SANFORD HIGH SCHOOL
&
SANFORD REGIONAL TECHNICAL CENTER

PROGRAM OF STUDIES
2024-2025


SPARTANS
SPARTANS

Table of Contents

SECTION ONE – WELCOME

Dear Students and Parents,

Welcome to Sanford High School (SHS) & Sanford Regional Technical Center (SRTC)! We are very proud of our state-of-the-art, 360,000 square foot facility that intertwines the High School and Vocational programming. Our school serves over 1,100 students in grades nine through twelve and the Career and Technical Education needs of students from eight sending area high schools. Those schools are Sanford, Massabesic, Noble, Marshwood, Kennebunk, York, Traip Academy, and Wells.

Our school is composed of four career pathways: Arts & Communication, Business & Marketing, Health & Human Services, and Science & Technology (STEM). SHS/SRTC operates on a semester five-block schedule and is accredited by the New England Association of Schools & Colleges (NEASC) and the Maine State Department of Education.

The Program of Studies offers a comprehensive curriculum of over 150 courses and 22 Career and Technical Education (CTE) programs. This Program of Studies provides an overview of all of our courses by subject and CTE programs. Any unique offerings that we have are listed in a section of their own called Unique Course Opportunities.

Our mission is to cultivate students' potential by garnering their interests early and then empowering them to find focus and direction in their learning experiences, in order to prosper and plan for life.

There are as many definitions of success as there are students. Our ultimate goal is for students to achieve their own version of success. If you have any suggestions regarding our Program of Studies, please let us know.

Sincerely,

Tracy Gibson, SHS Principal
Matthew Petermann, SRTC Director

SECTION TWO – CAREER PATHWAYS

Career Pathways at Sanford High School and Sanford Regional Technical Center

Career Pathways provide an approach to learning that engages and prepares students, no matter what their background or prior educational experiences, for both college and career success. At Sanford High School / Sanford Regional Technical Center, a career pathway education merges demanding academics with career-based learning and real world workplace experiences. Creating meaningful learning experiences through four pathways of common interests, strengths, and competencies sparks student's interests:

- Arts and Communication
- Business and Marketing
- Health and Human Services
- Science and Technology (STEM)

Career Pathways are designed to assist students in setting goals and preparing for the future by reinforcing and building on personal strengths, abilities and interests. Pathways are comprised of interrelated courses, as well as curricular, extracurricular and Personalized Learning Plans (PLP's). PLPs offer students the opportunity to reflect upon their learning and the future.

A Career Pathway

A career pathway is a wide variety of careers that share similar characteristics and for which employment requirements call for common interests, strengths, and competencies. Career Pathways will assist you in setting goals and help prepare you for the future by building on your personal strengths, abilities and interests. Pathways are comprised of interrelated courses, as well as curricular, extracurricular and Personalized Learning Plans (PLP).

College Readiness

All colleges have different entrance requirements. Before you select high school courses, check the requirements of several colleges that interest you. If you are undecided about a college, use the following guidelines in making your high school course selections.

1. Take four years of math and science. Most 4-year colleges require at least Algebra II for entrance.
2. Take at least two credits of a world language.
3. Colleges prefer that students take the most challenging courses possible, pursue a full academic program for four years and demonstrate service to their community. Your course selections should be a reflection of your career pathway.
4. Students should take the PSAT in the 10th and/or beginning of 11th grade. If a four-year college is a part of your career pathway, then it is recommended that you take the SAT (https://sat.collegeboard.org/home) and/or ACT (http://www.act.org) in the 11th and/or 12th grade.
5. Always seek the advice of your school counselor.

Career Readiness

There are numerous opportunities in the Sanford area for students to prepare for entry into a career. In some cases, you may take an Extended Learning Opportunity that allows you to work in the afternoon and receive high school credit for your job. Use the following general guidelines in choosing courses to prepare for a career.

1. Familiarize yourself with different career clusters by signing up for Career and Technical Education (CTE) exploratory courses in the ninth or tenth grades.
2. Take advantage of Extended Learning Opportunities (ELO). These experiential learning opportunities provide students with opportunities to explore a potential career choice.
3. Choose a pathway of learning that interests you. Your parents, teachers and school counselors will help you decide which courses will introduce you to the necessary knowledge and skills for that pathway.
4. Plan your program to include the courses necessary to gain employment skills and possibly certifications. Also, include other courses that relate to your chosen career pathway.

5. If you choose a CTE program, you will need to be enrolled in the course for at least one or two years depending on the program.

How Should I Make Career Choices?

You can start by exploring career choices through the Career Pathways. Each career pathway provides you with a plan and the skills to enter a career.

Planning your career choice will help increase your income, develop your skill level and improve your opportunities for success as an adult.

Consider the challenges you will face: global competition, evolving technology, diverse demographics and changing values and attitudes. Think about your strengths and weaknesses and your likes and dislikes. Then, make a choice.

BECOME MORE AWARE OF CAREER CHOICES

•Talk with your family, teachers and counselors about the subjects you enjoy most.
•Speak with your family, teachers and counselors about applying your interests to a career you might enjoy.
•Discuss with your family about increasing your responsibilities for jobs around the house.

EXPLORE AVAILABLE CAREER CHOICES

•Schedule with your school counselor a career interests, abilities and talents survey, match your interests to an Extended Learning Opportunity (ELO), job shadow, internship experience, and PLP's.
•Think about how you can apply what you are learning in school to career choices.
•Look at postsecondary education and training options with your family or school counselor.
•Visit college campuses, trade schools and career fairs.
•Develop a Personalized Learning Plan (PLP) in Spartan Time and with your school counselor to help determine a career pathway.

TAKE ADVANTAGE OF CAREER DEVELOPMENT OPPORTUNITIES

•Pay attention to what you are learning in class and how it might apply to your career choices.
•Enroll in electives that allow you to experience the details of career choices.
•Enroll in courses that offer college credit, dual enrollment or Advanced Placement.
•Apply for work-based learning opportunities such as job shadowing, internships, apprenticeships and cooperative education.
•Visit college campuses and continue visiting career fairs.

Career and Technical Education Programs by Pathway

Arts & Communication	Science & Technology	Health & Human Services	Business & Marketing
• Digital Design • Video Production	• Auto Collision Repair • Automotive Technology • Building Trades • Career Exploratory • Electrical Wiring • Engineering Applications with Robotics • Engineering & Architectural Design • Plumbing • Precision Machining • Welding/Metal Fabrication	• Early Childhood Education • Emergency Medical Technician • Fire Science • Health Occupations • Law Enforcement	• Academy of Business • Computer & Networking Systems • Cosmetology • Culinary Arts • Landscape and Horticulture

Contact Information

SHS/SRTC School Counseling Department staff is here to help you determine the best courses for your student, based on their interests and academic abilities. Contact information can be found here:

Director of School Counseling	Beth Letourneau	324-4712	bletourneau@sanford.org
Counselor/ Dept Chair	Renee Bresnahan	324-4712	rbresnahan@sanford.org
Counselor	Sarah Preston	324-4712	spreston@sanford.org
Counselor	Amie Felker	324-4712	afelker@sanford.org
Counselor	Connor Kilroy	324-4712	ckilroy@sanford.org
Counselor	Sarah Nickerson	324-4712	snickerson@sanford.org
Career Explorations Coordinator	Katie Schindler	324-4712	kschindler@sanford.org
SRTC School Counselor	Deanna Farrell	324-2942	dfarrell@sanford.org
Career Planning Coordinator	Jen Bartlett	324-2942	jbartlett@sanford.org

Questions sometimes arise regarding school rules and school department policies. Answers can often be found in the Sanford High School Student Handbook on the Sanford School Department website (www.sanford.org) or by contacting SHS/SRTC administrators. They can be reached as follows:

SHS Principal	Tracy Gibson	324-4050	tgibson@sanford.org
SHS Assistant Principal	Aaron Tremblay	324-4050	atremblay@sanford.org
SHS Assistant Principal	Mike Fallon	324-4050	mfallon@sanford.org
SHS Assistant Principal	Troy Watts	324-4050	twatts@sanford.org
SRTC Director	Matt Petermann	324-2942	mpetermann@sanford.org
SRTC Assistant Director	Michael Redmond	324-2942	mredmond@sanford.org

School Counseling Department Student Assignments

Counselor	Students whose last names begin with...
Mrs. Letourneau	All grades, last names A – Am, Homeschool and International
Mrs. Amie Felker	Last Names A-E
Ms. Nickerson	Last Names F-La
Mrs. Bresnahan	Last Names Lb-Pn
Mr. Kilroy	Last Names Po-Z

Mrs. Gayle Fallon: School Social Worker
Mrs. Valerie Lemelin: Special Education Social Worker
Ms. Melissa Plattner: Special Education Social Worker
Ms. Cecilia Sirianni: Outreach Worker
Ms. Sally Quarles: Career Exploration Coordinator
Ms. Cynthia Haney: Registrar / Administrative Assistant

SECTION THREE – GRADUATION REQUIREMENTS

Graduation Requirements

***This policy was updated in the Spring of 2023 by the Sanford School Committee.
A minimum of twenty-seven (27) credits is required for graduation from Sanford High School for the Class of 2026 and 2027. Students in the class of 2024 and 2025 will follow the previous graduation requirements below with the additional requirement of taking senior English during their senior year.
Of the 27 total credits required for graduation, many are considered "core" or mandatory credits. The remaining credits are comprised of elective classes or experiences. Core requirements for all students include successful completion of the following:

Subject	2025 Credits/Experience Required for Graduation
CPR/AED	1 experience – Met in Health, Health Occupations, Emergency Medical Services, Fire Science
English (ELA)	5 credits
*Financial Literacy	1 credit
**Fine Arts	1 credit
Health	.5 credit
Math	3 credits
Physical Education	1 credit
Science	3 credits
Social Studies	3 credits
Elective Classes	7.5 credits

Subject	2026, 2027, 2028 Credits/Experience Required for Graduation
CPR/AED	1 experience – Met in Health, Health Occupations, Emergency Medical Services, Fire Science
English (ELA)	5 credits
*Financial Literacy	1 credit
**Fine Arts	1 credit
Health	.5 credit
Math	4 credits
Physical Education	1 credit
Science	4 credits
Social Studies	4 credits
Elective Classes	6.5 credits

Symbols and Asterisks (*) please see below.
A minimum of twenty (20) hours of documented community service is also required for graduation from Sanford High School.

* Satisfies Financial Literacy Requirement
488 Personal Finance
704/705 Academy of Business
** Satisfies Fine Art Requirement
420 Art Fundamentals
430 Band
442 Beginning Guitar
433 Chorus
434/435 Keyboarding

446 Theater
486 Senior Culinary (SHS)
096 Yearbook Production
717/716 Engineering/Architectural Design
722/721 Engineering Apps.
752/751 Video Production
761/734 Digital Design
768/762 Culinary Arts I & II (SRTC)

Suggested Course Sequence

	Grade 9	Grade 10	Grade 11	Grade 12
English	• Intro to *Applied* English • *Applied* English 9 • *CCP* English 9 • *Honors* English 9	• Intro to *Applied* English • *Applied* English 10 • *CCP* English 10 • *Honors* English 10 • *AP* Seminar	• *Applied* English 11 • *CCP* English 11 • *Honors* English 11 • *AP* English Language and Composition • *AP* Literature & Composition • *AP* Seminar • *AP* Research	• *Applied English 12* • *CCP* English 12 • *Honors* YCCC College Composition • *AP* English Language and Composition • *AP* Literature & Composition • *AP* Research
Math	• *Applied* Intro to High School Math • *Applied* Algebra 1 • *CCP* Algebra 1 • *Honors* Algebra 1/Honors Geometry • *Honors* Algebra 2 part 1 and 2	• *Applied* Math • *Applied* Algebra 1 • *CCP* Algebra 1 • *Honors* Algebra 1 • *Applied* Geometry • *CCP* Geometry • *Honors* Geometry • *Applied* Algebra 2 part 1 & 2 • *CCP* Algebra 2 part 1 & 2 • *Honors* Algebra 2 part 1 & 2 • *CCP* Quantitative Reasoning • *CCP* Elementary Functions • *Honors* YCCC Elementary Functions • *Honors* YCCC Pre-Calculus	• *Applied* Geometry • *CCP* Geometry • *Applied* Algebra 2 part 1 & 2 • *CCP* Algebra 2 part 1 & 2 • *Honors* Algebra 2 part 1 & 2 • *CCP* Quantitative Reasoning • *CCP* Elementary Functions • *Honors* YCCC Elementary Functions • *CCP* Statistics • *Honors* Aspire Statistics MAT 120 • *Honors* YCCC Pre-Calculus • *AP* Aspire Calculus - MAT 152	• *Applied* Algebra 2 part 1 & 2 • *CCP* Algebra 2 part 1 & 2 • *Honors* Algebra 2 part 1 & 2 • *CCP* Quantitative Reasoning • *CCP* Elementary Functions • *Honors* YCCC Elementary Functions • *CCP* Statistics • *Honors* Aspire Statistics MAT 120 • *Honors* YCCC Pre-Calculus • *AP* Aspire Calculus - MAT 152 • *AP* Aspire Calculus B - MAT 153

	Grade 9	Grade 10	Grade 11	Grade 12
Science	• *Applied* Integrated Science • *CCP* Integrated Science • *Honors* Integrated Science	• *Applied* Biology • *CCP* Biology • *Honors* Biology	• *CCP* Chemistry • *Honors* YCCC Chemistry part 1 & 2 • *AP* Environmental Science • *AP* Biology • *AP* Computer Science • *Applied* Intro to Technology • *CCP or HONORS* Physics	• *CCP* Ocean / Marine Biology • *AP* Environmental Science • *AP* Biology • *AP* Computer Science • *Applied* Intro to Technology • *CCP or HONORS* Physics
Social Studies	• *Applied* Geography & Global Perspectives • *CCP* Geography & Global Perspectives • *Honors* Geography & Global Perspectives	• *Applied* U.S. History A or B • *CCP* U.S. History A or B • *Honors* U.S. History A or B • *AP* US History • *AP* US Government and Politics	• *AP* US History • *AP* US Government and Politics	• *Applied* Civics • *CCP* Civics • *Honors* Civics • *AP* US History • *AP* US Government and Politics
PE / Health	PE and Health are required for graduation, but are not required in the 9th grade year. **Personal Fitness is a required course.**			

SECTION FOUR – GENERAL INFORMATION

Post-Secondary Learning Opportunities

Sanford High School and Sanford Regional Technical Center students who have demonstrated college and career readiness may enroll in a variety of courses to advance their standing as they prepare for post-secondary education or follow a career pathway.

Articulation agreements are available in to allow students to apply credits earned in specific CTE programs towards advanced standing, entry or transfer into a specific program as follows:

School	Course	Credits
Maine Community Colleges	767 Firefighting (if earn State Certification)	Varies
York County Community College	741 Information Technology and Networking	6

Dual enrollment agreements are currently in place to high school students (usually juniors and seniors) to enroll in college courses for college credits prior to graduation from SHS/SRTC as follows:

School	Course	Credits
Southern Maine Community College	765/770 Emergency Medical Technician	6
Southern Maine Community College	751 Video Production	3
Thomas College	705 Academy of Business	12
University of Southern Maine	319 MAT 120 Aspire Statistics	4
University of Southern Maine	321 MAT 152 (Calculus)	4
University of Southern Maine	331 MAT 153 (Calculus)	4
York County Community College	716 Engineering/Architectural Design	15-18
York County Community College	734 Digital Design	6
York County Community College	051 College Composition 550	3
York County Community College	746 Precision Machine	7
York County Community College	786 Law Enforcement	6

If requirements are met, Certificates are available as follows:

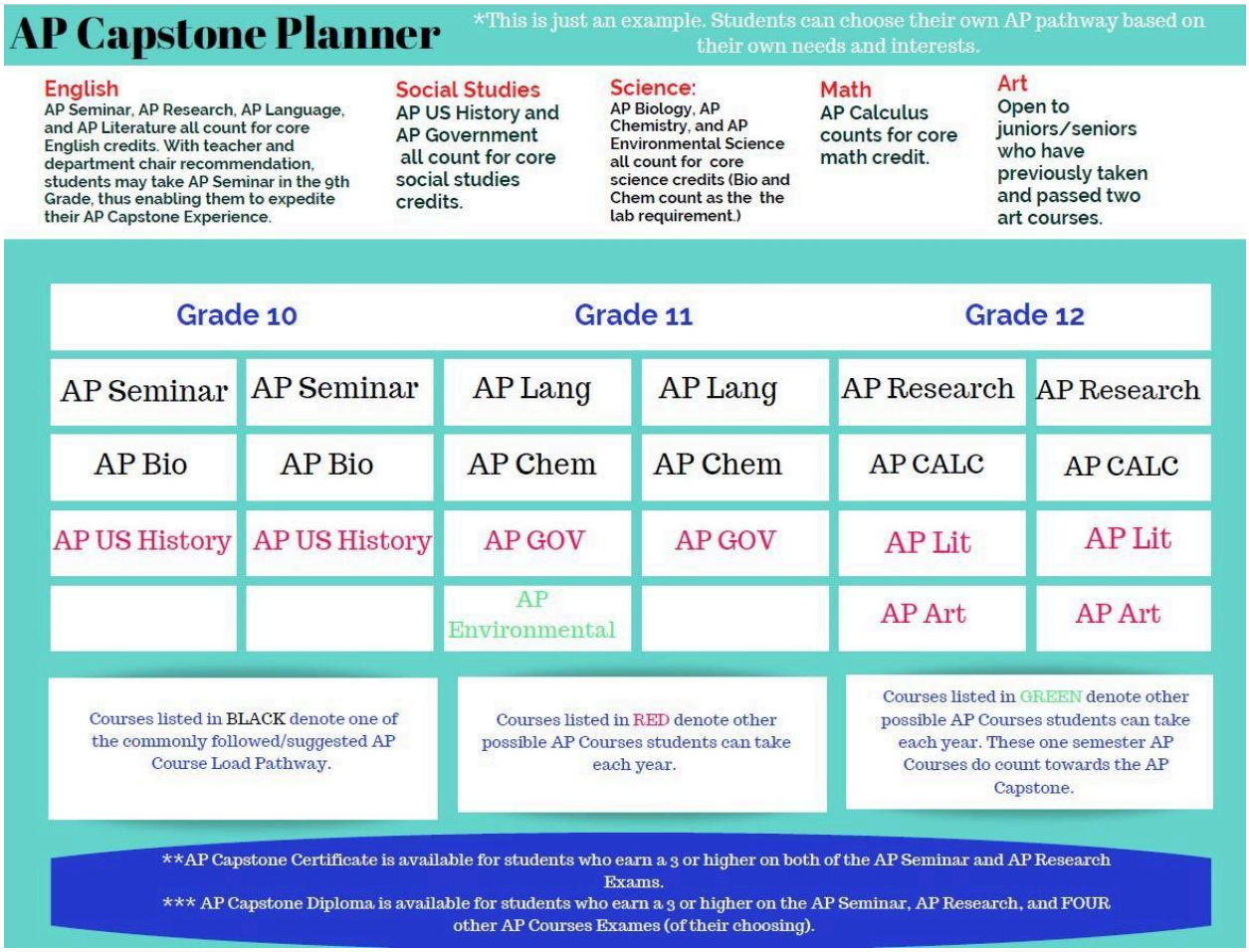
Course	Certificate
762 Culinary Arts	ServSafe
784 Early Childhood Education	CPR/First Aid, Mandated Reporter, Early Childhood Assistant
765 Emergency Medical Tech	State of Maine EMT (after age 18)
767 Firefighting	State of Maine Firefighter I/II
732 Health Occupations	State of Maine Certified Nursing Assistant
746 Precision Manufacturing	OSHA
778 Electrical Wiring	State of Maine Electrician's Helper, OSHA
756 Welding & Metal Fabrication	American Welding Society
751 Video Production	Maine Association of Broadcast Professionals, Safe Sets Intl.
787 Automotive Collision Repair	ALI Lift, S/P 2, Auto Collision / Refinishing Safety, I-Car Pro Level 1
702 Automotive Technology	State of Maine Automobile Inspection, S/P 2
789 Cosmetology	Schools of Cosmetology – some hours counted toward programs
737 Landscaping and Horticulture	Maine Board of Pesticide Control, Agricultural
716 Engineering & Arch. Design	3D SolidWorks Cert., SME/ToolingU Additive Manufacturing
727 Plumbing	OSHA, State of Maine Plumbing Trainee

In December 2016, Sanford High School signed an articulation agreement with UNE that affords students the opportunity to earn college credits based on the results of their Advanced Placement exam(s). A minimum score is required for the following credits:

AP Exam	Course Equivalent	Credits
Biology	BIO 105 Biology I **or** MAR 105 Biology I **or** Bio 104 General Biology **or** BIO 106 Biology II	8
Calculus AB	MAT 190 Calculus I	4
Calculus BC	MAT 190 Calculus I	4
Calculus BC	MAT 190 Calculus I **and** MAT 195 Calculus II	8
English Language & Composition	ENG 110 English Composition	4
English Literature & Composition	ENG 199 Exploration	3
Environmental Science	ENV 104 Intro to Environmental Issues	3
Government & Politics: US	PSC 101 Exploration	3
United States History	HIS 199 Exploration: Topics in History	3

AP Capstone Diploma

Sanford High School offers the AP Capstone™ diploma program based on two year-long AP courses: AP Seminar and AP Research. These courses are designed to complement other AP courses that the AP Capstone student may take.



