



Convent of the  
*Visitation School*

**2008-2009  
Program of Studies**

**Mission Statement**

**Convent of the Visitation School provides an excellent education  
within a Catholic environment rooted in  
Salesian Sprituality.**

**The Visitation Sisters, faculty members, administrators and trustees,  
with the support of parents, are committed to:**

- The spiritual, academic, emotional, physical, social, and cultural development of each student from infancy to adulthood.
- Co-education through sixth grade. Single-sex education for young women in grades seven through twelve.
- The formation of students in faith, worship, and moral and social responsibility.
- A supportive learning environment, a challenging academic program, and a college preparatory curriculum.
- Student development through the arts, athletics, and co-curricular activities.
- Holistic growth through the promotion of leadership, self-confidence, social interaction, and personal fulfillment.
- Respect for one another and appreciation of human diversity.

With God's help and the wisdom born of a long history,  
Visitation moves into the future realizing this motto...

***“Non Scholae, sed Vitae,” “Not for School, but for Life.”***

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## **Student Services Department**

The Upper School Director, Dean of Students, Academic Counselor, College Counselors, Chemical Health Counselor, Learning Specialist, School Registrar and Homeroom Teachers collaborate to assure that students at Visitation receive assistance in all aspects of their school life.

Renee Genereux	Upper School Director	651.683.1711
Rene Gavic	Upper School Dean	651.683.1731
Jeanne Doyle	Academic Counselor	651.638.1726
Anne Pabst	College Counselor	651.683.1766
Jeff Sheehan	College Counselor	651.683.1716
Susan Russomanno	Learning Specialist	651.683.1746
Kaitlin Lee	School Registrar	651.683.1714

## Registration Procedures and Policies

Students must register for at least five credits per year. Courses that meet daily for two semesters earn one credit. One half credit is awarded for courses that meet daily for one semester or that meet on alternate days for two semesters.

Courses may be canceled due to low enrollment or changes in personnel. A student's alternative course selections will be used in the case of a course cancellation.

**Course Add/Drop Policy:** All course changes are subject to parental approval, teacher and counselor review, and availability of courses. Students may make schedule changes on the designated days during the week before classes begin.

**Once classes begin,** the following procedure is followed:

- The student discusses the schedule change with her homeroom advisor, academic advisor, and the teacher(s) of the course(s) involved in the change.
- The student requests a drop/add form from the academic counseling office (Mrs. Doyle).
- The student receives signatures from her parent or guardian, teacher(s), academic advisor, upper school director, and college counselor (seniors only).
- The student must obtain a new schedule from the registrar before attending the new class.

Course additions may be made during the first **five** days of the course.

Requests to drop courses must be made within the first **four** weeks of the course.

## Graduation Requirements

English	.....	4 Credits
Fine Arts	.....	1 Credit
Mathematics	.....	3 Credits
Physical Education	.....	1 Credit
Health	.....	1/2 Credits
Religion	.....	4 Credits
Science	.....	3 Credits
Social Studies	.....	3 Credits
World Language	Through Level III of one language	
Electives	.....	3 Credits

### Four Year Graduation Planner

There are seven class periods per day at Visitation  
and the year is broken into two semesters.  
Please use these tables to plan your four years of Upper School.

#### 9th Grade Year

Period	Semester 1	Semester 2
1.	Literary Genres	Literary Genres
2.	Faith and Morality	Intro to Hebrew Scriptures
3.	PE or Ballet and Health	PE or Ballet and Health
4.	Science	Science
5.	Mathematics	Mathematics
6.	World Language	World Language
7.		
<b>AS</b>		

#### 10th Grade Year

Period	Semester 1	Semester 2
1.	Lit, Comp and Speech	Lit, Comp and Speech
2.	Intro to Christian Scriptures	Church History
3.	World History or AP	World History or AP
4.	Science	Science
5.	Mathematics	Mathematics
6.	World Language	World Language
7.	PE or Ballet or Sports	
<b>AS</b>		

### Four Year Graduation Planner

There are seven class periods per day at Visitation  
and the year is broken into two semesters.

Please use these tables to plan your four years of Upper School.

