION**  
**1 Credit**

Tired of lawmakers making irresponsible decisions. The only way to make a difference is to know the Constitution. Through the study of the Constitution using the *We The People: The Citizen and the Constitution* text, debates, and online graduate courses, students will apply their learning through simulated hearings. From December to February, We the People high school classes compete at state competitions throughout the country. Each spring, the state winner and wild card classes are eligible to participate in the We the People National Finals in the Washington, D.C., area at the National Conference Center in Leesburg, Virginia. This is an advanced class and requires the approval of the English Department.

## FOREIGN LANGUAGE COURSES

**FRENCH I:**  
***1 Credit***

***Course Number: 0400***

**French 1** will provide the student with a general introduction to the French language through the practice of listening comprehension, speaking, reading and writing skills. Students will further their language learning by comparing and contrasting different cultural practices. (TBD)

**FRENCH II:**  
***1 Credit***

***Course Number: 0401***

**French 2** is a continuation of the four basic language skills. Short reading passages will provide students opportunities to explore vocabulary, sentence structure and writing skills. Students will continue to explore cultural activities not presented in French 1. (TBD)

**FRENCH III:**  
***1 Credit***

At this level the emphasis shifts to the skills of reading and writing. Book reports, extensive reading, and French conversation will be expected. A grammar review will be done. Readings will be of literary, historical and cultural importance. All work will be completed in French. Students must have an 80 or above average or by permission of the instructor. Classes will be conducted in French 90% of the time. (TBD)

**SPANISH I:** ***Course Number: 0404***  
***1 Credit***

**Spanish 1** will provide the student with a general introduction to the Spanish language through the practice of listening comprehension, speaking, reading and writing skills. Students will further their language learning by comparing and contrasting different cultural practices

**SPANISH II:** ***Course Number: 0405***  
***1 Credit***

**Spanish II** is a continuation of the four basic language skills. Short reading passages will provide students opportunities to explore vocabulary, sentence structure and writing skills. Students will continue to explore cultural activities not presented in Spanish I.

# PHYSICAL EDUCATION AND HEALTH COURSES

## **PHYSICAL EDUCATION:**

*Course Number: 0900*

*1 Credit*

The physical education program is structured so students may broaden their education through means of physical activity. Students are provided with opportunities to improve in self-awareness, in-game knowledge and game sense, and in skill competency. Students will develop and improve personal and social behaviors, develop knowledge to be physically fit and take part in various lifetime activities.

### **Individual & Dual**

Paddle Ball

Tennis

Golf

Physical Fitness

Weight Training

### **Team**

Basketball

Football

Volleyball

Floor Hockey

Softball

### **Recreational**

Table Tennis

Hunter Safety

Badminton

Aerobics

Team Handball

## **HEALTH:**

*Course Number: 0904*

*1 Credit (Required Course for graduation)*

Health is a comprehensive health class that encompasses the Maine Learning Results Health Education Standards for grades 9-12. A variety of topics will be covered with emphasis on physical, social, emotional and mental health as it relates to each unit studied. Units were chosen based on the MLR and the six categories of health risk factors for teens compiled by the CDC (Center for Disease Control and Prevention). The units taught in the first half will include: health foundations/wellness, decision-making, communication skills, stress management, nutrition/eating disorders, violence/abusive relationships, harassment and conflict skills. Units covered in the second half include drug, tobacco, and alcohol prevention, refusal and coping skills and human sexuality (reproduction, growth and development, abstinence, birth control, sexually transmitted infections and HIV). A variety of lessons, activities and assessments will be used in this course to ensure all students success.

## **HIGH SCHOOL OUTDOOR EDUCATION**

*3 Credits*

This course is a comprehensive introduction to outdoor skills and activities including kayaking, canoeing, mountain biking, hiking, cross country skiing, snowshoeing, navigation, fire starting, outdoor cooking, survival skills, and more. Learn to manage risk and safety in the outdoors, prepare for a variety of conditions, and adventure outdoors while leaving no trace. Students must be prepared for a high level of physical activity and should expect to go outside in a wide range of weather conditions. No previous experience is required. Course is limited to 11 students.