ADD/DROP

The first three weekdays from the first day of semester one, and the first three weekdays of semester two comprise the ADD/DROP period. During these specified days, students can explore schedule changes with their school counselors. Certain changes may require parent and/or teacher permission. Schedule changes do not take effect until the school counselor has entered the change in the SHS computer system.

GPA & RANK

An un-weighted GPA is issued which includes all numerical grades earned. Rank computation is calculated on all courses using weighted grade information. Only full-time students are eligible for honor roll.

NCAA INFORMATION FOR ATHLETES

College bound Division I and II athletes must send academic records to the NCAA Eligibility Center to determine eligibility to participate at a Division I or II college as a freshman student athlete. To register with the Eligibility Center, a student must complete the Student Release Form (SRF) online. If interested in playing Division I or II college athletics, students and their parents should consult the NCAA Clearinghouse website, http://www.ncaa.org/ to determine requirements as soon as possible as well as continuing conversations with your school counselor.

WITHDRAWING FROM COURSES

A student, upon approval by the student's school counselor, parent and teacher, may withdraw prior to the issuance of the first academic progress report without the notation of the withdrawal being placed on the student's academic record. Withdrawals made after that will be issued a grade of "WP" (Withdraw Pass) or "WF" (Withdraw Fail). Any student who does not follow the required procedures for withdrawing from a course may receive a grade of "F."

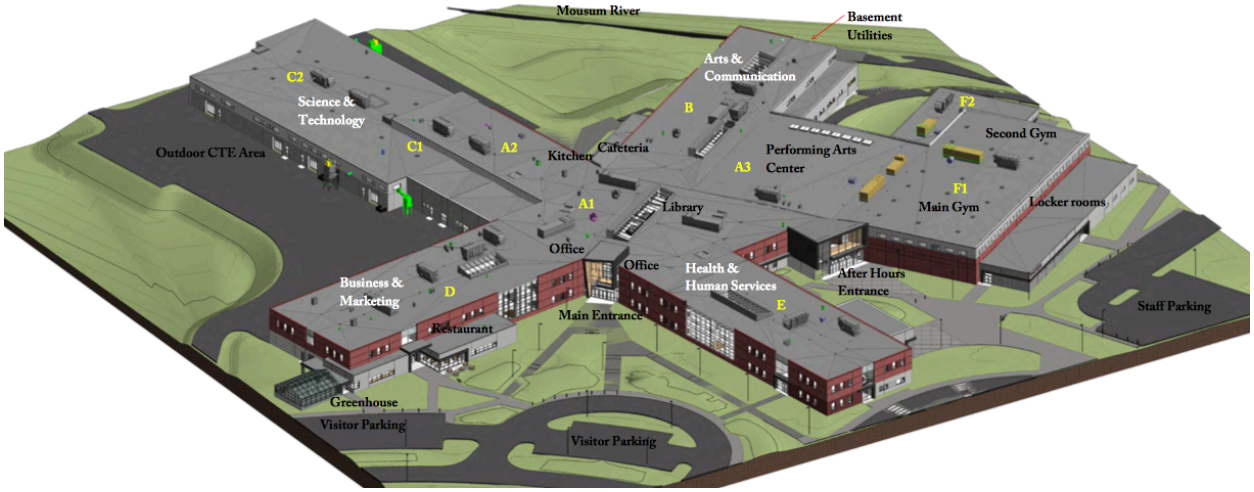
A course may be withdrawn up to ten (10) days before the end of the semester with parent and teacher permission. After that point, no course may be withdrawn without the authorization of the principal. Students must carry a minimum of seven (7) credits to be considered full-time students.

DISCLAIMER

Sanford High School/Sanford Regional Technical Center reserves the right to amend information described in this catalog without prior notice to persons who might thereby be affected. The academic program and requirements in this catalog are in effect for students entering SHS/SRTC in the fall of 2022 and subsequent years. Insofar as possible, the information in this book is complete and accurate as of the date of its publication. Information in this publication supersedes all previous publications and may be superseded by future publications. SHS/SRTC does not accept responsibility for printing errors and/or grammatical inaccuracies.

SECTION F - CURRICULUM

The Program of Studies is divided by department courses. Electives and non-departmental courses are listed in a section of their own.



Course Types

Selecting appropriate course levels is an important part of providing students with the learning environment and academic expectations that will help them succeed. Below are some characteristics of course levels at SHS.

Applied:

- Learning and critical thinking are teacher guided and modeled, with opportunity for students to develop these skills.
- Course content is presented with a customized and focused pace with condensed assignments and streamlined and scaffolded curriculum. Instruction and learning tasks are typically completed in the classroom.
- Whenever possible, smaller class sizes provide increased teacher and learner check-in opportunities.

College/Career Prep (CCP):

- Independent learning and critical thinking are practiced and encouraged.
- Course content is presented at an accessible and gradual pace.
- Daily and longterm assignments require supported self-management.
- Learning and assignment completion may extend beyond the allotted classroom time.

Honors:

- Independent learning and critical thinking are cultivated and promoted.
- Course content is presented with an elevated level of rigor and depth at an accelerated pace.
- Daily and longterm assignments require self management.
- Learning commonly extends beyond the allotted classroom time.

Advanced Placement or "AP": Advanced Placement courses are college level courses designed by the College Board. The curriculum is based on rigorous in-depth study of complex text and an accelerated pace of instruction. There is a required fee (varies) for the AP exam at the end of the course. Students are strongly encouraged to take the AP exam at the end of the course to complete the program. *If a student drops an AP course after the exam has been ordered, the return fee will be deducted from any payment that gets returned.

English

The SHS graduation requirement for English is 5 credits. Senior English must be taken during the senior year.

Grade 9

015 *Applied* English 9
018 *CCP* English 9
020 *Honors* English 9
Grade: 9 Credits: 2 Length: Yearlong
These English courses have a strong focus on the theme of identity, by having students consider the essential question: "Who am I?" In order to prepare students for their future courses at SHS they will be introduced to a survey of literature, writing, and speaking.
Texts: collections of short stories, young adult novels, poems, and non-fiction texts.

Grade 10

034 *Applied* English 10
037 *CCP* English 10
091 *Honors* English 10
Grades: 10 Credits: 1 Length: Semester
These English courses have a strong focus on voice, by having students consider the essential question: "What do I have to say?" By surveying a variety of authors and speakers' strategies students will develop their voice.
Texts: A mixture of classic and contemporary novels, plays, and short stories.

093 AP Seminar
Grades: 10-12 Credits: 1 Length: Yearlong Red/White
This course merges the structure of the Advanced Placement (AP) Seminar, the first AP Capstone course, with the dynamic exploration of a Seminar Lab, cultivating a comprehensive foundation for advanced academic inquiry. Throughout this course, students navigate the intricacies of scholarly inquiry, analyzing multifaceted issues, and refining their critical thinking and communication skills. Building upon the framework of AP Seminar, learners delve into evaluating diverse perspectives, synthesizing evidence, and constructing arguments. Summer work is required. *Students enrolled in AP Seminar will also be enrolled in the AP Seminar Lab course.*

875 AP Seminar Lab
Grades: 10-12 Credits: 1 Length: Yearlong Red/White
With the Inquiry Lab, students gain invaluable experience in the practical application of research methodologies, ethical considerations, and the iterative nature of inquiry-based investigations. Students engage in hands-on research, experimental design, data collection, and analysis and are encouraged to explore their curiosities across disciplines. This integrated approach of these two courses serve as a solid foundation for the culminating AP Capstone course, AP Research. *Only students enrolled in AP Seminar will be enrolled in the AP Seminar Lab.*

Grade 11

071 *Applied* English 11
072 *CCP* English 11
084 *Honors* English 11
Grades: 11 Credits: 1 Length: Semester
These English courses have a strong focus on discovery, by having students consider the essential question: "What can I do/learn about our world?" By surveying a variety of authors and speakers, students will be exposed to diverse perspectives in order to form their own opinions.
Texts: A mixture of classic and contemporary novels, plays, and short stories.

044 AP English Language and Composition
School Years Offered: 25/26, 27/28, 29/30, 31/32
Grade: 11 - 12 Credits: 1 Length: Yearlong Red/White
Following the College Board's recommended curriculum designed to parallel college-level English courses, this AP English Language and Composition course provides exposure to prose written in a variety of periods, disciplines, and rhetorical contexts. This course emphasizes the interaction of author's purpose, intended audience, and the subject at hand, and through them, will further develop stylistic flexibility while writing compositions covering a variety of subjects that are intended for various purposes. Summer work is required.

017 *AP* English Literature and Composition
School Years Offered: 24/25, 26/27, 28/29, 30/31
Grade: 11 - 12 Credits: 1 Length: Yearlong Red/White
Following the College Board's recommended curriculum designed to parallel college-level English courses, this AP English Literature and Composition course will allow for development of critical standards for evaluating literature. Language, character, action, and theme in works recognized of literary merit will be explored. An understanding of connotation, metaphor, irony, syntax, and tone will be expected. Written compositions will be required (including literary analysis, exposition, argument, narrative, and creative writing). Summer work is required.

098 AP Research
Grades: 11-12 Credits:1 Length: Yearlong Red/White
This course acts as a pivotal bridge between academic exploration and practical application. Throughout this course, students embark on self-directed research endeavors, honing their investigative skills, and mastering the art of scholarly inquiry. Building upon the foundation laid in their previous Capstone course, AP Seminar, as well as Seminar Lab, students will refine their research questions, design methodologies, and delve into the complexities of collecting, analyzing, and interpreting data. Complementing the framework of AP Research, the Research Lab serves as a catalyst for applied learning. Summer work is required. *Students enrolled in AP Research will also be enrolled in the AP Research Lab course.*

875 AP Research Lab
Grades: 11-12 Credits: 1 Length: Yearlong Red/White
Within the Research Lab, students further immerse themselves in advanced experimentation, data synthesis, and research methodologies across diverse academic domains. The lab environment fosters a climate of innovation and discovery, empowering students to apply theoretical concepts to real-world challenges. This course empowers students to navigate the complexities of independent research, ensuring they emerge as adept researchers capable

of contributing meaningfully to their chosen fields. *Only students enrolled in AP Research will be enrolled in the AP Research Lab course.*

Grade 12

080 *Applied* English 12
089 *CCP* English 12
Grades: 12 Credits: 1 Length: Semester
This course will prepare students for their futures' based on research, reading, and writing. Students will complete real life, career, civic, and health investigation to help drive their decisions for their after school plans while engaging in English content. This information will range from choosing a career field, interview and speaking skills, real world writing of cover letters and resumes, and more. The gained materials and knowledge will accumulate in a post-secondary plan that will not only assist students in their futures but also teach them English skills expected of adults in our world.

051 *Honors* English College Comp (YCCC Dual Enrollment)
Grade: 12 Credits: 1 Length: Semester (3 YCCC credits/hours)
Composition is a course focused on improving student's writing skills as modeled after actual college curricula. This is a dual enrollment course offered by SHS in conjunction with York County Community College and will run during the school day. This course is open to SHS seniors who are eligible per YCCC testing requirements (SAT scores required - please see your school counselor).
**Students who have taken AP Language and achieved a 3 or higher on their AP test are not eligible for YCCC credit, but are still eligible for SHS credit.
Course fee is $25.

English Elective Courses

008 *CCP* Creative Writing
Grades: 9-12 Credits: 1 Length: Semester
This introductory course is designed to expose students to the elements and craft of various genres of creative writing, including fiction, creative nonfiction, and poetry. Students will engage closely with the writing process with a focus on short written pieces, including narratives, poetry, and written criticism. Students will plan, write, and revise to create polished work with the opportunity to submit original work to various publications.

016 *CCP* Journalism
Grades: 9-12 Credits: 1 Length: Semester
This course introduces students to the skills and fundamentals involved in the development, organization and production of news in multiple media (print, digital, social). Students will learn what is newsworthy and how to create and edit news, opinion, and feature stories. Students will be covering events, interviewing, and gathering information from a variety of sources and contribute work to the SHS Digital Newspaper, The Spartan Times.

088 *CCP* Journalism II: The Spartan Times

Grades: 10-12 Credits: 1 Length: Semester
This advanced writing course allows students to pitch, pursue and publish stories for our online newspaper, The Spartan Times. Students will consistently generate story ideas and/or will be assigned a story by the appointed editorial staff of the Spartan Times and the instructor. Students will research, interview sources, and write stories to meet the deadline demands of online news. Additional opportunities include creating digital and social content record news segments working with WSSR-TV.
**Journalism is a prerequisite to Journalism II or students may be admitted by English teacher recommendation.*

042 *CCP* Holocaust Literature
Grades: 11-12 Credits: 1 Length: Semester
How do humans face horrific situations? Why do people hurt those who are different from them? What makes some people resist and others obey authority? Through the study of genocide, with a focus on one of the most harrowing events in history, the Holocaust, we will explore these questions. A variety of readings, class discussions, films and writing will help us analyze and try to understand the atrocities of which humans are capable. This course may include graphic images and/or reading.

096 *CCP* Yearbook Production
Grades: 10-12 Credits: 1 Length: Semester
This course focuses on the application of written and oral communication skills. It is based on a variety of formal and informal writing experiences based around publishing deadlines, interviewing and interaction with the local community. Students will be required to meet industry standards of publishing and professionalism. Students will; during this course produce, create, and publish the Sanford High School Distaff. This course can be taken for a Fine Arts Credit, English Elective, or general elective credit.
**Seniors may apply to become Yearbook Editors - see school counselor.*

062 *CCP* Popular Fiction
Grades: 9-12 Credits: .5 Length: Semester red/white
This is the study of popular cultural literature that explores various perspectives as well as analyzes how what we read relates to who we are. We will examine the structure, techniques, and intentions of designated literary genres chosen by the students and/or class. In addition to the reading of literature, students will be given both creative and critical writing assignments that strengthen their understanding of the text.

054 *CCP* Crime Literature
Grades: 9-12 Credits: .5 Length: Semester red/white
This course will focus on readers and writers who are fascinated by criminal acts and the criminals who commit them. This course is a survey of literature exploring the criminal mind and society's response to criminal acts, and will consider the causes of crime, the motivations of criminals and crime fighters. A variety of genres will be covered including true crime, fiction, and nonfiction.

035 *CCP* Public Speaking
Grades: 9-12 Credits: .5 Length: Semester red/white
This course will help students develop communication skills for real world situations as well as academic purposes. Students will work to become better writers so that their speaking is better and will watch models of good and bad speakers to understand what makes good public speakers. We will work together to overcome our fears and expand our understanding of the public speaking genre.

055 *CCP* Literature & Film

Grades: 9-12 Credits: .5 Length: Semester red/white
In this course we will seek to find the answer to an important question: what makes a good movie? By evaluating literary, cinematic, and dramatic aspects of film and by looking at "great" films, we will develop our own definition of a good movie. In the process, we will write film reviews, thesis-driven essays, and narratives, and we will research directors. We will compare novels to films, and turn films into writing; we will challenge everything you thought you knew about film and expand your writing skills.

056 *CCP* Literature & the Stage
Grades: 9-12 Credits: .5 Length: Semester red/white
Before TikTok, TV shows, and movies, there were plays. One of the oldest kinds of entertainment, going to the theater was how people shared stories. Literature of the stage is meant to be spoken, to be performed, to be experienced. By enjoying texts from plays and musicals, students will explore the scripts that shape performances. In this class, both the introvert and the extrovert can have fun with different characters and personalities by experiencing performance in a variety of forms.

Family Consumer Science

The SHS graduation requirement for Fine Arts is 1 credit.

480 *Applied* Kitchen Basics
Grades: 9-10 Credits: 1 Length: 1 semester
This introductory course is designed for students interested in a career in the culinary field. It is focused on basic kitchen skills including safety and hygiene, equipment, equivalences and quantities, professionalism and career exploration. Students experience multiple opportunities to apply knowledge and skills in the foods lab. They will also learn the basics of the food industry as they run their own Bakery "business."
*This class does not satisfy the Fine Arts Requirement.

473 *Applied* Home Cooking
Grades: 9-12 Credits: 1 Length: 1 semester
Are you interested in learning more about feeding yourself as you transition into an adult? Are you interested in learning more about healthy eating for different lifestyle choices? Nutrition for all dietary lifestyles will be covered in this class, including a deep dive into Nutrition. How do you still eat healthy and make choices that support your values?
Prerequisite: Kitchen Basics
*This class does not satisfy the Fine Arts Requirement.

486 *Applied* Senior Culinary / 486U *Applied* Unified Senior Culinary
Grade: 12 Credits: 1 Length: 1 semester
This course is designed for seniors to explore culinary arts, nutrition, and food preparation techniques. Topics include: kitchen safety, sanitation, hygiene, baking, basic cooking skills and techniques. It includes an in-depth study of nutrients and nutrition and addresses controversies of fat, salt, sugar, additives, and fad diets. There is a user fee of $20, payable at the beginning of the course. This course meets the Fine Arts requirement for graduation.

Fine Arts - Art

The SHS graduation requirement for Fine Arts is 1 credit.