#### 11th Grade Year

Period	Semester 1	Semester 2
1.	Lit of the United States	Lit of the United States
2.	World Religions	Social Justice
3.	United States History or AP	United States History or AP
4.	Science	Science
5.	Mathematics	Mathematics
6.	World Language	World Language
7.		
<b>AS</b>		

#### 12th Grade Year

Period	Semester 1	Semester 2
1.	British Literature or AP	British Literature or AP
2.	Senior Religion	Senior Seminar
3.	US Government or AP Gov.	Economics or AP Gov.
4.		
5.		
6.		
7.		
<b>AS</b>		

## **Course Selection and College Admission**

Grades in college prep courses are the most important predictor of success in college, so admission counselors put more emphasis on them than any other part of a college application. At Visitation School, all courses are challenging college prep courses, so successful completion of the requirements for graduation ensures the possibility of acceptance to many colleges.

At the highly competitive colleges, however, competition for admission is keen, and not all qualified applicants gain admission. Admission counselors working at these colleges analyze an applicant's high school course selection to determine to what degree she has challenged herself. Has she taken a typical course of study at her school, a rigorous one, or the most rigorous? At Visitation School, honors courses are the more challenging courses, and advanced placement courses are the most challenging. A student who hopes to attend a highly competitive college should enroll in honors and advanced placement courses according to her aspirations and talents.

## **Advanced Placement and Honors Courses and Requirements**

Visitation limits A.P. enrollment to three courses per year. Permission to enroll in a fourth A.P. course must be obtained from Renee Genereux, Upper School Director.

Grades earned in Honors courses are weighted 1.1 when computing GPA. Grades earned in A.P. courses are weighted 1.2.

### **Computer Science**

A.P. Computer Science (STA)

### **English**

A.P. English Literature and Composition

### **Fine Arts**

Honors Drawing

Honors Painting

Honors Printmaking/Computer graphics

Honors Pottery

### **Mathematics**

Honors Geometry

Honors Algebra II

Honors Math Analysis

A.P. Calculus AB

A.P. Calculus BC

A.P. Statistics

### **Science**

Honors Chemistry

A.P. Biology

### **Social Studies**

A.P. European History

A.P. United States History

A.P. United States Government and Politics

### **World Language**

Honors French IV

Honors Spanish IV/V

A.P. French Language

A.P. Spanish V

## St. Thomas Course Selections

Students wishing to take a class at STA must **first see Renee Genereux**. Counselors and teachers at Visitation and STA cannot give permission to students to take classes at their schools, so please do not ask them.

STA courses are available to Visitation students if:

The class is not offered at her/his school or scheduling conflict involving a class required for graduation prevents the student from taking the class at her/his school.

There is space available in the class.

The opportunity to take classes at the two schools is to provide a wider range of electives. It is not to give students the option of taking a class at the school of their choice when the class is offered at both. Please be advised that some conflicts in class attendance are inevitable as the two schools are not always on identical schedules. Students may be required to attend tutorials or spend extra time on class work when these conflicts occur. **Students are not allowed to drive to St. Thomas.**

### St. Thomas Courses Open to Visitation Students

Concert Band  
Jazz Band  
Latin I, II, III, IV  
Metals & Woods  
Crime and Justice  
A.P. Computer Science  
A.P. Statistics

### Post Secondary Enrollment Option (PSEO)

Due to a recent change in the law, Minnesota's Postsecondary Enrollment Option program allows juniors and seniors to take courses at public or private post secondary institutions in Minnesota for credit. This program requires participating students to register with the commissioner or the Department of Children, Families and Learning. For further information, or application forms, see the Director of the Upper School.

## Course Descriptions

### Computer Science

#### **Computer Science I**                      **0.5 Credits (S1)**

In this introductory course to the fundamental ideas about problem solving and program development, students will design systematic programming solutions to a variety of problems. Computer science students will learn common algorithms and basic programming concepts including variables, conditional statements, and loops. Students will be able to analyze algorithm efficiency, ease of implementation, and maintenance in terms of execution speed and computer memory requirements.