### **TRADITIONAL KARATE CLASS:**

This course is an introduction to the martial arts at Stearns. The course will work on flexibility gains; balance improvement; through the physical movements of karate. The style is Shotokan a hard style Japanese karate. Topics to be taught are “kihon” basic karate techniques; and “kata” the forms taught to help connect your techniques (the artist part); any “kumite” (sparring) is non-contact in pre-set groups to teach timing and distance control. Self Defense techniques will be explored throughout the training in class. Both the physical and philosophical aspect of karate will be taught. The class will be taught by Mr. Mc Gibbon a licensed Black Belt and instructor for Shotokan Karate International Federation.

### **BIKE/GEAR MAINTENANCE AND TRAIL BUILDING**

In this course, taught in collaboration with the Katahdin Gear Library, students will learn the basics of bike mechanics, as well as ski and gear maintenance. We will follow the Park Tools curriculum for bicycle mechanics. There is a possibility of working on trail-building skills as well. Instruction will take place primarily at the Katahdin Gear Library downtown. This is a one-semester course, open to 11 students.

## PERFORMING AND VISUAL ARTS COURSES

The performing and visual arts student, if involved with the program throughout their high school career, should develop the ability to express ideas and feelings as well as:

- Use the vocabulary, elements, principles and structures of art forms to communicate ideas, feelings, and moods and to interpret meaning in others' work;
- Use problem solving skills, the creative process, reflection and self-evaluation in creating, revising, and refining works in progress;
- Use a variety of approaches, styles, media, and performance modes to develop and create works;
- Understand the roles, relationship, and differences between and among the performing arts and use knowledge and skills inherent in the arts in other disciplines.

Through the study of performing and visual arts the student will learn to:

- Understand how the arts shape and are shaped by prevailing cultural and social beliefs and values;
- Recognized exemplary works from a variety of culture and historical periods;
- Use knowledge of artistic elements and principles to determine how and when the arts are being used to manipulate, to persuade, and to influence.

It is a State Requirement that all students need one credit in Performing and Visual Arts in order to graduate from high school. This credit may be obtained by participating in the following courses sometime during their high school career.

**HIGH SCHOOL CONCERT BAND: (Fine Arts Elective)**  
***1 Credit (Grades 9-12)***

***Course Number: 0001***

The band deals primarily with concert band literature and attempts are made to perform a wide a variety of musical styles from different periods of music. The band performs in concert two to three times per year and also attempts to attend at least one Concert Band Festival during the school year. Band is open to all school students who play a wind instrument or percussion.

In addition, the concert band members are required to serve as members of the pep band for football and basketball games, including football playoffs and basketball tournament games.

**CONCERT CHORUS (Option for Performing Arts Requirement/Elective):**

***1 Credit***

This course is designed for all high school students as an option to fulfill their fine arts graduation requirements in a performance based class. Concert chorus is designed to increase the student's musical vocal abilities, technical skills, develop musical and self expression all in an enriching and enjoyable class requirement. This course also acts as a foundation to many performing arts co-curricular activities. If you are interested in Unified Harmony Show Choir, Jazz Band, One Act, and the Fall Musical, we recommend you take this performance based class. At the completion of this course, students should achieve proficiency in all required performing arts standards in the required graduation standards.

**SOUND ENGINEERING/VIDEO PRODUCTION**

***Course Number: 0729***

***1 Credit***

Interested in the recording industry? Want to work as a producer or engineer, in a recording studio, in live sound production, in audio for film, television and video games, or anywhere else in audio industry?

This course is designed to give you hands on practical experience in audio engineering and give you a glimpse into a possible career in audio. Students learn the techniques and technology used in modern audio careers. Students participate in extensive hands-on work in a studio and a live sound environment. Students will use microphones, mixing consoles, workstations and signal processors.

This course also offers an overview of audio production theory and technology. It gives the student a useful vocabulary covering the area of audio production and provides the student with the basic theory upon which production skills can be built.