420 *Applied* Art 1: Fundamentals
Grades 9-12 Credits: 1 Length: 1 semester
This course is an introduction to the visual arts and a prerequisite for all Art courses. It centers on elements and principles of art. Studio artwork (design, painting, drawing, printing, and sculpture/clay) provides the main focus, supported by assignments on art history and criticism/aesthetics. The course requires student discussion, research, written components, art projects and a final assessment.

421 *CCP* Art 2: Studio Art – Painting, Drawing, Sculpting
Grades 9-12 Credits: 1 Length: 1 semester
This is a studio based course where students will explore a variety of media and techniques and expand upon knowledge and skills gained in Art Fundamentals. Projects are based in a variety of media which will include painting, drawing, and ceramics. All projects will include written components: journals, reflections, research, and self-assessments. Creative studio work is encouraged. This is an excellent course for a student who wants to expand their artistic skills but isn't yet sure which type of media they want to focus on.

425 *CCP* 2D Design
Grades 9-12 Credits: 1 Length: 1 semester
2D design is an upper level studio course that further explores elements and principles of design as they relate to a two dimensional surface. Projects are used to teach students about spacial arrangement, concept planning, creative problem solving and project deadlines. This course presents projects that reflect work in a design-based field. Students explore a wide range of art processes including, but not limited to, painting, drawing, collage, fabric design, printmaking, digital photography and digital design. Students maintain a digital portfolio of their work and are expected to reflect on their product in written critiques.

418 *CCP* Ceramics
Grades 9-12 Credits: 1 Length: 1 semester
This course is designed to provide students with an in-depth experience of the technical and design processes of a ceramics studio. Students study the use of ceramics throughout history. Students' personal style is developed through a series of projects creating functional and sculptural pieces. A variety of building and throwing techniques are taught in order to explore the limits of the material.

456 *CCP* Ceramics II
Grades 10-12 Credits: 1 Length: 1 semester
This course is designed to provide students with an in-depth experience of the technical and design processes of a ceramics studio. Ceramics II builds upon the skills learned in Ceramics I by allowing students to delve into the building techniques of their choosing to create a comprehensive body of work. Students will look to historical and contemporary ceramic art as inspiration. Prerequisite: Ceramics I

402 *CCP* Drawing
Grades 9-12 Credits: 1 Length: 1 semester
This course is an upper level studio course for students seeking to further their understanding and manipulation of drawing mediums. It focuses on observational skills and a variety of drawing techniques. Mediums used may include, but are not limited to, pencil, charcoal, pen and ink, pastel and digital drawing. Students learn to work both technically and creatively with the mediums provided. Students

also explore a variety of surfaces to work on and are expected to research historical and contemporary artists for inspiration. All drawing projects include various written components such as journals, reflections, research and self-assessments.

429 *CCP* Introduction to Digital Photography
Grades: 10-12 Credits: 1 Length: 1 semester
This is an upper level studio art course designed to introduce students to digital photography as an art form. This course covers the operation of digital cameras with manual functions, image composition, digital editing, digital printing, and the history of photography. This course will include a variety of projects that will explore the functions of the camera, image composition, and artistic expression. Written work in the form of research, self-reflection/critique, and art criticism is expected. There is a lab fee of $10.00 for materials, payable at the beginning of the course.

417 *CCP* Painting
Grades 9-12 Credits: 1 Length: 1 semester
This course will focus on the fundamentals of painting and build upon students' knowledge of the elements and principles of design. Students will further explore color theory, painting techniques and varied mediums in painting. Art history, vocabulary and painting themes will be incorporated in each lesson. Students will also learn about artists making a living in this field today. Each student will be expected to maintain a portfolio of their work as well as a running sketch book. Students will learn to cultivate a specific artistic medium, actively engage in the art making experience, learn techniques and mediums that lend well to their individual style and develop an artistic voice.

476 *CCP* Painting II
Grades 10-12 Credits: 1 Length: 1 semester
This course will build upon the foundations learned in Painting 1. Students will continue to explore color theory, painting techniques and varied painting mediums in this course. Art history, vocabulary, painting themes, art criticism and contemporary artist research will be a core focus of this class. In this class, students will begin to explore their own artistic style and themes of interest. Students will be expected to propose their own project ideas that fit within the criteria of a project. Students will have more choice and autonomy over their work as the semester progresses.
Prerequisite: Painting 1

416 *CCP* 3D Design
Grades 9-12 Credits: 1 Length: 1 semester
This course provides students an opportunity to work in three Dimensional compositions using a variety of materials including paper, clay, plaster, and stone. Each project explores a different method of 3-D art making. Students will look to historical and contemporary art as inspiration.
Prerequisite: Art 1: Fundamentals

475 *CCP* Watercolor
Grades 9-12 Credits: 1 Length: 1 semester
This course will focus on the fundamentals of watercolor painting and build upon students' knowledge of the elements and principles of design. Students will further explore color theory, watercolor painting

techniques and drawing/ painting mediums that can enhance the work. Art history, vocabulary and painting themes will be incorporated in each lesson. Students will also learn about artists making a living in this field today. Students will be expected to maintain a portfolio of their work as well as a running sketchbook. Students will learn to cultivate a specific artistic medium, actively engage in the art making experience, learn techniques and mediums that lend well to their individual style and develop an artistic voice.
Prerequisite: Art 1: Fundamentals

CCP Artist Book Exploration
Grades 9-12 Credits: Length: 1 semester
Students will explore the various forms of Artist Books while working with various mediums. From traditional book binding to more abstract book forms (like the flag book or star book), Students will learn how to fold paper in creative ways, explore a large range of content for books, and get inspired by both local and international book artists.

424 *AP* Art – 2D
Grades 11-12 Credits: 1 Length: Yearlong Red/White
This course is designed for the serious art student who has the talent and dedication to follow a rigorous yet rewarding program of study. The course is based on the submission of a portfolio consisting of 20 pieces at the end of semester 2 (this number could change) to the College Board. The primary focus of the class will vary depending on the portfolio chosen by the student. The 2D Portfolio will focus on drawing, painting, and 2D design. Students will need to demonstrate their abilities, creativity, and problem solving in a variety of media and subject matter. Summer work will be required. In addition, students must develop an individual concentration of study that they will pursue for the second half of the course. This course encourages students to become independent thinkers who will contribute inventively and critically to their culture through the making of art.

Prerequisite: Minimum of two upper level art classes (it is recommended that at least one of those upper level classes be Studio Art 2, Drawing, or Painting) or one upper level art class (it is recommended that it be Studio Art 2, Drawing, or Painting AND a teacher recommendation.)

453 *AP* Drawing
Grades 11-12 Credits: 1 Length: Yearlong Red/White
This course is designed for the serious art student who has the talent and dedication to follow a rigorous yet rewarding program of study. The course is based on the submission of a portfolio consisting of 20 pieces (this number could change) at the end of semester 2 to the College Board. The primary focus of the class will vary depending on the portfolio chosen by the student. The Drawing Portfolio will focus on the use of a variety of drawing techniques and tools. Students will need to demonstrate their abilities, creativity, and problem solving in a variety of media and subject matter. Summer work will be required. In addition, students must develop an individual concentration of study that they will pursue for the second half of the course. This course encourages students to become independent thinkers who will contribute inventively and critically to their culture through the making of art.

Prerequisite: Minimum of two upper level art classes (it is recommended that at least one of those upper level classes be Studio Art 2, Drawing, or Painting) or one upper level art class (it is recommended that it be Studio Art 2, Drawing, or Painting AND a teacher recommendation.)

472 *AP* Studio / Art Lab
Grades 11-12 Credits: 1 Length: Yearlong Red/White

Students will use this time to work on their sustained investigation, meet with each other to work collaboratively, and build their final portfolio.
This course is taken opposite AP Art (2D, Drawing, 3D). Art Lab semester long every other day .5 credit - opposite AP Art
Prerequisite - currently enrolled in Studio Art 2, Drawing, Intro to Digital Photography, or Independent Study

420U *Applied* Unified Art Fundamentals
Grades 9-12 Credits: 1 Length: 1 semester
This course is an introduction to the visual arts and a prerequisite for all Art courses. It centers on elements and principles of art.

Fine Arts – Music

The SHS graduation requirement for Fine Arts is 1 credit.

433, 436, 437 *CCP* Chorus
Grades 9-12 Credits: 1 Length: Yearlong Red/White
Chorus is a vocal ensemble that is open to all Sanford High School students. While in this class, students will develop basic vocal abilities and choral knowledge, develop foundational music literacy and sight-reading skills at a high school level, learn the fundamental basics of music theory and ear training, and showcase their musicianship through hands-on practice and public performances. Daily participation in rehearsals is mandatory. Occasional rehearsals and performances are scheduled outside of school time. Attendance at these events is required for credit.

460 *Honors* Chamber Singers
Grades 9-12 Credits: 1 Length: Yearlong Red/White
Chamber Singers is an advanced vocal ensemble that is open, by audition, to any Sanford High School student who has previously taken or is currently taking Chorus. While in this class, students will enhance their vocal abilities and choral knowledge, increase music literacy and sight-reading skills at an upper high school level, solidify the fundamental basics of music theory and ear training, showcase their musicianship through hands-on practice and public performances, and have the opportunity to become active service leaders in the community. Daily participation in rehearsals is mandatory. Occasional rehearsals and performances are scheduled outside of school time. Attendance at these events is required for credit. Auditions will be held in the spring of the year and entrance is based on the director's approval.

457 CCP Beginning Band
(Grades 9-12) Credit:1 Length: Yearlong Red/white
This class is for anyone who wants to learn a band instrument! Whether you missed out on joining band in 5th grade, want to get back into playing after a few years off, or you joined late in middle school and need some more help before you're ready for full band, this is the class for you! We will work through method books to develop note reading skills as well as proper technique on your instrument. This helps students be ready to jump into CCP Concert Band.

431, 430, 432 *CCP* Concert Band
Grades 9-12 Credits: 1 Length: Yearlong Red/White
Concert band is an ensemble for the developing musician. Students in this class will advance their skills on their instrument through learning musical literature together to prepare for concerts. Students need to have some experience playing their chosen instrument. Class activities in Concert Band consist of developing skills and techniques necessary for the performance of concert and ensemble music. An improved level of musicianship and musical understanding is pursued through daily practice, assigned rehearsal objectives and occasional written assignments. Quarterly performance evaluations are given. The band performs at concerts, parades, and community events. Attendance at these events is mandatory. Occasional rehearsals and performances are scheduled outside of school time and attendance at these events is required for credit.

455 AP Music Theory (Pending AP Approval/Teacher Certification)
Grades 9-12 Credits: 1 Length: Yearlong Red/White
The AP Music Theory course corresponds to one-to-two semesters of college music theory and aural skills coursework. Students learn to recognize, understand, describe, and produce the basic elements and processes of performed and notated music. Course content extends from the fundamentals of pitch, rhythm, timbre, and expression to concepts of harmonic function, phrase relationships, and tonicization. Students study these concepts in heard and notated music, with emphasis on identification and analysis of musical features, relationships, and procedures in full musical contexts. Repertoire for analysis on the AP Music Theory Exam ranges from European Baroque pieces to folk and popular music from across the globe. Students develop musicianship skills through melodic and harmonic dictation, sight singing, and error detection exercises. Writing exercises further emphasize the foundational harmonic and voiceleading procedures of Western art music.

Prerequisite:

Students enrolling AP Music Theory must have either passed or have a passing grade in Music Theory 2, Pass a preliminary Theory Exam, or a Teacher Recommendation from a member of the SHS Music Faculty.

462 *Honors* Wind Ensemble
Grades 10-12 Credits: 1 Length: Yearlong Red/White
This auditioned honors ensemble consists of players who are advanced on their instrument. This ensemble will perform higher-grade level music, with some more advanced lessons in theory and performance skills. Students in this ensemble will perform in the same concerts as Concert Band. Students in this class will have the opportunity to play some of the great masterworks of wind band, while connecting the history to the music.

494 CCP Rock Band
Grades 9-12 Credits: 1 Length: 1 semester
Already taken Guitar, Piano, or another music class? Do you play an instrument/sing at home and don't want to take a beginner class? Modern Band class is an exploration into the creation of popular music through modern "rock/pop" band for students in grades 9 - 12. Students will be provided with the opportunity to learn and grow in basic knowledge of guitar, keyboard, bass, drum set, vocals, and creation of music through a "rock" combo. Basic experience in music is recommended.

463 *CCP* Jazz Ensemble
Grades 9-12 Credits: 1 Length: Yearlong Red/White
Students in this class will work on the jazz performance style and perform in festivals around the area.

Students will learn how to solo, play together, and improvise, while also learning the history of jazz music and its roots in American culture. Students do not need jazz experience to sign up, but they must be able to have knowledge of how to play their instrument of choice and read sheet music. Jazz ensemble students will perform for the school, community, and state festivals.

459 CCP Percussion Ensemble
Grades: 9-12 Length: 1 semester
This course will have students learning what it's like to be in a percussion ensemble. This class is perfect for students who want to learn more about percussion, want to be in a musical ensemble, and have a basic understanding of music. The class will explore a wide range of musical genres. Percussion ensemble focuses on the wide variety of percussion repertoire and styles for the diverse family of percussion instruments. Music could include Afro-Cuban, African, contemporary classical, and experimental genres.

434 *CCP* Beginning Piano
Grades: 9-12 Credits: 1 Length: 1 semester
This course studies the fundamentals of keyboard skills, including scales, chords, rhythms, and other basic theory concepts. Students learn to play on electric keyboards and piano. Students also explore the cultural contributions of the arts and how they have shaped our culture by studying various historical periods of music. Written and performance assessments are given regularly.

442 *Applied* Beginning Guitar
Grades 9-12 Credits: 1 Length: 1 semester
In this course, students study the fundamentals of guitar skills, including chords, melody, rhythm and basic theory concepts. Students develop basic chordal and melodic playing skills. No prior musical experience is necessary. Written and performance quizzes are given regularly.

458 *CCP* Electronic Music Production
Grades 9-12 Credits: 1 Length: 1 semester
Have you ever wanted to be a music producer? Mix your own beats and sounds? This course will explore the digital side of music. We will use online mixing tools like Soundtrap and Audacity to create our own songs, beats, and effects. We will also use music notation software to write our own short songs, that we will then import into Soundtrap and engineer from there. We will explore genres such as jazz, pop, rock, film scores, and rap through creating our own songs. Along the way we will learn the history behind some of the greatest producers and artists who influenced digital music as we know it.

404 CCP Lyrics, Melody, and Songwriting
Grades 9-12 Credits: 1 Length: 1 semester
In this course, students will develop a solid understanding in the art and craft of songwriting, including aspects such as lyric writing, chord structure, form, rhythm, melody, and harmony. Requires demonstration of understanding through composition, performance, and recording of original songs.

438 *CCP* Music Theory 1
Grades 9-12 Credits: 1 Length: 1 semester
This course is for students who wish to gain a better understanding of music and how music works. Music Theory 1 is taught as an introduction to music theory through the learning of scale patterns, chords, melody, harmony, ear training, composition, and much more. This class will incorporate music examples from various periods in history, as well as music in today's society. Although a "theory" course, students

will have several opportunities to engage themselves creatively throughout the semester through composition, group performance, etc.

441 *CCP* Music Theory 2
Grades 9-12 Credits: 1 Length: 1 semester
This course is for students who wish to continue their understanding of music and how music works. Music Theory 2 is taught as a follow up to Music Theory 1. Students will explore how to arrange music on software, modes, different musical forms, and much more. This class will incorporate music examples from various periods in history, as well as music in today's society. Although a "theory" course, students will have several opportunities to engage themselves creatively throughout the semester through composition, group performance, etc.

404 *CCP* Songwriting
Grades 9-12 Credits: 1 Length: 1 semester
In this course, students will develop a solid understanding in the art and craft of songwriting, including aspects such as lyric writing, chord structure, form, rhythm, melody, and harmony. Requires demonstration of understanding through composition, performance, and recording of original songs.

470 *CCP* Pop Music History & Song Analysis
Grades 9-12 Credits: 1 Length: 1 semester
Have you ever wondered how music developed to what we hear today on the radio? History of Popular Music is an in-depth study of popular music ranging from the 1950's to the present day. Students will learn the social and historical context that gave birth to today's popular music. Through studying styles/genres such as rock, punk, doo-wop, blues, country, Motown, funk, hip-hop, rap, electronic music, and more, students will become familiar with influential groups and artists, as well as their music, and the movements that brought us to where we are today. Speak up, speak out, voice your opinions, share your passions, your thoughts and your experiences. It is all about what you listen to!

Health and Physical Education

The SHS graduation requirements are Health for ½ credit and Physical Education for 1 credit.

242 *CCP* Health
Grades 9-12 Credits: ½ Length: 1 semester Red/White
In this course students are involved in classroom discussions and learning projects that involve social interaction. Your personal health and the health of others, as well as making good choices are emphasized.
Topics including: stress management, wellness, self-image, depression, bullying, first aid and CPR, cancer, tobacco, alcohol / drugs, and human sexuality. As required by Maine state law, CPR and AED training are provided.

239 *Applied* Personal Fitness
Grades 9-12 Credits: ½ Length: 1 semester Red/White
This course is designed for students to develop their own personal fitness plan that includes creating, implementing, and re-evaluating SMART goals. Additional topics include wellness, fitness, nutrition, speed development, skill improvement, weight loss/gain, muscle toning and workout principles. This course is designed to teach life-long fitness lessons and assist students in working independently. Personal motivation, at moderate or high-energy levels, in order to improve or maintain health is an important aspect of this course.

238 *Applied* Personal Fitness 2
Grades 9-12 Credits: ½ Length: 1 semester Red/White
This course is designed for the student who wants to continue pursuing specific exercise goals independently. Instructor guidance will be given, however, it is expected that students enrolled in this course have a working foundation of fitness principles and equipment use and safety. Examples of specific exercise goals: improving strength and cardiovascular conditioning, increasing muscular strength, and working on sports specific movements (optimal for off-season athletic conditioning.)
Prerequisite: Successfully completed Personal Fitness.

243 *Applied* Sports & Activities
Grades 9-12 Credits: ½ Length: 1 semester Red/White
This course is designed for students who prefer sporting activities and enjoy group/pair participation. Safety and skill development and healthy competition are stressed through activities such as badminton, floor hockey, soccer, nerf sports, capture the flag, golf, yard sports, lacrosse, and volleyball. Physical fitness and an ability to work well with others are important aspects of this course.

244 *Applied* Cooperative Fun and Fitness
Grades 9-12 Credits: ½ Length: 1 semester Red/White
This course is an extension of the Adventure Education programming with a focus on cooperative games, team building, and exploration. It is designed for those who enjoy the outdoors, relationship building, and finding joy in physical activity. It involves cooperative learning through initiative games, problem solving, and experiential pursuits. A willingness to work well with others is an important aspect of this course.

247 *Applied* Adventure Education
Grades 9-12 Credits: ½ Length: 1 semester Red/White
This course is for students who prefer a less competitive gym class. It is designed for those who enjoy being outside, exploring, new experiences, and challenging their comfort zones. It involves team building, goal setting and cooperative learning through initiative games, low climbing elements, kayaking, canoeing, indoor & outdoor climbing, geo-caching, snowshoeing, archery, survival skills, and hiking. Physical fitness and an ability to work well with others are important aspects of this course.

237 *Applied* Unified Physical Education
Grades 9-12 Credits: ½ Length: 1 semester Red/White
Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities. The Unified Physical Education curriculum includes options for integrating physical activity, fitness, sports, health, wellness, nutrition, and student leadership into the class and broader school community.

236 *Applied* PE Peer Supporter
Grades 9-12 Credits: ½ Length: 1 semester Red/White
PE Peer Supporters provide support and encouragement to students with unique needs in a physical education setting. Specific responsibilities may include promoting social inclusion, providing support to peers that need physical assistance, and partnering with classmates to encourage engagement and participation.
*Prerequisite: Student should have successfully completed the class they are a Peer Supporter in.

Math

The SHS graduation requirement for Math is 4 credits Class of 2026 and beyond.

Grade 9

302 Pre-Algebra

Grade: 9 Credits: 2 Length: Yearlong

This course is designed for students who require a foundation in algebra skills. Topics include problem-solving, communication, and reasoning. Emphasis is placed on formulating, solving, and exploring statistics.

301 Applied Algebra 1

300 CCP Algebra 1

Grade: 9 Credits: 2 Length: Yearlong

This course is designed for students who have had a full year of preparation for algebra. Topics include problem-solving, communication, and reasoning. Emphasis is placed on solving equations, graphing linear functions, solving and graphing systems of equations, exploring operations with exponents, and an introduction to probability.

335 Honors Algebra 1/Geometry

Grade: 9 Credits: 2 Length: Yearlong

This course is designed for students who wish to be accelerated in grade 9 in hopes of taking AP Calculus A as a grade 12 student. This course will combine Honors Algebra 1 and Honors Geometry and will move very quickly and require significant work to be done at home.

Semester 1 - Honors Algebra 1 This course is designed for students who have had a full year of preparation for algebra. Topics include problem-solving, communication, and reasoning. Emphasis is placed on operations with exponents, solving and graphing quadratic equations, and an introduction to probability.

Semester 2 - Honors Geometry This course focuses on problem-solving; topics include measurement formulas, transformations, communication, reasoning, functions, synthetic and algebraic geometry, trigonometry, statistics, probability, discrete mathematics, and mathematical structure. Students use the tools of geometry and technology.

308 Honors Algebra 2 Part 1 & 2

Grade: 9 Credits: 2 Length: Yearlong

Semester 1 - Students will explore concepts in algebraic expressions, linear and quadratic functions, powers and roots, applications in polynomials, and other special functions. Topics include concepts learned in previous algebra and geometry courses including transformations, matrices, and measurement formulas. A TI-84 Plus graphing calculator is strongly recommended.

Semester 2 - Students will explore concepts with exponential, logarithmic, and topics involving geometry of angles and triangles, and furthers it with the use of arcs, trigonometric functions, and vectors. Introduction to Unit Circle, exact values, and periodic phenomena will be covered as well. The emphasis will be on practical applications. Successful completion of both Algebra 2 Parts 1 and 2 are highly recommended for students who are considering a post-secondary education.

Grades 10 – 12

310 Applied Math
Grades 10 – 12 Credits: 1 Length: 1 semester
Students focus on the following: functions, decimals, percents, statistics and probability, measurement, tools of measurement, number, and quantity, and algebra using a differentiated and standards-based proficiency model. This math class provides real-world applications. Placement is determined by IEP and the student's previous math instructor.

346 Pre-Algebra
Grade: 10-12 Credits: 1 Length: 1 semester
This course is designed for students who require a foundation in algebra skills. Topics include problem-solving, communication, reasoning, and exploring ratios and proportions.

311 Applied Algebra 1
304 CCP Algebra 1
343 Honors Algebra 1
Grade: 10-12 Credits: 1 Length: 1 semester
This course is designed for students who have had a full year of preparation for algebra. Topics include problem-solving, communication, and reasoning. Emphasis is placed on solving and graphing systems of equations, solving equations, graphing linear functions, exploring operations with exponents, and an introduction to probability.

313 Applied Geometry
312 CCP Geometry
306 Honors Geometry
Grades: 10 – 12 Credits: 1 Length: 1 semester
This course incorporates algebra and problem-solving and covers the topics of angles, parallel lines, transformations, triangles, quadrilaterals, similarity and congruence, trigonometry, circles, area, and volume.
Prerequisite: Algebra 1

332 Applied Algebra 2 Part 1
314 CCP Algebra 2 Part 1
315 Honors Algebra 2 Part 1
Grades: 10–12 Credits: 1 Length: 1 semester
Students explore concepts in algebraic expressions, linear and quadratic forms, powers and roots, applications in polynomials, and other special functions. Topics include concepts learned in previous algebra and geometry courses including transformations, matrices, and measurement formulas. A TI-84 Plus graphing calculator is strongly recommended. Successful completion of both part Algebra 2 part 1 and 2 are highly recommended for students who are considering a post-secondary education.
Prerequisite: Geometry

374 Applied Algebra 2 Part 2
305 CCP Algebra 2 Part 2
309 YCCC College Algebra / Honors Algebra 2 Part 2
Grades: 10–12 Credits: 1 Length: 1 semester
Using the skills acquired in Algebra 2 Part 1, students explore concepts with exponential and logarithmic functions, topics involving the geometry of angles and triangles, arcs, trigonometric functions, and vectors. There is also an introduction to the Unit Circle, exact values, and periodic phenomena. The emphasis will be on practical applications. Successful completion of both part Algebra 2 part 1 and 2 are highly recommended for students who are considering a post-secondary education. A TI-84 Plus graphing calculator is strongly recommended.
Prerequisite: Algebra 2 Part 1

380 CCP Quantitative Reasoning
Grades 10-12 Credits: 1 Length: 1 semester
Quantitative Reasoning provides a foundation in critical thinking, problem-solving, and mathematical and statistical skills aligned with citizenship, workforce, and real-world applications. The goals of the course are to engage students in meaningful mathematical experiences that will increase their quantitative and logical reasoning abilities and strengthen the mathematical abilities that they will encounter in other disciplines. The focus of the course is to develop and support communication and collaboration skills. This course is designed as a gateway course for students entering non-STEM degree programs.
Prerequisite: Algebra 2 Part 1

318 CCP Statistics
Grades 11-12 Credits: 1 Length: 1 semester
This course provides an exploration of elementary statistics. It explores topics such as the nature of probability and statistics, frequency distributions and graphs, data description, probability and counting rules, distributions, hypothesis testing, and statistical inference. A TI-83 or TI-83 Plus graphing calculator is required. This course will provide real-world applications and experiences with relevance to the margin of error in standard deviation. Students will draw conclusions from regression of real-world data models, and interpret future success or failure using z scores and the normal curve.
Prerequisite: CCP / Honors Algebra 2 Part 2 or Quantitative Reasoning

316 CCP Elementary Functions
Grades 10-12 Credits: 1 Length: 1 semester
This course focuses on data analysis and statistics, probability, problem-solving, transformations, and functions (exponential, logarithmic, trigonometric, circular, and polynomial). Emphasis is placed on models generated by technology. This course provides real-world applications and experiences relating to radio waves, real-life sinusoidal functions (sunrise and sunset, and heights of tides), exponential growth and decay with population problems, and real-life quadratics.
Prerequisite: CP or Honors Algebra 2 Part 2

317 YCCC Trigonometry / Honors Elementary Functions
Grades 10-12 Credits: 1 Length: 1 semester
This dual enrollment course with YCCC provides some of the tools for those students interested in mathematics, science, engineering, architecture, or manufacturing. Students will learn the basic geometry of angles, triangles, arcs, trigonometric functions, and vectors. The emphasis will be on practical applications.

Prerequisite: Honors Algebra 2 Part 2

319 USM Aspire Statistics MAT 120
Grades 11, 12 Credits: 1 Length: 1 semester (4 USM college credits)
In this course, students explore topics of statistics such as the nature of probability and statistics, frequency distributions and graphs, data description, probability and counting rules, descriptions, hypothesis testing, and statistical inference. A TI-83 or TI-83 Plus graphing calculator is required. Students receive four USM college credits upon successful completion of this course. This class will provide real-world applications and experiences concerning margins of error in standard deviation. The students also draw conclusions from regressions of real-world data models and interpret future success or failure using z scores and the normal curve. Students receive USM credit for this course upon successful completion.
Prerequisite: YCCC Algebra 2 Part 2 or Honors Elementary Functions unless prior approval by the instructor.

320 Honors YCCC Pre-Calculus
Grades 10-12 Credits: 1 Length: 1 semester
This dual enrollment course with YCCC provides some of the tools for those students interested in mathematics, science, engineering, architecture, or manufacturing. Students will explore the Unit Circle in-depth, triangles, arcs, trigonometric functions, identities, equations, and vectors. Content including polynomials, radicals, factoring, exponents/logarithms, and rational functions will be covered. The emphasis will be on practical applications.
Prerequisite: YCCC Trigonometry

321 USM Aspire AP Calculus A MAT 152
Grades 11, 12 Credits: 1 Length: Yearlong Red/White (4 USM college credits)
This course includes the analysis of graphs, limits of functions, derivatives and their applications, integrals and their applications, and polynomial approximations and infinite series. A TI-83 or TI-83 Plus graphing calculator is required. NOTE: Students completing this course are required to take the AP Calculus exam in the spring. Students receive USM credit for this course upon successful completion. This class provides real-world applications and experiences relating to the position, velocity, and acceleration of moving particles, exploring areas under curves and three-dimensional volumes created by rotations.
Prerequisite: Honors Pre-Calculus

331 USM Aspire AP Calculus B MAT 153
Grades 11, 12 Credits: 1 Length: Yearlong Red/White (4 USM college credits)
This course includes techniques of integration, indeterminate forms, L'Hopital's Rule, improper integrals, infinite series, conic sections, parametric equations, and polar coordinates. A TI-83 or TI-83 Plus graphing calculator is required. NOTE: Students completing this course are required to take the AP Calculus exam in the spring. Students receive USM credit for this course upon successful completion.
Prerequisite: 321 AP Calculus MAT 152

488 CCP Personal Finance
Grades 11 – 12 Credits: 1 Length: 1 semester
In this course, students learn the value of budgeting, preparing for the future, and becoming better financial decision-makers. Sanford High School views financial literacy as a shared responsibility to support the next generation with their financial futures. Standards in financial literacy are met through participation in this course offering.

489 CCP Personal Finance R/W

Grades 11 – 12 Credits: 1 Length: Yearlong Red/White
In this course, students learn the value of budgeting, preparing for the future, and becoming better financial decision-makers. Sanford High School views financial literacy as a shared responsibility to support the next generation with their financial futures. Standards in financial literacy are met through participation in this course offering.

356 Advanced Math Academic Lab
Grade 10-12 Credits : ½ (Pass/Fail) Length: 1 semester R/W
Provides advanced mathematics students an opportunity to build/maintain mathematics skills at their own pace through active participatory experience on an online learning and assessment program as well as with a Maine Certified High School Math Teacher. (Does not count as a math graduation requirement)

372 Math Academic Lab
Grade 10-12 Credits : ½ (Pass/Fail) Length: 1 semester R/W
Provides mathematics students an opportunity to build/maintain mathematics skills at their own pace through active participatory experience on an online learning and assessment program as well as with a Maine Certified High School Math Teacher. (Does not count as a math graduation requirement)

Science

The SHS graduation requirement for Science is 4 credits Class of 2026 and beyond and must include Integrated Science and Biology.

200 *Applied* Integrated Science
202 *CCP* Integrated Science
204 *Honors* Integrated Science
Grade 9 Credits: 1 Length: 1 semester
This is an exploratory course covering several scientific specialties within physical and life science. This course focuses on thematic units studying Earth systems, energy, and human impacts on Earth systems. Students develop a deep understanding of the interdependence of systems on Earth and the effects human behavior has on those systems.

206 *Applied* Biology
207 *CCP* Biology
Grades 10-12 Credits: 1 Length: 1 semester
Areas of emphasis in this course include cell structure, cell function, ecology, genetics, and evolution in alignment with life science graduation standards. Classroom experiences include group activities, hands on lab experiences and inquiry based projects. Within this pathway Biology students look at how our lives interact with the environment and its impact on our future. Projects are geared towards bioengineering, Artificial Intelligence, and human impacts on environment.

222 *Honors* Biology
Grades 10-12 Credits: 1 Length: 1 semester
Honors biology is for highly motivated students with a strong interest in science. The course is an in-depth study of the major concepts of the living world and students are expected to demonstrate understanding through a variety of higher order thinking processes. The core principles of science are

used to promote deep understanding and appreciation of the complexity, diversity, and interconnectedness of life on earth. The course focuses on: correlation between structure and function starting at molecular level and up to the level of organisms; principles of classical and molecular genetics and evolutionary theory; energy transformations within living systems; and interactions between organisms and their environment.

209 *AP* Biology
Grades 11-12 Credits: 1 Length: Yearlong Red/White
This course provides a thorough investigation of molecular biology as it applies to genetic engineering and other biotechnology topics. Through various lab and analytical activities, students improve their technical writing and experimental design skills.
Prerequisite: Successful completion Integrated Science and CCP or Honors Biology.
Suggested Prerequisite: Chemistry

211 *CCP* Chemistry – Part 1
Grades 11, 12 Credits: 1 Length: 1 semester
This course emphasizes the principles of inorganic chemistry, the study of matter, its structure, properties and composition and changes in matter. Emphasis is placed on problem solving skills. The laboratory phase is designed to assist students in discovering concepts that confirm or test stated or given principles. Students are instructed in the correct use of basic laboratory equipment with an emphasis on proper safety procedures. Within this pathway, students explore the applications of matter and its interactions to science, technology, engineering, and mathematics.
Prerequisite: Successful completion of Algebra 1, Geometry, Integrated science, and Biology.

212 *CCP* Chemistry – Part 2
Grades 11, 12 Credits: 1 Length: 1 semester
This course is designed for students planning to major in science. It is offered as a continuation of CP Chemistry Part 1 during the second semester to allow students the opportunity to cover all topics included in a typical semester-long college chemistry course.
Prerequisite: Successful completion of *CCP* Chemistry Part 1.

228 *Honors* YCCC Chemistry - Part 1
Grades 11, 12 Credits: 1 Length: 1 semester
Honors Chemistry provides a comprehensive examination of the fundamental concepts of chemistry including matter and energy, atomic structure and atomic theory, chemical bonding, and chemical reactions. A two-fold emphasis on understanding the molecular interactions that underlie everything around us and developing and strengthening problem solving skills will be utilized as central themes in all discussions and students are expected to demonstrate understanding through a variety of higher order thinking processes. Laboratory investigations are used extensively to allow students the opportunity to examine these concepts through hands-on lab experiences following basic safety protocols and lab equipment techniques. This is a dual enrollment course offered by SHS in conjunction with York County Community College and runs during the school day. (4 YCCC credits/hours for CHM 106/107)
Prerequisites: Biology, Algebra 2

229 *Honors* YCCC Chemistry - Part 2
Grades 11, 12 Credits: 1 Length: 1 semester
Honors Chemistry Part 2 is a second semester course that provides a comprehensive examination of the fundamental concepts of chemistry including the gas laws, properties of liquids and solids and intermolecular forces, solutions, acids and bases, chemical equilibrium and oxidation reduction reactions. A two-fold emphasis on understanding the molecular interactions that underlie everything around us and

developing and strengthening problem solving skills will be utilized as central themes in all discussions and students are expected to demonstrate understanding through a variety of higher order thinking processes. Laboratory investigations are used extensively to allow students the opportunity to examine these concepts through hands-on lab experiences following basic safety protocols and lab equipment techniques. This is a dual enrollment course offered by SHS in conjunction with York County Community College and runs during the school day. (4 YCCC credits/hours for CHM 116/117) Prerequisite: Honors Chemistry Part 1

215 *CCP* Physics
Grades: 11 - 12 Credits: 1 Length: 1 semester
This laboratory-based course will cover kinematics and dynamic mechanics and thermodynamics and is designed for students planning to attend a four-year college to major in engineering, mathematics, or physical sciences. Emphasis is placed on teaching concepts (principles) and improving problem-solving skills. Algebra, geometry, trigonometry and vector analysis are used throughout the semester. Within this pathway students experience scientific principles relating to physics and projects are geared towards mathematical analysis and engineering experiences.
Prerequisite: Biology, Geo & Alg II.

214 *Honors* Physics
Grades: 12 Credits: 1 Length: 1 Semester
This laboratory-based course will cover kinematics and dynamic mechanics, thermodynamics, waves, electricity, and modern physics and is designed for students planning to attend a four-year college to major in engineering, mathematics, or physical sciences. Emphasis is placed on teaching concepts (principles) and improving problem-solving skills. Algebra, geometry, trigonometry, vector analysis, and calculus (limited basis) are used throughout the year. Within this pathway students experience scientific principles relating to physics and projects are geared towards mathematical analysis and engineering experiences.
Prerequisite: *CCP* or Honors Chemistry.
Suggested Prerequisites: Elementary Statistics, Pre-Calculus, and Calculus.

219 *AP* Environmental Science
Grades 11, 12 Credits: 1 Length: Yearlong Red/White
This course focuses on the interaction of humans with the Earth. Sustainability is examined through major sub-themes: ecology and biodiversity, land and water usage, energy usage, human population and pollution. Lab work and field trips are emphasized.
Prerequisite: Integrated Science, Biology, Chemistry and Algebra II

217 *Honors* Human Anatomy and Physiology
Grades: 11, 12 Credits: 1 Length: Yearlong Red/White
This course provides a systemic, in-depth study of the structure and life functions of the human body. Each body system is analyzed with regard to its macroscopic, histological, physiological, and pathological elements. Students conduct extensive microscopic, physiological, and dissection labs. Modern medical issues are discussed and their bio-ethical implications explored. Prerequisite: Biology and Chemistry

742E AP Computer Science
Grade: 11 - 12 Credits: 1 Length: Red/White Yearlong
AP Computer Science Principles is an introductory college-level computing course that introduces students to the breadth of the field of computer science. Students learn to design and evaluate solutions and to apply computer science to solve problems through the development of algorithms and programs. They incorporate abstraction into programs and use data to discover new knowledge. Students also

explain how computing innovations and computing systems—including the internet—work, explore their potential impacts, and contribute to a computing culture that is collaborative and ethical.

221 *CCP* Marine Science
Grades: 11, 12 Credits: 1 Length: 1 semester
This is a lab-oriented course designed to explore the physical, biological, and environmental aspects of the oceans. Students study the diversity of marine phytoplankton, plants and animals. Topic areas emphasized include: invertebrates, fish, coral reefs, sea turtles, marine mammals and thermal vents. Through class work and field trips, students study the significance of our estuaries and examine many problems currently facing the ocean ecosystem. Assessments include projects, research and technology. This is a science elective course.
Prerequisite: Integrated Science and Biology

232 *Applied* Wildlife Biology
230 *CCP* Wildlife Biology
Grades: 11-12 Credits: 1 Length: 1 semester
This course emphasizes wildlife interactions, management techniques and general forestry practices and is designed for students with an interest in the natural environment. The great outdoors serves as a working classroom, with group discussions and laboratory work emphasizing critical ideas. Topics of study often include taxonomy, survey of the vertebrates (with special emphasis on Maine species), habitat evaluation, threatened and endangered species, wetland and seasonal ecology, track identification, and silviculture. This is a lab-based course designed to give students a new respect for their surroundings, and to prepare them for further exploration in this field. Emphasis placed on student participation, lab techniques, species identification, and statistical analyses.
Prerequisite: Integrated Science and Biology

226 *Applied* Introduction to Technology
210 *CCP* Introduction to Technology
Grades: 9 – 12 Credits: 1 Length: 1 semester
Students will experience STEM based education in topics related to Physical Science. Students construct, collect data, and analyze information through a variety of hands-on activities and problem solving content. This class contains a combination of Science, Math, and Engineering Processes. Applied classes will focus on a conceptual understanding of the principles. CCP class students will be expected to apply both math and science computation and knowledge to explain the transfer of energy in a system through the engineering design process. In addition to the conceptual understanding, this course will use data collected to compute and analyze the projects constructed.