Are you creative, organized and expressive? Do you love television and film? Are you interested in a career in Television or Film Production? Then Video Production will give you the exposure and experience you need to achieve these goals.

Students in Video Production will learn the technical, operational, and creative basics of single camera production. Students will focus on skills used in producing, directing, and production management. As well as incorporating hands on experience in equipment applications including videography, lighting, field audio, and video editing.



**MUSIC APPRECIATION (Option for Performing Arts Requirement/Elective):**

***1 Credit***

This course is designed for all high school students as an option to fulfill their fine arts graduation requirement if they choose not to take a performance based class (example: Chorus, Band, or Art). Course topics covered are: An overview of Music History, a basic introduction to Music Theory, as well as basic level piano/MIDI instrument musical performance. At the completion of this course, students could achieve proficiency in all required performing arts standards in the required graduation standards.

**MUSIC THEORY AND HISTORY(Elective):**

***1 Credit***

This course is designed for anyone who is thinking about a career in music, or anyone who wants a finer appreciation of music structure and history. This course covers the history of western music as well as the structure, complexity, and science of the musical composition, and how the two are intertwined. This course will dive more deeply into the theoretical and historical aspects of music than it is possible to do in a performance based course. One year of high school chorus or band is recommended, but is not required.

**MUSIC THEORY AND HISTORY II(Elective):**

***1 Credit***

This course covers more advanced and a deeper understanding of Music Theory and History than in Music Theory and History I. Students will be taught the basics of percussion, Piano, and Guitar, and will be expected to play all at a beginner's level. Composition will also be a part of this course. Students will compose and analyze choral music in the styles of the major musical eras. At the completion of this course, students will be very well prepared to take college level theory and history.

**Pre-Requisite: Music Theory and History I**

**MUSICAL THEATRE (Elective):**

***1 Credit***

This course is designed for anyone who is thinking about a career in acting, musical theatre, or theatre production, or anyone who would like to have a finer understanding of American Musical Theatre and what that business entails. Course topics covered are: Musical Theatre Acting, Musical Theatre Performance, Set Design, Lighting Design, Sound Design, Costume Design, Make-Up Design. Other course topics include: Musical Theatre History, Musical Theatre Business, and live performance production as a whole. At the completion of this course, students will have a deeper understanding, appreciation, and ideas on careers in the performing arts industry. Also, students who are wishing to participate in Unified Harmony Show Choir, Jazz Band, One Act, and the Fall Musical are encouraged to take this course, as it will support these programs by giving a deeper understanding of the skills involved in these co-curricular opportunities.

## **INTRODUCTION TO GUITAR:**

**Course Number: 0017**

### ***1 Credit***

This class is a performance based class and is designed for the beginning guitar student. Students will learn and apply music fundamentals to the guitar. Included in those fundamentals are proper technique, reading notation, fingerboard geography, rhythmic skills, style and interpretation, and performance etiquette.

The end result of this class will hopefully inspire the student to work independently, continue further study on guitar, and/or seek private instruction. This class will help set the stage for improvisation, composition, and student performance. Students will be required to perform for an audience twice a year.

## **STAGECRAFT**

### ***1 Credit***

Stagecraft is designed to give you a basic understanding of design, construction and/or use of theatrical scenery, properties, lighting equipment, sound equipment, theatrical rigging systems and the proper and **SAFE** use of hand and power tools associated with these areas. This is a hands-on class and all students are expected to participate. There will be reading assignments and other special materials on which class discussions will be based.

## **ACTING I**

### ***1 Credit***

This course introduces the various aspects of acting, theater terminology, and theatre history. The course aims to focus the student actor by concentrating on physical movement, strong and correct verbal skills, and character creation. These skills are blended through scenes, monologues, improv techniques and theater history. Coursework includes written responses on script analysis, character analysis, and various acting topics. Students may need to participate in some out of class activities.