255 *CCP* Forestry
Grades: 11-12 Credits: 1 Length: 1 semester
This course will explore soil science (silviculture), tree identification, basic tree biology, careers related to forestry, and climate change mitigation among other topics and is designed for students with an interest in the natural environment. The great outdoors serves as a working classroom, with group discussions, case studies, and laboratory work emphasizing critical ideas. A special emphasis will be placed on Maine topics. This is a lab-based course designed to give students a new respect for their surroundings and to prepare them for further exploration in this field. Emphasis placed on student participation, lab techniques, species identification, and statistical analyses.
Prerequisite: Integrated Science and Biology

220 *CCP* Environmental Science
Grades: 11-12 Credits: 1 Length: 1 semester

This course focuses on major topics of ecology, biodiversity, natural resources, energy, human population, pollution and climate change as well as scientists in the field of environmental science. Students will also examine and create solutions to environmental issues. The great outdoors serves as a working classroom, with group discussions, case studies, and laboratory work. This is a lab-based course designed to give students a new respect for their surroundings and to prepare them for further exploration in this field. Emphasis placed on student participation, lab techniques, and statistical analyses.
Prerequisite: Integrated Science and Biology

256 *Applied* Exploring Engineering
Grades: 9-12 Credits: .5 Length: 1 semester Red/White
An introduction to engineering and the engineering design process. Learn about the science of materials commonly used in the engineering sector, how they are manufactured, and their mechanical properties. There are many forms of engineers; we will look at the various types of engineering.

257 *Applied* Meteorology
Grades: 9-12 Credits: .5 Length: 1 semester Red/White
This course will be an exploration into the fundamental principles that generate weather. Students will study the physical properties within the atmosphere of energy, heat, temperature, gasses, pressure, winds, precipitation and their complex interrelationships. Fabrication of simple weather instruments to collect data and generate basic weather forecasts will be part of the class experience.

258 *CCP* Exploring Forensics
Grades: 10-12 Credits: .5 Length: 1 semester Red/White
Do you enjoy watching CSI, Criminal Minds, or other crime TV shows? Then this class is for you! Students will study crime-solving techniques such as blood spatter and fiber analysis. In this class, students will also analyze fingerprints and handwriting patterns. Students will participate in hands-on labs and activities while learning how forensic scientists use various techniques to solve crimes.
Prerequisite: Integrated Science and Biology

259 *CCP* Introduction to Electronics
Grades: 9-12 Credits: .5 Length: 1 semester Red/White
This laboratory-based course will engage students in the basics of electricity through circuit building and design. Students will familiarize themselves with concepts such as: open/closed/short circuits, voltage, current, resistance, parts of a circuit, and the relationship between electricity and magnetism. Discussions, internet applications, hands-on activities, and scientific observation are an important part of this course. Students that take this course will familiarize themselves with the basics of circuitry and the everyday applications of circuits.
Prerequisite: Pre Algebra

225 CCP Astronomy

Grades: 9-12 Credits: 1 Length: 1 semester

This course emphasizes space science topics including black holes, constellations, earth-moon system, galaxies, the solar system, space exploration, and stars. Discussions, internet applications, hands-on activities, and scientific observations are an important part of this class. Students are required to complete two celestial nighttime observations. This is a science elective course.

Social Studies

The SHS graduation requirement for Social Studies is 4 credits for the Class of 2026 and beyond and must include Geography and Global Perspectives (9), U.S. History [Early or Modern] (10), and Civics (11).

106 *Applied* Geography and Global Perspectives
107 *CCP* Geography and Global Perspectives
108 *Honors* Geography and Global Perspectives
Grade: 9 Credits: 1 Length: 1 semester
In this course, students will build upon their knowledge of core themes in geography by investigating various regions of the world and the effects of geographic influences on decisions about the present and future. Topics covered in this course may include the influence of physical geography on the development of human systems (ideologies, religions, cultures, food, and identity), how the environment influences human interactions, and the identification and evaluation of ongoing human impact on the environment.

113 *Applied* U.S. History A: Early
114 *CCP* U.S. History A: Early
115 *Honors* U.S. History A: Early
Grades: 10 Credits: 1 Length: 1 semester
Students will examine key political, economic and social turning points in American history, and consider the role of citizens in affecting change. This course covers events from the pre-colonial period to the turn of the 20th Century. Students may learn about Native American history, Columbian Exchange, westward expansion & manifest destiny, Industrialization, the Civil War & Reconstruction, and immigration. Students will learn historical thinking skills, such as crafting historical questions, interpreting primary and secondary sources, and using evidence to make arguments.

116 *Applied* U.S. History B: Modern
117 *CCP* U.S. History B: Modern
118 *Honors* U.S. History B: Modern
Grades: 10 Credits: 1 Length: 1 semester
Students will examine key political, economic and social turning points in American history, and consider the role of citizens in affecting change. This course covers events from the turn of the 20th Century to today. Students may learn about: how the US became a world power, WWI, WWII, the Cold War, civil rights movements, 9/11, and globalization. Students will learn historical thinking skills, such as crafting historical questions, interpreting primary and secondary sources, and using evidence to make arguments.

121 *Applied* Civics
122 *CCP* Civics
125 *Honors* Civics
Grades: 12 Credits: 1 Length: 1 semester
In this course, students will focus on the fundamentals of the United States government, its structures and functions, democratic ideals, and the rights and responsibilities of its citizens. To form a comprehensive understanding of the role of government in the world, students will compare and contrast governmental and political ideologies. They will learn to become engaged members of our society. Students will demonstrate an understanding of how society functions and ability to participate in a positive manner.

110 *AP* United States History
Grades: 10 - 12 Credits: 1 Length: Yearlong Red/White
This course examines the nation's history from the Pre-Columbian period to present day. Taught in

accordance with Advanced Placement U.S. History standards, it is designed to prepare students for the AP U.S. History Exam in the spring. Students receive comprehensive instruction in American History with the rigor of a college level classroom. Chronological and thematic approaches to the material, historical thinking skills and thematic learning objectives are emphasized. Students are exposed to historical topics not otherwise covered at SHS.
Prerequisite: Successful completion of 9th grade Social Studies course.
*When enrollment is low in these courses, this course will run every other year.

137 *AP* US Government and Politics
Grades: 10 - 12 Credits: 1 Length: Yearlong Red/White
This course provides an analytical perspective on government and politics in the United States. It includes the study of constitutional underpinnings in US government; political beliefs and behaviors; political parties; interest groups and mass media; campaigns and elections, institutions of national government; public policy; and civil rights and civil liberties.
Prerequisite: Successful completion of 9th grade Social Studies course.
*When enrollment is low in these courses, this course will run every other year.

126 *CCP* Sociology
Grades 10-12 Credits: 1 Length: 1 semester
This course studies society, social behavior and social action. Enduring themes including culture, violence in society, power and inequality, sports, and global issues are analyzed, utilizing the methods and research of sociologists, class discussions, debates and projects.

132 *CCP* Psychology
Grades: 10-12 Credits: 1 Length: 1 semester
This course covers psychology's major theories and applications and is designed as an introduction to psychology, its history and key contributors to its field. It is designed for students interested in exploring psychology or who plan to attend college and wish to gain foundational knowledge.

102 *CCP* World History
Grades: 10 - 12 Credits: 1 Length: 1 semester
In this course, students will be examining the world's past. Students will have the opportunity to look at different global perspectives on past events as well as different cultural and geographic developments over time. We will be looking at many civilizations and cultures all throughout the world's past and will be taking a big picture approach to see how the past relates to the present and vice versa.

159 *CCP* Pop Culture
Grades: 9-12 Credits: 1 Length: 1 Semester
In this course, students will examine the unique history of pop culture in America. The course will analyze the history of music, movies, clothing, culture, and the internet and extrapolate on the symbiotic and cyclical nature of fads that changed the course of society as a whole. The goal of this course is to explore ever changing American values and how current and past fads have challenged these preexisting values.

160 *CCP* Street Law
Grades: 9-12 Credits: 1 Length: 1 Semester
This course will provide students with practical legal knowledge relevant to everyday life. Topics discussed will include school and juvenile law, criminal law, civil law, and family law. We will also cover larger more relevant topics such as cyber-crime, identity theft, intellectual property rights, terrorism, and immigration. Students will work on developing a high-level of critical thinking and problem-solving skills,

engagement, and communication skills.

162 *CCP* Native American History
Grades: 9-12 Credits: 1 Length: 1 Semester
In this course, we will study the history, law, and culture of Native American Nations throughout the United States. We will compare/contrast the scope of Native Nations pre vs. post colonization as well as study the relationship between early colonists, the Wabanaki and the Iroquois Confederacies. In addition, we will track the growth of the United States through the lens of Native Nations across the continent as they used different tactics to fight for survival. Finally, we will examine the current activism going on as the fight for land, survival, and culture continues in the court system.

163 *Applied* Geography
164 *CCP* Geography
Grade: 11-12 Credits: 1 Length: 1 semester
In this course, students will build upon their knowledge of core themes in geography by investigating various regions of the world and the effects of geographic influences on decisions about the present and future. Topics covered in this course may include: the influence of physical geography on the development of human systems (ideologies, religions, cultures, food, and identity), how the environment influences human interactions, and the identification and evaluation of ongoing human impact on the environment.

131 *CCP* Social Studies Other: Leadership and Sports in History
Grades: 9 – 12 Credits: 1 Length: 1 semester
This course examines and analyzes leadership - the risks and rewards of being a leader and what it takes to become a positive and successful leader. Students study both famous and infamous historical sporting events, the individual athletes who impacted these moments in time and how sports help transform these events. This course is designed to help better understand effective leadership and to develop tools for personal success as a leader at SHS.

111 *CCP* The World Today
Grades: 9-12 Credits: .5 Length: Red/White Semester
This elective looks at current events around the world, and what effect they have not only on the United States, but on the world around us. Students will learn not only about major events occurring in the world (Iran/US relations, Brexit, Australian Wildfires) but the causes behind them (Mossadegh assassination in the 1950s, UKs European skepticism, climate change). We will also look at parallels between events happening today, and in the past (example: Wuhan Coronavirus today and the 2002 SARS outbreak)

World Languages

406 *CCP* French 1
Grades 9 -12 Credits: 1 Length: 1 semester

Students experience the French language through a variety of activities such as story creation, language games, mini-presentations, gestures and signs, songs and narrated short videos. The emphasis is on comprehensible input so that students gain confidence with high frequency words as they are learning to communicate about new material. The target language is embedded in authentic resources including movie clips, maps, infographics, articles and documents. Priority is given to understanding communication over correctness. Cultural practices and perspectives of the Francophone world are incorporated throughout.

408 *CCP* French 2
Grades 9 – 12 Credits: 1 Length: 1 semester

This course reviews the communicative skills acquired in French 1 before starting to acquire new vocabulary and explore cultural practices and perspectives. We use stories, videos, infographics, articles and books to practice and build communication skills. Additionally, French 2 students will learn about life in France and the contributions of notable Francophones. Prerequisite: French 1

410 *CCP* French 3
Grades 10-12 Credits: 1 Length: 1 semester

This course continues developing French skills into broader subjects. Topics covered include school and future plans, the weekend and how we spend it, French food, and cultural events. We will also read a series of French fairy tales and stories.. Students will practice and be assessed in listening, speaking, reading and writing. The class is conducted entirely in French.

Prerequisite: French 2

411 *Honors* French 4
Grades 10-12 Credits: 1 Length: 1 semester

This course is devoted to readings in French literature, culture, sports, and history. In French 4, the emphasis is less on acquiring the language than on using it. Students will have the opportunity to read, write and express their ideas in French. Many of the topics discussed will be based on the interest of the particular students in the class.

Prerequisite: Grade of 85 or above in French 3 and recommendation from French 3 instructor

412 *CCP* Spanish 1
Grades 9-12 Credits: 1 Length: 1 semester

Students experience the Spanish language through a variety of activities such as story creation, language games, mini-presentations, gestures and signs, songs and narrated short videos. The emphasis is on comprehensible input so that students gain confidence with high frequency words as they are learning to communicate about new material. The target language is embedded in authentic resources including movie clips, maps, infographics, articles, documents and short novels. Priority is given to understanding communication over correctness. Cultural practices and perspectives of the Hispanic world are incorporated throughout.

413 *CCP* Spanish 2
Grades 9-12 Credits: 1 Length: 1 semester

This course reviews the communicative skills acquired in Spanish 1 before starting to acquire new vocabulary and explore cultural practices and perspectives. We use stories, videos, infographics, articles and books to practice and build communication skills. In addition to other cultural materials, Spanish 2

students will learn about Day of the Dead and the contributions of notable Latinos. Prerequisite: Spanish 1

414 *CCP* Spanish 3
Grades 10-12 Credits: 1 Length: 1 semester

This course reviews and develops skills learned in Spanish 2 and introduces new vocabulary and more advanced concepts.. Continued emphasis is placed on speaking, writing and authentic communication in Spanish. Music, celebrations, history, cultural traditions and important Hispanic figures are integral pieces of the semester and woven into the units of study. Prerequisite: Spanish 2

415 *Honors* Spanish 4
Grades 10-12 Credits: 1 Length: 1 semester

Prerequisite: Grade of 85 or above in Spanish 3 and recommendation from Spanish 3 instructor. Students will strengthen their skills in reading and writing through authentic texts with emphasis on a storytelling unit. Fairy tales, legends, myths and fables expose students to the folklore of the Hispanic world, with focus on indigenous stories from Central and South America. Class is conducted nearly entirely in Spanish and students are expected to speak amongst themselves and with the teacher using language appropriate to their ability.

416 *Honors* Spanish 5
Grades 10-12 Credits: 1 Length: 1 semester

Prerequisite: Spanish 4, 85 or higher and/or teacher recommendation. Spanish 5 takes a deeper look at language and culture as students' skills allow them to engage more spontaneously and critically with the language. This course explores history, geography, art and culture, specifically of Spain from prehistoric times through the Spanish Inquisition. Mini-units, free-choice reading as well as a short novel reading are part of the curriculum.

Special Education (Grades 9-12)

English

005 Developmental English Literature
This course is designed for students who require a multi-sensory approach to reading and writing instruction. This class focuses on common sight words, directions, self-care, community information and reading for pleasure. Prerequisite: IEP

001, 004 Practical English 1 & 2
This course is designed for students who require a multi-sensory, phonetic based approach to reading instruction. The students will focus on improving decoding skills, vocabulary development, spelling, reading comprehension and develop and strengthen writing. Prerequisite: IEP

513 Functional English
This course will have a strong focus on the writing process. Students will understand parts of a sentence, and create paragraphs using a main idea and its details. Students need opportunities to practice pre-writing, writing, and editing skills as part of the writing process. Reading for comprehension through short stories and articles will also be a focus.
Prerequisite: IEP

539 Content/Vocational Reading
This course is designed for students who are below grade level in reading but are in regular content curriculum/courses. This class focuses on improving reading decoding, fluency, vocabulary, and content area reading comprehension. Reading focuses on chosen pathways. Prerequisite: IEP

Math
322 Math Applications
Students learn to connect math to the world around them by choosing and using concepts for application in real world situation. Students use multi-modal learning to demonstrate skills in the areas of number sense, addition/subtraction, and in some cases multiplication.
Prerequisite: IEP

323 and 325 Foundations of Math 1 & 2
Students learn to connect math to the world around us by choosing and using concepts for application in real-world situations. Students work with place values, prime numbers and factors, fractions, number patterns, multiplication and division strategies, percent, geometry and measurement. Prerequisite: IEP

327, 360, and 361 Transitional Math 1, 2, & 3
Students learn to connect math to the world around us by choosing and using concepts for application in real-world situations. Students work with decimals, multiplication and division, fractions, ratios, linear expressions and coordinate planes. Prerequisite: IEP

519 Developmental Consumer Math
This course explores everyday life skills through mathematics: understanding currency, counting money, making change, telling time, reading charts and graphs and using a calendar. Prerequisite: IEP

Science
516 Developmental Science
This course is designed to provide students developmental level Science knowledge with a focus on problem solving and basic lab skills through general science concepts. Prerequisite: IEP

Social Studies
514 Developmental History
This course is designed to provide students developmental level American History knowledge with a focus on important people, significant trends, and key events in United States history. It examines from European exploration to present day events with an underlying focus on Maine's role. Prerequisite: IEP

515 Developmental Civics/Government
Students investigate the principles and values that have shaped the development of our American government and the U.S. Constitution. They examine how key political, economic and social turning points in our history have affected American society over time, and consider the role of citizens in affecting change. It includes the study of the constitution, political beliefs, and elections. These skills help to prepare students to make decisions as informed and participating citizens. Prerequisite: IEP
654 Developmental Geography
Students will build upon their knowledge of core themes in geography. Prerequisite: IEP

Physical Fitness/Health
518 Developmental Physical Education

This course is designed to encourage students to develop life-long fitness with a focus on wellness, skill development/improvement, muscle toning, and sound workout principles with accommodations or modifications made as needed due to disabilities. Prerequisite: IEP

510 Developmental Health
This course will explore taking care of self through good hygiene and nutrition, understanding the human body, and safety and health concerns. Prerequisite: IEP

Visual Performing Arts

511 Developmental Art
This course is designed to provide students with developmental level art education with a focus of basic elements and principles of Art. Presentations and discussions will be coupled with hands-on opportunities to explore and develop their creativity, learn different techniques, and to enjoy the process of expressing thoughts and feelings through Art.
Prerequisite: IEP

Life & Career Experiences

532 Developmental Living on Your Own I
In this class, students will explore social-emotional skills to manage emotions, understand self-esteem and how it relates to friendships/relationships, promotes positive values, as well as establish goal setting for school, home and in the community. Prerequisite: IEP

534 Developmental Living on Your Own II
In this class, students will explore how to keep themselves safe, use money wisely, and be a wise consumer. Prerequisite: IEP

535 Developmental Living on Your Own III
This class explores how to keep yourself safe, how to use money wisely, being a wise consumer.
Prerequisite: IEP

529 Career Exploration
In this class, students will explore and develop skills needed to advocate for their individual needs while learning to live on their own, become employed/further education, use money wisely, as well as other important life skills. Prerequisite: IEP & Grades 11 and 12

537 Cooking For Life - Beginning Cooking
This course is an introduction to the world of culinary arts. Students will learn about kitchen safety, cooking vocabulary, identify and use cooking tools, read and follow recipes and prepare and plan meals.
Prerequisite: IEP

Support

526 Resource Room
In this program, identified students learn compensatory strategies, study skills techniques, organizational skills, and test-taking strategies. Academic support is provided through individual and small group instruction. Prerequisite: IEP

527 Learning Center
This is a school-based, affective program where students identified with Emotional Disabilities or deficiencies in appropriate and healthy decision making acquire skills in anger management, critical thinking, appropriate communication and social skills, and behavior management. Prerequisite: IEP

521 and 522 S.T.A.R.S.
STARS offers a wide variety of programming to support students identified on the Autism spectrum. The amount of time spent in the program is determined individually by need. Those who require a structured, less stimulating environment may receive all instruction within the program while others may need only one block of assistance or a daily "check in". Students in this program are an integral part of the school store providing customer service, acting as cashiers, performing inventory, and cleaning up at the end of the day. These activities are designed to enhance social skills, employment skills, math and language skills. Prerequisite: IEP

Unique Course Opportunities

801 *Applied* Seminar
Grades: 9 Credits: 1 Length: Yearlong Red/White
Freshman Seminar is a yearlong, alternating day class designed to transition all 9th grade students into High School academically, socially, and emotionally. Executive functioning skills and social emotional expectations will be explored in depth.