## **ACTING II**

### ***1 Credit***

Acting II picks up where Acting I leaves off and goes more in depth with performance styles and scene work. Review of basic acting techniques and skills are revisited, but a more in depth focus on training the student actor for various performance styles is highlighted through performing scenes from various genres of theatre. Students also explore Improv as a tool to create scenes, monologues and characters. Students are exposed to theater history through scene and monologue work.

## **STAGECRAFT II**

### ***1 Credit***

This will be an advanced level of stagecraft that focuses more on Lighting and Sound Design and Techniques.

## **HONORS/CHAMBERS/SELECT CHORUS**

### ***1 Credit***

This course provides more advanced vocal techniques for the tenth through twelfth grade student who wishes to continue vocal/choral studies. Prerequisite: 1 Year of Concert Chorus. Vocal pedagogy will be stressed in preparation for higher levels of choral excellence. Grades will be given for concert attendance, preparation of the music studied. Performances would be more frequent and possibility of traveling to festivals.

## **ART I:**

***Course Number: 0023***

### ***1 Credit (Grades 9-12)***

Art one is an introductory visual arts class offered to any freshman, sophomore, junior or senior needing a fine arts credit. Art one is a studio based program organized around the elements and principles of design, incorporating history and the human experience. Students will be learning different techniques, utilizing both traditional and non-traditional mediums guided by historical reference.

## **ART II:**

***Course Number: 0024***

### ***1 Credit (Grades 10-12)***

Art II class will be filled by teacher-approved students only. Interested students will need to petition the art teacher for a signature. Each student will be considered based on his or her individual merits. Art II students will delve deeper into the sources of creativity, inspiration, and achievement in art. Students will develop and maintain an individual portfolio of their artwork. (Grades 10-12, Art I and instructor permission required).

## **REGION III - VOCATIONAL EDUCATION COURSES**

### **LAW ENFORCEMENT:** ***3 Credits (Grades 11 & 12)***

***Course Number: 0713***

The “Law Enforcement (Public Safety Careers) Program” is designed to introduce students to a career that is exciting and personally rewarding. This is an academically rigorous and physically demanding program that emphasizes teamwork and communication skills. Students will be asked to demonstrate a positive attitude and good moral and ethical characteristics that exemplify that of a Law Enforcement Officer. They will also have exposure to (32) other Public Safety Professions. Students will obtain their OSHA 10-Hour Safety Certification Card, AHA Basic Life Support (BLS), First Aid and CPR Certifications, NRA, Refuse to Be a Victim, and New Gun Owner Course Certifications, and Maine Driving Dynamics Course Certifications. They will also complete several Federal Emergency Management Agency (FEMA) Courses and Maine State Justice Planning Management Agency (JPMA) Law Enforcement Certification Courses. Lastly, the Law Enforcement Program Students will have the opportunity to earn up to (12) College Credits in Criminal Justice. (This is a 1-Year or 2-Year Program.)

### **EMT:** ***3 Credits (Grade 11 &12)***

First Responders have become much more appreciated and recognized with each new disease outbreak. The EMT program introduces students to the field of Emergency Medical Services (EMS) and the opportunity to pursue a variety of exceedingly high demand jobs and college programs. They will also be exposed to an introduction to Firefighting and Law Enforcement as it relates to EMS. Students will be certified in First Aid/CPR, earn their OSHA 10 Hour Card, and could earn 3 college credits

### **FIREFIGHTING TECHNOLOGY** ***3 Credits (Grades 11 &12)***

This course is based on NFPA 1001: Standard for Fire Fighter Professional Qualifications. The course is designed for the person who seeks the knowledge and skills to function as an integral member of a firefighting team under direct or general supervision in hazardous conditions. The Fire Fighter I/II course consists of a combination of classroom study, drill field practice, and training evolutions that will prepare the fire fighter to perform most fire ground functions under the supervision of an officer or experienced firefighter.

**AUTOMOTIVE TECHNOLOGY:**  
**3 Credits (Grades 11 & 12)**

**Course Number: 0708**

The Automotive Technology program is a one- or two-year program providing students with critical thinking skills necessary to diagnose, service, and repair automobiles. This knowledge and skills will help them get entry level automotive mechanic jobs and to prepare them for college degree programs. A heavy emphasis is placed on creating a real-life work shop environment. Students can earn college level credits, OSHA certification, and the ASE certification in 4 areas.

**WELDING TECHNOLOGY:**  
**3 Credits (Grades 11 & 12)**

**Course Number: 0712**

The Welding Technology Program teaches student comprehensive welding skills. The field of welding offers graduates many career opportunities throughout Maine. Most of the student time is spent in the shop perfecting welding skills. This two-year program gives students the opportunity to obtain 3 AWS certifications in FCAW (Flux Cored Arc Welding), SMAW (Shielded Metal Arc Welding), and Pipe Welding. Students will also earn their OSHA 10-Hour Card.

**CULINARY ARTS:**  
**3 Credits (Grades 11 & 12)**

**Course Number: 0716**

Our state-of-the-art culinary program offers an opportunity to study all aspects of the food industry and helps prepare for a successful career in the field. structured to teach culinary arts to students as well as provide team building environment. Students are taught safety in food preparation and storage, proper equipment use, all methods of cooking, service, menu planning and record keeping. We focus on technique while students prepare culinary works of art. Upon completion, students will have the knowledge to continue in post-secondary culinary education or begin a successful career in food service.

**ACADEMICS:**

Region III recognizes the importance of academics in the overall success of our students. For those students who have fallen behind on their graduation requirements, we offer several courses through an online computerized learning system. (PLATO). Students work at their own pace, with on-site individualized instruction provided by a certified teacher. This teacher is also available to provide general academic assistance to struggling students.

**CONSTRUCTION TECHNOLOGY/CABINETMAKING****Course Number: 0704****3 Credits (Grades 11 & 12)**

Construction Technology and Cabinet Making teaches students the knowledge and skills to help prepare them for careers in the construction industry or college degree programs. Students will learn, in a well-equipped shop, planning, layout to trim, and customer satisfaction. This learning experience develops confidence and skills in a supportive and challenging environment. They will also be able to earn college credit and OSHA Certification.

**HEALTH SCIENCE CAREERS:****Course Number: 0711****3 Credits (Grades 11 & 12)****REGISTERED MEDICAL ASSISTANT**

The RMA Program is a 2-year program that offers students the opportunity to work directly with physicians, participate in flu shot clinics, phlebotomy rotations, and complete an internship at a health care office. They will learn clinical procedures such as injections, various blood testing, EKGs, sterile field, and pulmonary function tests. Students will have the opportunity to take two national exams: the Registered Medical Assistant exam and the Registered Phlebotomy Technician exam. You also can earn up to 10 college credits in this two-year program. If you are interested in the medical field; you can get a step ahead before even leaving High School.

Although students may gain employment directly out of high school, the majority of graduates choose to go on to college to pursue a degree in the medical field. Students who go on to college have benefited greatly from the knowledge they attained from this program. Local employers who have hired our students directly out of high school include Penobscot Valley Hospital, Millinocket Regional Hospital, Katahdin Valley Health Center, Health Access Network, Penobscot Community Health Center, Eastern Maine Medical Center, and St. Croix Family Medical Center. The average starting salary at these facilities is between \$13.00 and \$14.50 per hour with benefits and paid vacation.

**CERTIFIED NURSING ASSISTANT**

The CNA (Certified Nursing Assistant) Program is a one-year program that prepares students for occupations in the health-care system, and they can earn their State of Maine certification as a Certified Nursing Assistant. Local hospitals, nursing homes and home health care agencies employ hundreds of CNAs. These opportunities become available to students attending this program as early as March of the school year they are attending. Many of these employers also provide tuition assistance and reimbursement for their employees. Students also earn three college credits in Medical Terminology and their CPR/First Aid Certification.