520 *CCP* Skills for Life
Grades: 9-10 Credits: 1 Length: Semester
This interactive and personalized course will offer grade 9 and 10 students the opportunity to develop study habits and social-emotional skills within a growth mindset. Based off student needs, topics will include managing emotions, setting and achieving positive goals, establishing and maintaining positive relationships, and making responsible decisions. This course will allow students a place to grow as individuals and learners as well as to adjust to high school and beyond.

601 *AP* - AP4ALL
Grades: 10-12 Credits: 1 Length: Yearlong
Free online Advanced Placement courses are available for students residing in Maine school administrative units and educated at public expense. **AP4ALL** courses are taught by Maine certified teachers trained in specific AP content as well as the pedagogy of effective online teaching. These are year-long online courses which run from the day after Labor Day through one week after the scheduled date of the AP Exam for the course. All **AP4ALL** courses follow the **AP4ALL** calendar, regardless of a student's own school calendar, and each course satisfies all College Board Advanced Placement course requirements. For more information, go to:
http://maine.gov/doe/ap4all/about/index.html.

067 English Language Learner (ELL)
Grades: 9-12 Credits: 1 Length: 1 semester
This course provides academic programming for students with limited English proficiency. It provides instruction in math, language arts, reading and writing, science and social studies through a modified approach. Specific course goals for each student are to attain proficiency in English and content standards. The overall goal for each student is to demonstrate proficiency in all three domains of English (reading, writing, speaking and listening) and to exit the program and function independently.
Prerequisite: ELL testing and School Counseling Department approval

810 English Language Learner (ELL) Support
Grades: 9-12 Credits: ½ Length: Every other day for 1 semester
This resource is designed to provide academic support for ELL students with an English proficiency level

sufficient to enter mainstream classes. The course includes tutorial assistance in classes and practice exercises in preparation for the ELL assessment exit exam. Prerequisite: ELL testing and School Counseling Department approval

800s Extended Learning Opportunities Program (ELO)
Grades: 9-12 Credits: varies Length: varies
This program provides students an opportunity to earn core and/or elective credits in a subject area of choice. From astronomy to photography, forensic science to veterinary science, ELO credit is earned outside of school in the community with people who work in a field of interest. A learning team comprised of a student, community mentor, teacher, and the ELO Coordinator creates a project outline that combines learning targets and activities relevant to 21st Century Skills. Interested students are asked to contact the ELO coordinator or their school counselor for more information.

Independent Study
Grades: 9-12 Credits: up to 1 Length: varies
Independent Study Courses are designed for students wishing to explore a specific course or topic in any subject area as long as it is NOT offered in the current Program of Studies. A standard contractual agreement between a teacher and student addressing requirements and pass/fail criteria is required. Credit value is based on the length of time spent in the program.
Prerequisite: Independent study is for students scheduled for a full school day.
Conditions:

- The course is not a prerequisite for any Sanford High School course.
- A full-time Sanford High School faculty member, in the department of the course subject area, has agreed to supervise the student and grade the student's work.

Independent Study applications require:

- Approval of the school counselor, teacher mentor, student, and Director of School Counseling.
- A meeting schedule established to ensure proper supervision of the student's progress in the course.
- Guidelines stating course objectives and evaluation process.
- A defined time frame.

For more information, please see the School Counseling Director.

831 JMG (Jobs for Maine Graduates)
Grades: 9-12 Credits: 1 Length: 1 semester
JMG programs are hosted within Maine's public schools and are taught by a JMG Specialist who serves as a mentor and teacher. The specialist meets with students one-on-one to re-engage them in their education and future. Students receive a hands-on, interactive curriculum that focuses on career development, job attainment, job survival, leadership, team building, communication, time management, and community service learning. Emphasis is placed on becoming involved, achieving higher grades, improving self-esteem and gaining an understanding of opportunities for future success.

836 JMG (Jobs for Maine Graduates) Career Exploration ELO
Grades: 11-12 Credits: 1 Length: 1 semester
This course will deepen the skill-sets of our juniors and seniors as they transition towards their post-secondary aspirations.

816 Mentor Program
Grades: 11-12 Credits: 1 Length: 1 semester
This program is designed for students pursuing a career working with children or wishing to give back to

their community. SHS mentors are placed in a K-8 classroom daily for one block as a support volunteer for a teacher and his/her classroom. Mentors may engage in working in a 1:1 ratio with students, co-lead group activities, participate in lesson planning, correct papers and perform other classroom activities. Placements may be made in any of Sanford's public elementary school
Prerequisite: Application available in the School Counseling Office.

808 Student Aide
Grades: 11, 12 Credits: ½ Length: 1 semester
Student aides provide classroom and administrative support to teachers and staff. Activities are assigned by the instructor and include assistance with daily classroom activities i.e. co-leading and organizing activities or assisting other students.
Prerequisite: An 85% grade or better in the class plus instructor, parent and school counseling director permission

900s Odysseyware (Virtual Learning)
Grades 9-12 Credits: varies Length: varies
Online courses in various content areas are available for students to recover credits or to supplement current coursework. This option is also offered when courses are not available at SHS or when there are extenuating scheduling conflicts.
Prerequisite: School Counseling Department approval

543 Co-op / Work to Learn
Grades: 11-12 Credits: varies Length: varies
Students get credit for work experience during and after the school day.

700's Sanford Regional Technical Center Exploratory Courses
Grades: 9-12 Credits: varies Length: varies
The following courses, presented by instructors from the Sanford Regional Technical Center, are offered during Block 5 only. Exploratory courses offered by SRTC are designed to serve primarily as an opportunity for students to experience the content of one or more SRTC programs. This experience is intended both for students who may be considering a full SRTC program and students who are unable to take full SRTC programs, but would like some exposure to the content. For underclass students, participating in exploratory courses can inform decisions when they make SRTC program choices in the future. For all students, whether or not they are considering an SRTC program, an exploratory course should provide them with some introductory information about the area of study. Exploratory courses do not include all of the standards from the full Career and Technical Education (CTE) programs, so certifications are not earned.

The following course takes place all year:
742E Advanced Placement Computer Science
Grade: 11 - 12 Credits: 1 Length: Red/White Yearlong
AP Computer Science Principles is an introductory college-level computing course that introduces students to the breadth of the field of computer science. Students learn to design and evaluate solutions and to apply computer science to solve problems through the development of algorithms and programs. They incorporate abstraction into programs and use data to discover new knowledge. Students also explain how computing innovations and computing systems—including the internet—work, explore their potential impacts, and contribute to a computing culture that is collaborative and ethical.

The following courses allow students to explore an SRTC program for a full semester:

717E Intro to Engineering and Architectural Design
Grades: 9-12 Credits: ½ Length: Red/White semester
Students will begin using the latest and most advanced design software in the world. They will sample several advanced computer programs and experience the thrill of designing in both 2 and 3 dimensions.

In the first quarter of the course, students will explore the engineering design process from start to finish and use five engineering class 3D printers to create their models. In the second quarter of the class, students will also have an introduction into architectural design and operate a powerful 3D laser to create small, scaled houses. After this semester, students should be much better prepared to make career choices. They will understand, through hands-on experience, what engineering and architectural design involves and what to expect working right after high school or going to college.

722E Introduction to Engineering Technologies
Grades: 9-12 Credits: ½ Length: Red/White semester
In this elective, students will learn about the engineering process and utilize tools and equipment to solve real world problems. Students will be introduced to how modern engineers help improve the world by solving real world problems.

752E Introduction to Video Production: One-Minute Workshop
Grades: 9-12 Credits: ½ Length: Red/White semester
Students will learn and practice fundamental video production skills, like how to use cameras, and edit digital video while they create projects. They will also write micro-short films, sketch storyboards, make SHS announcement videos, and collaborate on short videos.

761E Intro to Digital Imaging & Photoshop CC
Grades: 9-12 Credits: ½ Length: Red/White semester
This course will introduce students to beginner level skills of Photoshop and digital imaging concepts. Students will explore the use of layers, layer masking, blending of layers, selection techniques, and how to repair and colorize a photo. Special effects will be explored with tutorials such as creating lightning, turning day to night, night vision technique, making it rain or animating snow; these are just some of the techniques explored. Poster design contest and movie size poster printing is provided. Also in this course, students will learn what vector images are and how to create them. Students can design and create vinyl decals and graphics for tee shirt imaging. Custom heat transfer imaging onto mouse pads and any garment you supply. Vinyl print and cut stickers sheets are part of vector art creation. Sprite creation and animation of sprites, as well as tile set animation with sprites will also be covered. If time allows, 3D sculpting and a 3D print of the model is offered.

766E Teen Community Emergency Response Team
Grades: 9-12 Credits: ½ Length: Red/White semester
The Teen CERT training program teaches youth readiness and response skills. Hands-on practice and realistic exercises prepare youth for the unexpected in their community. Newly learned leadership skills will empower youth to safely respond to an emergency and assist victims without endangering themselves or others. The CERT Basic Training provides individuals who complete this course with the basic skills required to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available. By working together, CERT volunteers can help save lives and protect property using the basic techniques in this course. The target audience for this

course is individuals who desire the skills and knowledge required to prepare for and respond to a disaster.

769E Child Development & Parenting
Grades: 9-12 Credits: ½ Length: Red/White semester(Sem 1 only)
This course is for all students whose future will involve children, especially as parents. Students will be involved in many interactive discussions on topics such as the importance of family planning, responsible parenting, prenatal development, a healthy pregnancy, the birth process, and reflect upon personal readiness. Students will learn about basic growth and development of children from birth to Kindergarten. Students will explore some basic parenting skills such as how to help children learn, meet their emotional needs, help children relate to others, communicate with children, and promote positive behaviors.

785E Unsolved Mysteries
Grades: 9-12 Credits: ½ Length: Red/White semester
Students will develop a basic understanding of culpable states of mind and related Maine State Laws through note taking. They will be looking into strange unsolved crimes from around the world and working on theories. Students will be presenting a court case for some with half the class acting as prosecution and the other half representing the defense.

The following courses allow students to explore two SRTC programs over the course of a semester (students will go to the other program halfway through the semester):

702E Automotive Collision Repair/Automotive Technology Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Automotive Collision Repair
  This course allows the student to explore the trade. Students will be introduced to the tools, equipment, and practices common to the trade, with a constant emphasis on safe work habits. Students will develop their knowledge of automotive construction and learn repair strategies using the most up-to-date equipment and materials.

- Introduction to Automotive Technology
  This class will cover a variety of topics that apply to the Automotive Industry as well as general employment skills. Topics to be covered during this class include: SRTC Automotive Technology- What it's all about, What jobs are available within the Automotive Industry, Soft skills, Communication skills, Basic hand and shop tools, Basic vehicle maintenance, How to use and read a micrometer, How to identify nuts and bolts, Taps, dies and thread repair, How to identify different brake pipe flares and flare brake lines, Basic operation of how an engine works, & Engine oil- Why is it important.

Students taking this course will be required to:
Wear safety glasses at all times when in the shop. Wear closed-toe shoes, sneakers or boots. Students with long hair will need to keep it up when in the shop. Wear clothes that can get dirty. Work in a group setting with others.

704E Academy of Business/Cosmetology Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- The Business Side of Cosmetology
  This component of the course lets you think like an entrepreneur by exploring this option by making an initial business plan to open your own salon. To make an initial plan, students will need to first research the industry. From there, you will create various business documents that will keep your business organized and promote the business in general. It is a great way to see the business side of cosmetology while exploring two separate programs throughout the semester.

707E Building Trades/Electrical Wiring Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Carpentry
  Introduction to Carpentry Technology allows the student to explore the trade of carpentry. Students will be introduced to the tools, equipment, and practices common to the trade, with a constant emphasis on safe work habits. Students will develop their knowledge of solid wood products and be able to describe their characteristics and applications in industry. They will develop technical skills with various hand and power tools common to the carpentry trade while constructing various projects. Students will also develop skills in applied math concepts to solve trade-related problems.

- Introduction to Electrical Wiring
  Introduction to Electrical is a course that will introduce students to the world of electricity. Electricity is everywhere in the world. This course will introduce equipment and materials used in the field. Many aspects of necessary working skills will be introduced with hands-on projects, safety, measurements, proper tool use, vocational mathematics and soft skills. All skills learned are life skills.

726E Plumbing/Welding & Metal Fabrication Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Plumbing
  Introduction to Plumbing introduces students to the newest program at SRTC: Plumbing. Students will be introduced to the tools, equipment, and practices common to the trade, with a constant emphasis on safe work habits. Students will learn basic repair techniques using the most up-to-date equipment and materials. In addition, students will learn about career options within this trade.

- Welding & Metal Fabrication: Intro to Metals
  Students will have various assignments to complete in the classroom on tape measure reading, basic blueprints & isometric drawings, soft skills, shop safety and hand tool safety. Students must pass the shop safety and hand tool safety quiz at 100% before being able to enter the shop and use the tools.

Students will be expected to follow all safety procedures and dress appropriately for a hands-on work environment. Students taking this course will be required to: Wear safety glasses at all times when in the shop. Wear closed-toe shoes, sneakers or boots. Students with long hair will need to keep it up when in the shop. Wear clothes that can get dirty. Work in a group setting with others.

731E Health Occupations Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Exploring Health Occupations

The Personal Support Specialist training is designed for unlicensed entry-level workers. Successful completion of this course satisfies departmental training requirements for direct care workers for certain home care programs and residential care facilities. This course is designed to focus on various occupations in the health field. We will also explore some anatomy and physiology, along with disease processes and how health workers care for these disease states.

- Emergency Medicine
  This course provides students with a snapshot of pursuing a career in the health sciences field focusing on emergency management. The first eight weeks will focus on *Bystander Emergency Medicine* with an introduction to critical thinking skills and practical applications of medicine when confronted with an unexpected injury. Students will learn about eight types of emergencies they may encounter and how to safely address them. The second eight weeks will focus on *Disasters*. This will require the application of learned critical thinking skills when one faces large scale disasters. This would include pre-preparedness as well as post-preparation. Their culminating project at the end of the course will entail completing and submitting a disaster plan of their own design.

747E Career Exploratory/Precision Manufacturing Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Machine Tool
  Introduction to Machine Tool is a course that will introduce students to the world of metal manufacturing and the rigor of metal manufacturing through a series of projects using common machine tools. All aspects of machine tools will be covered such as safety, precision measurement, print reading, vocational mathematics, soft skills, inspection, milling machine, lathe and sawing operations. Advanced technology like (CNC) Computer Numeric control - (CAD) Computer Aided Drawing - (CAM) Computer Aided Manufacturing will be demonstrated to highlight the latest machining techniques and machine tools now available for employment.

- Career Exploratory
  This SRTC/ Enrichment program is designed to be an introduction to home maintenance in the STEM (Science, Technology, Engineering and Math) Pathway. Students in this class will experience and learn practical knowledge that will aid them in repairing, maintaining, or replacing items that may break, leak, or need to be moved inside and outside the home. Students will learn the proper use of a tape measure, tri-square, and the safe use of several hand and power tools.

Students taking this course will be required to: Wear safety glasses at all times when in the shop. Wear closed-toe shoes, sneakers or boots. Students with long hair will need to keep it up when in the shop. Wear clothes that can get dirty. Work in a group setting with others.

765E Emergency Medical Technician/Firefighting Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Emergency Medical Technician
  Introduction to Emergency Medical Technician is an interactive introductory course designed to give students an overview of the human body, pathophysiology to what happens when the body does not work right, basic knowledge on how to assess and treat the most common medical and trauma incidents that EMTs respond to. This is an introduction to the EMT program at SRTC. The course gives students a better understanding of the components that go into being a skilled EMT. In addition to exploring these components, students will learn about key aspects of leadership, ethical and social responsibility as well as potential career options. Students' academic skills in

communications and the sciences are reinforced with activities modeled in the context of EMT topics.Upon completion of this course, proficient students will be better equipped with foundational skills utilized to succeed in the EMT program.

- Introduction to Firefighting
  This is an introductory course to basic firefighting skills. This is an activity-based course. Students will learn how to: roll hose, load hose on the fire engine, test and inspect fire hose, advance hose lines, apply water from various nozzles, clean and maintain the fire engine, learn basic knots and learn how to use basic hand tools.

768E Culinary Arts/Landscaping and Horticulture Exploration
Grades: 9-12 Credits: ½ Length: Red/White semester

- Introduction to Culinary Arts
  This course serves as an introduction to the world of Culinary Arts. Content will include basic culinary terms, equipment identification, etc. to give students some exposure to the content covered in the two-year SRTC Culinary Arts program.

- Introduction to Landscaping and Horticulture
  In this course, students will get a taste of what the Landscaping and Horticulture program is all about. Students will complete hands-on work and bookwork, covering topics from floral design and seasonal landscape management, to principles of greenhouse production, including propagation and seeding in Semester 1. Second semester students will learn pruning techniques, basic maple sugaring and principles of greenhouse production, including propagation and seeding. This is essentially an outdoor program. Students must be prepared to wear work and weather appropriate clothing.

Sanford Alternative School (Grades 9 – 12)

The Sanford Alternative School provides a safe, nurturing and supportive learning environment in a smaller setting, located on the SHS campus. Varieties of instructional approaches are used to meet students' various learning styles and to improve their academic performance, self-image, and sense of belonging. This program provides students with academic and career-related courses to prepare them for college or career.
Prerequisite: Application via student's guidance counselor and an interview with the Alternative School teachers is required.

566 *CCP* AS English I
Credits: 1 Length: 1 semester
This course provides an introduction to the fundamental aspects of English Language Arts through the study of literature, vocabulary, mechanics of language, speaking, listening, and basic writing structure. Emphasis is placed on strategies to increase literacy. Students demonstrate their skills through a variety of assessments: written assignments, oral presentations, and journal writing.

570 *CCP* AS English II
Credits: 1 Length: 1 semester
This course builds upon foundations acquired in AS English I. Emphasis is placed on reading, speaking, listening, and writing skills. The concept of analysis and comparison of different genres in literature is introduced and strategies are developed to increase comprehension and interpretation.

573 *CCP* AS English III

Credits: 1 Length: 1 semester

This course builds upon foundations acquired in AS English I and II. Emphasis is placed on further developing vocabulary and comprehension of written material. Course work includes instruction on effective communication and the expression of ideas through writing and speaking.