## **MEDICAL ADMINISTRATION SPECIALIST**

### ***3 Credits (Grades 11 & 12)***

MAS is a two-year program that allows and trains the student to learn a variety of skills, including medical technology, medical office simulated software, electronic health records, medical law and ethics, insurance billing, medical transcription, coding, correspondence, and communication. Students who enroll in the 2-year program will have an opportunity to take the American Medical Technologist's (AMT) and Certified Medical Administrative Specialist's tests. In addition, they will participate in a 160-hour externship at a local medical office and will have an opportunity to earn 9 college credits in Medical Terminology and Medical Office Procedures. Students who only attend for one year can receive their Medical Office Technology (MOT) Certificate of Completion and get Medical Terminology I and II (6 college credits), medical transcription, and an introduction to medical office software. These programs give students a solid foundation of clerical skills to be successfully employed in the healthcare setting.

## **MEDICAL OFFICE TECHNOLOGY**

### ***3 Credits (Grades 11 & 12)***

This is a One-Year certificate program that allows students the opportunity to be involved in the "front-end"/ clerical side of healthcare. This program would be suitable for a first-year Region 3 student, a senior who just finished CNA, or a high school senior who may have missed the opportunity to enroll in the two-year RMA program. The MOT program allows student to explore the medical office environment, use electronic records, and earn college credits before entering the work force or perhaps majoring in a health-related field in college. Students will leave the program with the ability to be employed as a Patient Service Representative/Medical Secretary earning \$18-\$22 per hour.

## **CHILD CARE PROVIDER**

### ***3 Credits (Grades 11 & 12)***

This course will provide students with an introductory-level knowledge base of the field of Early Childhood Education. Students will complete a variety of activities and assignments as well as participate in field-work designed to prepare them for careers in early childhood education occupations. Students will demonstrate industry competencies by adhering to guidelines outlined by the National Association for the Education of Young Children (NAEYC). Students enrolled in this course will be eligible to receive a Certified Early Childhood Assistant (CECA) certification and/or the Maine Educational Technician I certification. Both of these require a CPR/First Aid Certification, passing the Precision Test, completing 180 hours of field work in as well as 180 hours in the classroom, and completing a portfolio.

**GRAPHIC DESIGNS/DIGITAL COMMUNICATIONS:**  
***3 Credits (Grades 11 & 12)***

***Course Number: 728***

The Graphic Design program entails the learning and making use of many different skills around video production, graphic design, game design, and web design. Using state of the art software and computer equipment students will also learn how to incorporate storytelling with visually pleasing video. All software and equipment are MAB compliant and ADOBE certified ready. If you like to write, draw, use video cameras, create music, make movies, work as a Team, work with computers and the Web, creating things, then this program is for you.

**BUSINESS MANAGEMENT**  
***3 Credits ( Grade 11&12)***

The Business Management program introduces students to the business world, focusing on management, marketing accounting and entrepreneurship. This program is designed to train tomorrow's business leaders to the demand of young people needed in the business world. The skills learned during the course will build a foundation for our future business leaders and owners. There may be an opportunity, soon, to earn college credit from this program.

**CAREER PREP:**

Career Prep is designed to teach a variety of skills to help students meet the needs of an ever-changing global market place. It helps students market themselves through career exploration, portfolio development, resume building, and job interview skills. Students will develop leadership skills, do community service and develop the self-confidence to be able to compete in today's work environment.



## ***OTHER ACADEMIC OPPORTUNITIES***

### **EXPLOREC (EXPLORE EARLY COLLEGE)**

A variety of online courses are available at low cost through all University of Maine colleges and Maine Community College. This program is geared mainly towards Juniors and Seniors, but Freshman and Sophomores are allowed to take classes with permission from Guidance and the EXPLOREC administrator. Courses are semester long and students may take up to 2 per semester.

### **AP4ME**

Online advanced placement classes in a variety of subject areas. These classes are open to Juniors and Seniors and are offered at no charge. Students may sit for the advanced placement exam in the Spring. These classes are year long.

### **VIRTUAL HIGH SCHOOL**

A variety of online high school classes are available for Fall, Spring and Summer semesters. Most classes are .5 credit. They offer some credit recovery classes.

Please see the Guidance Office for more information about these programs.