578 *CCP* AS English IV

Credits: 1 Length: 1 semester

This course builds upon foundations acquired in AS English I, II and III. Emphasis is placed on strategies to enhance students' appreciation of literature and culture.

572 *CCP* AS English V

Credits: 1 Length: 1 semester

This course follows the AS English curriculum following IV. Emphasis is placed on refining writing skills and increasing students' ability to analyze and interpret literature.

583 *CCP* AS English VI

Credits: 1 Length: 1 semester

This course is the completion of the AS English curriculum. Emphasis is placed on refining writing skills and increasing students' ability to analyze and interpret literature.

136 *CCP* AS World History

Credits: 1 Length: 1 semester

This course employs a chronological approach to the study of major themes, events, and personalities that shaped the world's history. Course content includes a study of early man and the development of early civilizations in Egypt, the Middle East, India, and China.

568 *CCP* AS Early US History

Credits: 1 Length: 1 semester

This course examines important people, significant trends, and key events in United States history from the American colonies to Reconstruction.

571 *CCP* AS Modern U.S. History

Credits: 1 Length: 1 semester

This course examines key events, major personalities, and significant trends in the history of the U.S. from the end of WWII to present day.

562 *CCP* AS Geography

Credits: 1 Length: 1 semester

This course examines the five major themes of geography; location, place, human-environmental relations, movement, and regions. Students construct and interpret maps and globes and analyze relationships between people and their environments.

576 *CCP* AS Current Issues

Credits: 1 Length: 1 semester

This course examines select topics affecting global society in the 21st century. Primary source documents are used to enhance students' ability to analyze written and visual materials.

560 *CCP* AS Sociology

Credits: 1 Length: 1 semester

This course studies society, social behavior and social action. Enduring themes including culture, violence in society, power and inequality, deviance, and global issues are analyzed, utilizing the methods and

research of sociologists, class discussions, debates, and projects.

579 *CCP* AS Psychology

Credits: 1 Length: 1 semester

This course covers psychology's major theories and applications and is designed as an introduction to psychology, its history and key contributors to its field.

551 *CCP* AS Women Through History

Credits: 1 Length: 1 semester

This course focuses on the role of women from the prehistoric era until the present in the United States and throughout the world. The lives of women in various cultures are explored, with an emphasis on the impact of individual female leaders throughout history.

548 AS Math1

Grade 9 Credits:1 Length: 1 Semester

Students focus on the following: Proportional Relationships, Operations with fractions, Decimals, and Percent, Exponents, Real numbers, and Algebraic Expressions. Classes provide real world applications and scenarios. Placement is determined by a student's previous math experience.

Prerequisite: Junior High Math

549 AS Math 2

Grade 9 Credits 1 Length: 1 Semester

This course is designed to prepare students for Algebra 1. Topics include Real numbers, Problem Solving, solving 1 and 2 step Equations, Linear Relationships, Basic Statistics. Students will investigate real world applications with many topics.

Prerequisite: Math1 or equivalent

591 AS Algebra 1

Grade 10-12 Credits:1 Length: 1 Semester

This course is designed for Alternative School students who have had preparation for Algebra 1. Topics include, solving Multistep and Absolute Value Equations, Relations and Functions, Graphing Linear Functions, Graphing Linear Inequalities, and Polynomial Operations.

Prerequisite: AS Math 1 and 2, or their equivalents.

592 AS Geometry

Grades 10-12 Credits:1 Length: 1 Semester

Topics will include Measurement Formulas, Angles and Angle Relationships, Parallel and perpendicular Lines, Transformations, Logical Reasoning, Polygons, Triangles, Basic Trigonometry, Three Dimensional Shapes and Circles. Students use the tools of geometry and technology.

Prerequisite: Algebra 1

546 AS Algebra 2

Grades 10 -12 Credits: 1 Length: 1 Semester

Students cover these concepts: Algebraic Expressions, Systems of Equations, Function Families, Linear and Quadratic Functions, Powers and Roots, Polynomials and Special Functions. Topics build upon concepts learned in Algebra 1 and Geometry courses including transformations and measurement formulas. Algebra 2 is highly recommended for students who are considering any post-secondary education.

Prerequisite: Geometry

547 AS Basic Statistics

Grades 11-12 Credits:1 Length: 1 Semester

This course introduces students to the basic topics in Statistics and Probability and how they can be applied to real life situations. Topics to be introduced include: Measures of Center, Methods of Representing Data, Making Data-Based Decisions, Measures of Spread, and Comparing Sets of Data. Other topics to be covered include random sampling, designing a survey, analyzing population data, and identifying misleading data. Probability topics will include: sample spaces, counting principles, geometric probability, permutations and combinations, independent and independent events, mutually exclusive events, and using probability to make fair decisions.

Prerequisite: AS Geometry

557 *CCP* AS Civics

Credits: 1 Length: 1 semester

This course is designed to examine the foundations of American government, the meaning of civic life, politics and government, and the role of citizens in democratic America. It connects how our government embodies the purposes, values, and principles of the American Democracy. The relationship of the United States to other nations and to world affairs is also examined.

582 *CCP* AS Introduction to Asian Studies

Credits: 1 Length: 1 semester

In this course, we will examine the history and cultures of "Monsoon Asia", or South, Southeast, and East Asia. We will explore the differing systems among the regions: cultural values and their expression, history, social, and political institutions. This course will focus on the changes and continuity within Asia, and the interrelationships of this vast region with the rest of the world.

373 *CCP* AS Modern European History

Credits: 1 Length: 1 semester

The study of European history since 1648 will introduce the student to cultural, economic, political, and social developments that played a fundamental role in shaping the world in which we live. We will begin our study when monarchies had absolute power, examine how Europe transformed after the people revolted and technology advanced, investigate European colonies across the globe, and explore the causes and effects of World War I.

375 *CCP* AS Classical and Medieval Studies

Credits: 1 Length: 1 semester

This course will be a comprehensive survey of social, cultural, and political development of Europe between 750 B.C. through the 15th century. A number of topics are incorporated into the broad sweep of this course, including: the rise and fall of Greek's City-States and democracy, the rise of the Roman Republic to the fall of Roman Empire, the emergence of feudalism and the breakdown of political order, contact with the Byzantine and Islamic East during the Crusades, and the catastrophes of the fourteenth century. Our focus will be on ways in which the ideas and thinkers of the past led to the development of the modern world.

577 *CCP* AS Earth Science

Credits: 1 Length: 1 semester

This course explores geology, oceanography, meteorology and space science using scientific methods. Outdoor activities and hands-on experiments supplement in-class learning.

581 *CCP* AS Biology

Credits: 1 Length: 1 semester

The course focuses on the definition of life and organisms. Course content includes the structure and function of plants and animals, genetics, microbiology and ecological relationships. Outdoor activities and hands-on experiments supplement in-class learning.

574 *CCP* AS Anatomy & Physiology

Credits: 1 Length: 1 semester

This course focuses on the study of the human body: skeletal, respiratory, muscular, circulatory and nervous systems, as well as the disease fighting mechanisms of the human body.

563 *CCP* AS Ecology

Credits: 1 Length: 1 semester

This course focuses on the earth's bio-systems as they relate to one another and human interaction in nature. Students have the opportunity to explore Sanford's environment during outdoor labs and to compare and contrast it to materials studied in class.

565 *CCP* AS Astronomy

Credits: 1 Length: 1 semester

This course emphasizes space science topics including black holes, constellations, earth-moon system, galaxies, solar system, space exploration, and stars. Discussions, Internet applications, hands-on activities, and scientific observations are an important part of this class.

585 *CCP* AS Botany

Credits: 1 Length: 1 semester

This course explores the importance of plants. Emphasis is placed on plant structure, local tree identification, photosynthesis, fruit and seed development, and the huge ecological role plants play in our world. Outdoor & applied activities are used to supplement labs & in-class learning.

550 *CCP* AS Chemistry in the Community

Credits: 1 Length: 1 semester

This course focuses on the principles of inorganic chemistry, the study of matter - its structure, properties, composition, and the changes that matter undergoes. Emphasis is placed on problem solving skills. The laboratory phase of the course is designed to assist students in “discovering” concepts that confirm or test stated or given principles. Students receive instruction regarding the correct use of basic laboratory equipment with an emphasis on proper safety procedures.

553 *CCP* AS Marine Science

Credits: 1 Length: 1 semester

This course focuses on the world of marine organisms, their biodiversity, their environment, and their relationships with each other and humans. Emphasis is placed on the structure and function of organisms, their parts, and the evolutionary processes that create diversity. Outdoor activities and hands-on experiments supplement in-class learning.

556 *CCP* AS Environmental Science

Credits: 1 Length: 1 semester

This course focuses on the interaction of humans with the Earth. Sustainability is examined through six major sub-themes: ecology and biodiversity, land and water usage, energy usage, human population and pollution. Lab work and field trips are emphasized.

587 *CCP* AS Zoology

Credits: 1 Length: 1 semester

This course focuses on zoology (the study of animals), ecology (the study of interactions between organisms and their environment), and paleontology (the study of fossils and early life forms). In addition to studying the structure and physiology of animals in all the major animal phyla, this course will examine how life forms have changed through time and how organisms interact in various ecological systems. Laboratory activities will center on critical thinking activities and dissections.

558 *CCP* AS History of Music Theatre

Credits: 1 Length: 1 semester

This course explores American musical productions from the 1940's to present day. Composers, casts, settings, plots and historical time periods are studied in detail. Musical terminology and concepts pertaining to the genre are emphasized. Written evaluations and oral presentations for each musical are required. This course meets the SHS graduation requirement for Fine Arts.

567 *CCP* AS Health

Credits: 1 Length: 1 semester

This course focuses on self-image, personal understanding and awareness. Emphasis is placed on the following issues: drugs, alcohol, eating disorders, sex education, AIDS, and human anatomy.

588 *CCP* AS Personal Finance

Credits: 1 Length: 1 semester

This course will inform students how individual choices directly influence occupational goals and future earnings potential. Real world topics covered will include income, money management, spending and credit, as well as saving and investing. Students will design personal and household budgets utilizing checking and saving accounts, gain knowledge in finance, debt and credit management, and evaluate and understand insurance and taxes. This course will provide a foundational understanding for making informed personal financial decisions leading to financial independence.

586 *CCP* AS Personal Finance II

Credits: 1 Length: 1 semester

This course will continue to develop student's knowledge of their future spending and earning goals. Real world topics covered will include investing, insurance, and consumer skills, as well as a deeper dive into the topics covered in Personal Finance 1. Students will analyze their personal financial decisions, evaluate the costs and benefits of their decisions, recognize their rights and responsibilities as consumers, and apply the knowledge learned to financial situations encountered later in life.
Prerequisite: Personal Finance 1

Sanford Regional Technical Center

The Sanford Regional Technical Center provides Career and Technical Education opportunities to students from eight area high schools in York County as they prepare for their lives after graduation. Whether a student's plans call for direct employment, post-secondary schooling, or enlistment in the armed services, their participation in a program can be helpful:

- Employment bound students have the opportunity to acquire entry level skills, to work as part of a team, and to learn skills necessary to find, keep, and advance within a job.
- Post-secondary bound students find it to their advantage to take a technical program. It gives them an opportunity to explore, experience, and determine a career direction before pursuing advanced schooling. Completion of some programs leads to advanced placement standing at

certain community colleges.
- If military service is in a young person's future, the technical center can help with reference materials, taking the ASVAB test, and provide opportunities to meet with visiting service representatives.

With the variety of opportunities and advantages available to students at the Sanford Regional Technical Center, it makes good sense to get involved.

Applications for SRTC are available beginning February 1, 2024 online at https://www.sanford.org/o/sanford-regional-technical-center; Application deadline is March 1, 2024.

More information regarding our center can be found on our website https://www.sanford.org/o/sanford-regional-technical-center

Schedule

The center operates two sessions daily from approximately 7:50 a.m. to 10:00 a.m. (AM Session) and 10:55 a.m. to 1:00 p.m. (PM Session). We are on an everyday, year-long schedule; however, there are times when special scheduling arrangements can be made. Ask your school counselor for details.

Course Requirements

Any course with an asterisk (*) will require the following:

Wear safety glasses at all times when in the shop. Wear closed-toe shoes, sneakers or boots. Students with long hair will need to keep it up when in the shop. Wear clothes that can get dirty.

704 *CCP* Academy of Business I AM Session Credits: 4 Length: Yearlong

705 *CCP* Academy of Business II PM Session Credits: 4 Length: Yearlong

The mission of SRTC's Academy of Business is to create a community of learners who aspire to pursue a post-secondary education in business or attain some of the entry-level skills needed to successfully gain employment in the workforce after high school. It is our goal to prepare all students for these ventures by providing them with a challenging curriculum that connects their lives and future to opportunities beyond high school. Students will have the opportunity to be better prepared to achieve academic excellence and make positive contributions by being productive members in an ever-changing workplace. If you decide business is not your career choice after high school, the skills you attain within the program can be transferred to any field you chose to pursue. Students who are currently accepted into the Academy of Business have entered a two-year program that is dual-enrolled with Thomas College. Upon successful completion of the program, students not only earn eight high school credits; they will also earn 15 college credits.

Students applying should display grade level abilities and be on track for graduation. They should be self-starters and have excellent communication skills. Time management is key to success. Currently, we are working with York County Community College to add an additional 3 credits over the two years. Students may be able to opt for a Small Business Management Certificate through YCCC by fulfilling the dual enrollment requirements.

787 CCP Auto Collision Repair I AM Session * Credits: 4 Length: Yearlong

788 *CCP* Auto Collision Repair II PM Session * Credits: 4 Length: Yearlong
This two-year program will train students to work in the collision repair industry and prepare them to pursue post-secondary education or entry-level positions in the field. Working in a modern collision shop environment, students will be expected to learn skills in steel, aluminum and plastic welding, both steel and aluminum dent repair, plastic repair, automotive refinishing, detailing, and the safe use of tools and equipment specific to the collision repair industry. Assessing vehicle damage and writing repair estimates using CCC online estimating tool will also be covered in the course. The program is based on the standards for collision put forth by the Automotive Service Excellence organization in collaboration with the National Automotive Technical Education Foundation (NATEF). Student certification will be required in safety through SP/2 and through I-Car pro level 1, non structural repairs, and pro level 1, automotive refinishing, during the 2 year program. Students and parents will be required to complete a safety questionnaire prior to starting the program and may be required to obtain respiratory clearance from a physician.

701 CCP Automotive Technology I AM Session * Credits: 4 Length: Yearlong
702 CCP Automotive Technology II PM Session * Credits: 4 Length: Yearlong
Automotive Technology is a two-year program designed to prepare students for the Automotive industry and post-secondary education. Students will train according to the ASE Education Foundation standards, both the classroom and lab. They will also prepare for the State of Maine Motor Vehicle Inspection License Exam. This program covers eight areas: Engine Repair, Electrical Systems, Brakes, Automatic Transmissions and Transaxles, Engine Performance, Heating and Air Conditioning, Steering and Suspension, and Manual DriveTrain and Axles. Students will use online repair manuals, follow step-by-step diagnostics and repair procedures, and write repair orders. Customer service, communication, professionalism and time management will be taught in an effort to prepare students for a career in the automotive industry.
707 *CCP* Building Trades I AM Session Credits: 4 Length: Yearlong
706 *CCP* Building Trades II PM Session Credits: 4 Length: Yearlong
The first year of this two-year program focuses on developing a working knowledge of the building process as it relates to residential construction. Students begin the year covering hand and power tool use and safety as well as job site safety. They will then move into the building process and start the construction of a ranch style home. The house project will cover all aspects of the building process from frame to finish. Other topics that will be covered include: building materials, fasteners, blueprint reading, building codes, concrete foundations and thermal insulation.

Students returning for the second year of the program will continue with the construction of the modular house. They will get more in depth knowledge of the trade in areas around blueprint reading, estimating, residential and commercial building codes, roof framing and stair layout/ framing. Students will build on the skills and knowledge they obtained in the Building Trades I class to master many of the topics covered in the program.

799 *CCP* Career Exploratory Credits: 2 Length: Semester
Introductory course designed for 10th grade students to explore the SRTC STEM (Science, Technology, Engineering and Math) Pathway. Students will experience components of the following existing SRTC programs: Building Trades, Electrical Wiring, Precision Manufacturing and Welding and Metal Fabrication, with attention paid to safety through specific safety training for the equipment utilized in the program and OSHA 10 program. In addition, students may have the option to shadow in other SRTC programs of their choice. Student may be a good fit if they could benefit from a “learn by doing” educational approach and are open to exploring all content areas included in this program, willing to participate in a CTE classroom and lab environment that includes utilizing tools/equipment, and follow safety expectations, committed to engaging positively in the SRTC community (traveling to and from SRTC

daily and following SRTC expectations) and willing to commit to attend SRTC regularly.

789 *CCP* Cosmetology I AM Session Credits: 4 Length: Yearlong
790 *CCP* Cosmetology II PM Session Credits: 4 Length: Yearlong
This two-year program allows students interested in the field of Cosmetology to begin their training by earning approximately 600 hours of the 1500 hours required for a Maine or New Hampshire Cosmetology license over the two years. These hours will transfer to post-secondary Cosmetology schools in the area and enable students to begin their studies with a portion of the program hours completed. Beginning with basic theory and advancing to practical skills, students will explore hair sculpting, color and perm design, as well as basic nail and skin applications. Course requirements: Be able to stand for a long period of time, work with sharp objects and the tools of the trade, and wear closed toe footwear.

Please note that the number of hours transferred to the post-secondary level is determined by the accepting Cosmetology School. SRTC cannot guarantee that all hours will be applied.

768 *CCP* Culinary Arts I AM Session Credits: 4 Length: Yearlong
762 *CCP* Culinary Arts II PM Session Credits: 4 Length: Yearlong
The Culinary Arts program is designed to provide students with the knowledge and skills required to secure employment in the foodservice and hospitality industry. The student must show academic potential as well as commitment to the foodservice industry. The first-year curriculum teaches students the basic skills and knowledge associated with Culinary Arts and the foodservice industry. Among the areas covered: introduction to baking; table service; knife skills; soups/sauces; salads; vegetable/starch cookery; breakfast cookery; safety and sanitation; and restaurant operations. The second year curriculum will enable students to gain advanced level knowledge and skill pertaining to food preparation and production as well as food service management. Students will be required to assemble a portfolio of their knowledge and success in and out of class. Among the areas covered in the second year: career orientation/opportunities; entrepreneurship; regulations and laws; menu design; advanced pastry; seafood; nutrition; advanced table service; and culinary competitions. To be successful in this program: students must be highly motivated and effective team players. They should be at grade level in math and reading/writing. Have ability to lift 50 pounds. Display fine motor skills with hand/eye coordination to negotiate a chef's knife. Students will also need to display proper personal hygiene and an understanding of food/equipment safety and sanitation practices. Lastly, the student should have effect communication skills to handle the interactions and stress of working in a fast-paced dining room setting.

761 *CCP* Digital Design I AM Session Credits: 4 Length: Yearlong
734 *CCP* Digital Design II PM Session Credits: 4 Length: Yearlong
Digital Design is a two-year, project-based program that develops communication skills in print and graphic design using Adobe CC. This includes a bundle of programs: InDesign, Illustrator, Photoshop, Animate, After Effects, and Character Animator. This program helps develop key digital communication skills like design, communication, project management, and graphic and print technology with wide format printing. Customer support skills are honed by live work provided by non-profit agencies. Students work directly with the customer to solve the design concept and then produce the end product. A web based and physical portfolio is a required outcome of the program.

In year one, students will begin with the Introduction to Digital Imaging Adobe course (MUL110) earning 3 credits that are affiliated with York County Community College (YCCC). This is a Photoshop CC course. Students will learn about the power of layers, layer masking and editing, and animating and motion with 3D.

Year two students begin with another YCCC course in Digital Illustration (MUL122; 3 college credits) to learn about the amazing world of vectors and what they are used for. In the program we are introducing a new YCCC Comic Making Course and we will print finished comic books. This program exposes students to 3D modeling and printing. 2D Game development via GameMaker is also explored. Students can build a game without knowing how to code using GameMakers DND feature.

Digital Design aligns to the ISTE, and NETS for student's standards as well as the new Adobe Certified Associate Visual Communication objectives to prepare students for certification. This program is great for your creative side and will help you make it real!

769 *CCP* Early Childhood Education I AM Session Credits: 4 Length: Yearlong
783 *CCP* Early Childhood Education II PM Session Credits: 4 Length: Yearlong

Early Childhood Education Level I is an introductory course for anyone interested in the field of teaching with a focus on young children from birth to age eight. During the first year of the program, students will learn how to appropriately interact with young children; observe and assess children's growth and development; positively guide and manage children's behavior; and how to plan and implement learning experiences for young children. Students will practice skills while working with professionals in our on-site Pre-K program. During the second year of the program, students will explore ethics and professionalism in the field of teaching; early learning environments; diversity and multiculturalism; special education; and working with families. Students will have the opportunity to practice their skills in an internship with highly qualified early childhood professionals in our community and surrounding school districts.

Upon successful completion of the two-year program, students are eligible to apply for the Certified Early Childhood Assistant Credential (CECA) through the Maine Roads to Quality.
Eligibility requirements for the CECA credential:

- 180 instructional hours
- 180 internship hours
- Completion of Professional Portfolio
- Completion of NOCTI Exam with 80 or higher

*Students who participate in the ECE II internship need to have their own transportation.

773 *CCP* Electrical Wiring I AM Session Credits: 4 Length: Yearlong
778 *CCP* Electrical Wiring II PM Session Credits: 4 Length: Yearlong

The Electrical Wiring I program is designed to provide students with entry-level electrical skills. Students learn various wiring methods of residential buildings. Electrical Wiring I students begin with electrical safety and tools of the trade. They use mock-ups to perform the typical wiring of today's modern home. All wiring techniques learned by the students will meet or exceed National Electrical Code standards. Electrical Wiring II students will extend their learning experiences to more complex projects that include EMT (electrical metal tubing) bending, wiring a complete 100-amp service, and wiring homes that the center builds or other non-profit projects throughout the community. Students will learn how to read and work from blueprints. Graduates of this program with an 80 average or better will receive 576 hours credited toward their journeyman license.

770 *CCP* Emergency Medical Technician AM Session Credits: 4 Length: Yearlong
765 *CCP* Emergency Medical Technician PM Session Credits: 4 Length: Yearlong

The EMT and Firefighting programs are separate one-year programs, although students may opt to take both programs over a two-year period, depending on their schedule and performance in the first year.

The Emergency Medical Technician Program provides students with necessary skills and education to provide efficient and appropriate care to critically ill or injured persons and take the EMT practical and written exams. The EMT training program is a one-year course that includes lectures and hands-on education with a heavy emphasis on critical thinking skills. Students receive instruction in anatomy and physiology, pathophysiology, patient assessment, pre-hospital care and transport. Skill practice will include interventions necessary to provide patient care and transportation including patient assessment, airway management and oxygen administration, CPR, spinal immobilization, shock management, bandaging and splinting, and medication administration. Extensive reading and written work is required. Students typically study at least six hours each week outside school hours. This includes many of the online certification courses required to be an EMT. Students should be at grade level and be prepared for college level work in this program. Course requirements: be able to lift over a 100 pounds (a patient or equipment) with the help of another trainee.

Successful completion of these exams will make the student eligible to obtain licensure as a Maine EMT and earn 6 Credits from Southern Maine Community College. Knowledge and skills obtained at the EMT level provide the foundation for further advancement to Advanced EMT and Paramedic along with many other medical professions.

722 *CCP* Engineering Technologies I AM Session Credits: 4 Length: Yearlong
721 *CCP* Engineering Technologies II PM Session Credits: 4 Length: Yearlong

Engineering is the art of problem solving using science and mathematics. Engineers, with their keen attention to detail and problem solving skills, work to find more efficient ways to engage in life. *Engineering technologies* is an activities based course that provides an introduction to engineering in the first year of the program. This includes extensive research into the scientific method followed by exposure to challenges in a number of fields. Some of the year one challenges will focus on biochemical, electrical, environmental, mechanical, and nuclear engineering. Students will explore the breadth of engineering career opportunities as they solve engaging and challenging real world problems.

Content will be provided by applying engineering graphics, communicating technical information, engineering design principles, research, development, and manufacturing techniques. Students will utilize their mathematical and scientific skills to actively engage in the engineering process and develop cutting edge ideas and solutions to real issues. Students explore how modern engineers help improve the world through product design, mechanical design, infrastructure, and sustainability. Students will also engage in rich discussions about ethical considerations and sustainability.

The second year of the program will offer students an opportunity to choose a focus area and independent engineering project. Students will be encouraged to make connections outside of the classroom and get themselves into the field of engineering. Students may schedule an internship, attend competitive events, participate in community service projects, or leadership activities to apply essential standards and workplace readiness skills through authentic experiences.

This course serves as an engaging and comprehensive introduction to the field of engineering for high school students looking to pursue a high level science or engineering degree in college. Students will explore the fundamental principles and practices of various engineering, gaining hands-on experience through projects, design challenges, and collaborative debriefs. The program aims to foster critical thinking, problem-solving skills, and a deep appreciation for the role of engineering in addressing real-world challenges. ***Suggested Prerequisites:*** *Biology, Chemistry, Algebra II.*

717 *CCP* Engineering & Architectural Design I AM Session Credits: 4 Length: Yearlong
716 *CCP* Engineering & Architectural Design II PM Session Credits: 4 Length: Yearlong

Join the rapidly changing and highly technical field of 2D & 3D Computer Design using some of the most advanced software in the world. You will become internationally certified in 3D Printing, called Additive Manufacturing, which will revolutionize the way we live. This new technology is already building entire houses, cars, jet and rocket engines, prosthetic limbs, and actual working human organs. 3D printing is used in submarines deep under the polar icecap, in remote areas like Antarctica, and on the international space station. Soon, Lunar and Martian habitats will be designed with our software and 3D printed. All engineering, architectural and medical colleges will award college credits with these skills. If college is not your goal, enter the workforce immediately. These skills are in extremely high demand. Our program is individualized for YOU!

We use the most powerful computers in the school system, with 27" dual monitors mounted on monitor arms. You will program and operate all of our equipment independently. We use five unique engineering grade 3D printers. We have the only multi-material Polyjet Resin 3D printer in any high school. We can now create parts and working assemblies using carbon fiber, which is nearly as strong as steel, rubber or clear plastic. Design and create houses using a new Epilogue Edge 3D Laser with a built in camera system. Use a brand new Creaform color scanner to perform reverse engineering. Take your technical creations into a new Professional Virtual Reality room. During the second year, you will specialize and certify in advanced 3D design and simulation using SolidWorks Professional and Revit Architecture, with access to Inventor, 3ds MAX, MAYA and more. Your designs are 3D printed or laser cut/engraved and are yours to keep. You will leave with an impressive design portfolio.

Earn **18** college credits during class in two years. You will be in the only high school class in Maine to be internationally certified in 3D Engineering Design and Additive Manufacturing. Earn up to five international certifications and an actual college certificate/diploma in Mechanical Drafting and Design. This is a tremendous and completely unique opportunity. The student is prepared for immediate job entry or will gain a huge head start for college with up to 18 college credits. Consider this fascinating class with a tremendously exciting, creative and rewarding future!

766 *CCP* Firefighting AM Session Credits: 4 Length: Yearlong

767 *CCP* Firefighting PM Session Credits: 4 Length: Yearlong

The EMT and Firefighting programs are separate one-year programs, although students may opt to take both programs over a two-year period, depending on their schedule.

This one-year program is for students interested in being trained to the National Fire Protection Association's 1001 standards for professional qualifications of fire fighters. This training is required by area fire departments before entering structure fires or attacking car fires. Classes are taught by state-certified fire instructors with standard materials used throughout the state. There will be a combination of classroom, fitness training, and hands-on experience using firefighting tools and equipment. Extensive reading and written work is also required.

This class requires that students achieve and maintain a level of physical fitness to enable the individual to be able to chop, lift, drag, and climb. Students will be expected to work as a team while setting up ladders; climbing ladders to over 30 feet; chopping holes in roofs and dragging fire hose, all while wearing Personal Protective Clothing and SCBA air-pack. Basic Wildland Firefighting Certification can also be attained during this program.

Successful completion of the course will allow the student to take the Firefighter I & II End Tests. Students that pass these tests will receive their State Certifications. State certifications will give them up to 6 college credits at SMCC.

731 *CCP* Health Occupations AM Session Credits: 4 Length: Yearlong

732 *CCP* Health Occupations PM Session Credits: 4 Length: Yearlong
Prerequisite: Students must be 16 years old by the start of the school year and will have a State Bureau of Identification (SBI) background check done early in the school year. Students will need to show proof of all vaccinations required to participate in earning clinical hours at our partner organization(s).

This is a one-year program for students considering a career in healthcare. The curriculum follows Maine's Certified Nurse Assistant (CNA) standards (which can be found at www.maine.gov/doe/cte); students who complete all requirements are eligible to take the CNA competency exam in May. This certification provides abundant opportunities for immediate full-time employment or part-time work while completing high school or attending college. The program includes classroom instruction and clinical work-based learning experiences in a local healthcare facility. In addition to CNA care skills, students will explore themes of ethics, empathy, integrity, nursing veracity, collaboration, and managing workplace relations and responsibilities. If you enjoy building relationships with new people and feel comfortable assisting with care for bodily functions (eating, bathing, toileting), consider this rewarding program!

742 *CCP* Information Technology & Networking I AM Session Credits: 4 Length: Yearlong
741 *CCP* Information Technology & Networking II PM Session Credits: 4 Length: Yearlong
The two year Information Technology & Networking Program prepares you for college-level studies in the area of computer science, networking, and cybersecurity as well as entry level positions in areas such as computer and technology support, systems and network administration and computer programming. In addition, this program prepares you for taking industry certification exams offered by Cisco and CompTIA.

The first year of this program provides the foundation necessary to configure, maintain, install and troubleshoot personal computer hardware, work with the Windows and Linux Operating System and learn basic programming concepts by creating useful computer programs. Students will participate in hands-on projects that involve using and configuring the Windows and Linux operating systems, dismantling and reassembling desktop and laptop computers, understanding the architecture of the personal computer, troubleshooting, maintaining and upgrading computers, as well as troubleshooting software and hardware problems. In addition, students are introduced to programming via Windows Powershell, the Linux BASH shell, Python and other computer languages as well as system administration practices on Microsoft, Linux and Macintosh operating systems.

Year 2 students will concentrate on designing and building computer networks with hands-on projects and labs using Cisco routers and switches, network analysis tools and simulation tools. Year 2 includes an in-depth study of how computer networks work, networking protocols and concepts and the physical makeup of computer networks. Students are also introduced to network debugging tools and network analysis tools.

Students who are successful in the program show academic potential and academic dedication as evidenced by past grades and solid work habits. Students should have an ability to work independently and handle the workloads of an introductory college course. Students also demonstrate interest in technology and a dedication to going beyond simply installing apps, playing games and using spreadsheets. Prospective students should also show a desire to “deep dive” into what makes computers, technology and programming happen. Students should also be prepared to Study, organize and absorb a lot of new, unfamiliar information, understand grade-level mathematics, write at grade level and be comfortable working with small hand tools.

A student may enroll in the second year Network Systems class without taking the first-year course if

they have instructor permission and can demonstrate proficiency and an understanding of the material covered in Year 1.

737 *CCP* Landscaping and Horticulture I AM Session Credits: 4 Length: Yearlong
736 *CCP* Landscaping and Horticulture II PM Session Credits: 4 Length: Yearlong
The program is divided into two basic units, classroom instruction and applied learning (hands on). Classroom Instruction: The foundation of landscape and horticulture is found in science. Classroom instruction will focus on greenhouse production, vegetable and fruit production, plant science, integrated pest management, principles of landscape design and maintenance and 21st Century skills gained through operating a student-run business. All instruction focuses on students being able to apply their knowledge outside of the classroom in practical experiences. Applied Learning (Hands On): The applied learning section of the program allows students to actively grow a variety of plants, design and install landscape plans, and participate in numerous hands-on activities. We operate a state of the art greenhouse, beautify the landscape on the campus and in the community, and partner with local farms practicing a variety of plant management activities. Students have the opportunity to operate a tractor with mini-back hoe, and a wide variety of landscape management equipment. They also practice landscape and floral design, create holiday wreaths, and develop sales and marketing skills by selling plants and produce from our greenhouses. While engaged in the applied learning portion of class students are actively working outdoors or in greenhouse environments. Therefore, students are required to have appropriate clothing every day. Work boots are highly recommended and clothing suitable for outdoor work on a daily basis is expected. Students have a locker to leave boots, rain gear, sunscreen, or work clothes for their daily use.

In Landscape & Horticulture II, students will focus on deepening their understanding of horticulture and landscaping. Students will be asked to take on more responsibility for aspects of both the growing operations and business aspects of the program by self-selecting areas of focus. Also, all students in year two of the program study for the State of Maine Core Agricultural Pesticide Licensing exam and if they pass, will leave the program with the credential.
The goal of the Landscape and Horticulture program is to prepare students to enter the 'Green' industry, training in the field or for further education. The program focuses on topics such as: greenhouse operation and maintenance, plant identification, ornamental plants, propagation, orchard management, landscape design / build principles, Integrated Pest Management, organic vegetable production, floral design and aquaculture. These topics are complemented by hands-on experiences requiring students to complete a variety of landscape projects, operate standard landscaping equipment, manage the school greenhouse, care for a 400-gallon aquaculture system, and maintain campus landscapes throughout SRTC. Graduates of the program are well prepared to enter the landscape and horticulture industries as well as go on to study related topics in two-or four-year secondary institutions. They are qualified to work in a variety of settings, including: commercial greenhouses, landscape companies, tree-care companies, floral shops, private estates, golf courses, parks and recreation departments, grounds maintenance, and in agriculture.

785 *CCP* Law Enforcement AM Session Credits: 4 Length: Yearlong
786 *CCP* Law Enforcement PM Session Credits: 4 Length: Yearlong
Law Enforcement is a two-year program that provides students with the opportunity to prepare for employment in occupations related to the law enforcement industry. Students receive similar instruction to students in the Maine Criminal Justice Academy and learn about defensive tactics, criminal investigations, domestic violence, use of force, low-risk & high risk vehicle stops, crash investigations, OUI Investigations, handcuffing, report writing, etc. Students will have an opportunity for concurrent

enrollment of six college credits with York County Community College. Physical fitness training is also an important component of the program. The Law Enforcement program sets high standards and expectations with emphasis on professionalism, discipline, respect, ethics, integrity and teamwork.

727 *CCP* Plumbing I AM Session Credits: 4 Length: Yearlong
728 *CCP* Plumbing II AM Session Credits: 4 Length: Yearlong
This two-year program offers students a nationally recognized educational training curriculum that provides students a pathway to become a licensed plumber. The students will learn installation, repair, and maintenance of plumbing equipment. This program gets students started on the path to the State of Maine Journeyman's License Exam and OSHA 10 certification. The curriculum consists of the National Center for Construction Education and Research (NCCER) Core and Plumbing Level 1 and International Association of Plumbers and Mechanical Officials (IAPMO) Uniform Plumbing Code. Graduates have basic entry-level skills to enter the workforce or continue their education in Plumbing & Heating at a technical college.

747 *CCP* Precision Manufacturing I AM Session Credits: 4 Length: Yearlong
746 *CCP* Precision Manufacturing II PM Session Credits: 4 Length: Yearlong
This program is designed to train students for entry-level positions in manufacturing. The curriculum is based on the National Institute of Metalworking Standards (NIMS). Traditional metalworking practices are taught through rigorous metalworking projects and theory discussion. Safety, precision measurement, inspection, blueprint reading, lathes - milling - grinding - band saw, Computer Numerical Control (CNC) Mill and Lathe, Computer Aided Drawing (CAD) and Computer Aided Manufacturing (CAM) are covered. Students work toward industry recognized credentials in Precision Machining. All students will have the opportunity to take the Precision Manufacturing 4152 examination through the National Occupational Competency Testing Institute (NOCTI). This is a skilled occupation and good jobs are available at local companies. This course requires students to have good math skills, be able to work with others, and requires physical stamina. Heavy lifting and standing at the machines is a daily requirement. Concentration and attention to detail is required. The shop environment is often loud and difficult to hear.

752 *CCP* Video Production I AM Session Credits: 4 Length: Yearlong
751 *CCP* Video Production II PM Session Credits: 4 Length: Yearlong
Video Production incorporates a hands-on approach so students can get a head start on a career in the media field, or prepare for postsecondary education. Students learn various media-related skills, including: cinematography, studio production, directing, producing, editing, scriptwriting, and storyboarding. Students will also learn how to identify and anticipate industry trends and learn the various laws and business practices that are unique to the field. Additionally, students will be actively involved with a variety of projects including public service announcements, instructional videos, commercials, music videos, short films and practice drills. These projects are designed to hone the skills needed to be successful in the field. Students also have the chance to work closely with Sanford TV channel WSSR-TV (located adjacent to the lab) and have work broadcast through the station. At the end of their second year in the program, students will be able to test for certification approved by the Maine Association of Broadcast Professionals. Second year students can also earn transferable credit through a concurrent enrollment agreement with Southern Maine Community College.

757 *CCP* Welding & Metal Fabrication I AM Session Credits: 4 Length: Yearlong
756 *CCP* Welding & Metal Fabrication II PM Session Credits: 4 Length: Yearlong
This program is designed to prepare students to pursue employment in the welding and fabrication industry with a full set of basic skills and knowledge, well ahead of most entry-level job applicants with whom they will compete. Students will learn to weld sheet metal, plate, pipe, and tubing in all positions using the Stick-Arc, MIG, and TIG processes, on carbon, stainless steel, and aluminum. Students will learn

to design, plan jobs, read drawings, lay out, draft patterns, fit, plasma and oxy-fuel cut, grind, shear, punch, drill, and bend for both class assignments and personal projects. The emphasis throughout the program is on the value of a strong work ethic and working in a safe, organized way. In the second year of the program students further develop their skills and knowledge through more advanced assignments including welding and project work suited to their expressed areas of interest (specialty). For some, this will include preparation and testing for professional American Welding Society (AWS) certification. Through strong outreach to the business community, the instructor assists students seeking employment in their search.