*Prerequisite: Algebra II or concurrent enrollment.*

#### **Computer Science II**                      **0.5 Credits (S2)**

Student will apply the programming fundamentals learned in Computer Science I to complex “real world” projects. Recognition of recurring concepts and principles such as abstraction, complexity, modularity and reusability will be emphasized. Students will explore engineering concepts and team-orientated approaches for solving problems in interdisciplinary activities such as web design, animation and robotics.

*Prerequisite: Computer Science I*

**English**  
**Graduation Requirement: 4 Credits**

**Introduction to Literary Genres**                      **1 Credit (Year)**

Students are exposed to different types of literary forms: myth, autobiography, short story, novel, poetry, non-fiction, and drama. Students study basic grammar concepts and develop skills in expository writing (especially sentence constructions, paragraph development, and revision techniques) and in creative writing.

Required for 9th grade students.

**Literature, Composition, and Speech**                      **1 Credit (Year)**

This course continues study of various literary genres including short story, poetry, drama, novel, and nonfiction. The focus of the writing program is literature-based and targets the fundamental concepts of developing the five-paragraph essay. For one quarter, students learn key concepts of public speaking and prepare and deliver speeches for various purposes. Also included is significant grammar and vocabulary study.

Required for 10th grade students.

**Literature of the United States**                      **1 Credit (Year)**

This course emphasizes the analysis of major literary works from the last one hundred and fifty years of our history. Students write one extended critical essay on an American novel and a research paper in addition to other writing projects. There is also a vocabulary component.

Required for 11th grade students.

**British Literature**                      **1 Credit (Year)**

This course focuses on major British authors from the Anglo-Saxon era to the twentieth century. Assignments include a critical paper, a research paper, and other expository writing. The course includes a wide range of literary genres including drama, novels, poetry, and literary essays.

Required for 12th grade students not enrolled in A.P. English Literature and Composition.

**A.P. English Literature and Composition** **1 Credit (Year)**

In addition to completing the regular British Literature sequence, students in this course cover supplementary readings and composition projects. Emphasis is given to independent writing projects and to discussion in a seminar setting. Students who complete this course may take the A.P. exam for possible college credit.

Required for 12th grade students not enrolled in British Literature.

*Prerequisites: Minimum B+ for each semester of 9-11th grade English · 85-90th percentile on PSAT verbal section · 9-11th grade teacher evaluations on academic & creative writing and class participation · Departmental Approval*

**Composition Skills****0.5 Credit (S1/S2)**

This course focuses on improving writing skills. The content includes the introduction and practice of stages of the writing process and writing strategies as well as review of punctuation, work with syntax, and vocabulary. All writing skill levels are welcome; recommended for students who need to refine their writing.

Open to all students.

**Creative Writing****0.5 Credit (S2)**

Students develop creative pieces in several forms: stories, plays, verse, memoirs, and personal essays. Emphasis will be placed on both creativity and writing correctness. All writing skill levels are welcome.

Open to all students.

**Fine Arts****Graduation Requirement: 1 Credit****BALLET**

There is a \$/semester accompanist fee assessed to each student for participating in one or more after school ballet course (3:00 pm or later).

**Introduction to Ballet****0.5 Credit (Year)**

This course is an introduction to ballet training at the Barre. Students learn the fundamental habits of movement coordination, especially in reference to the Russian Classical Method (Vaganova). Ideal for the student with little or no training. Freshmen alternate with Health on B-days. Meets every other day all year during 6th or 7th hour on A-days.

**Second Level Ballet****0.5 Credit (Year)**

This course provides students with the opportunity to progress technically with more complicated Barre work. Meets every other day all year during 6th or 7th hour on B-days.

*Prerequisite: Two semesters of Introduction to Ballet or Instructor's approval.*

**Introduction and Second Level Ballet With Center****Tues only, AS****0.5 Credit (Year)**

This class is held from 3:00-4:45 on Tuesdays. It will include "Barre" and "Centre" practice. Those eligible will be serious in pursuing the more technical and artistic challenges of this art form.

**Second and Third Level Ballet With Center****Weds Only, AS****0.5 Credit (Year)**

This class is held from 3:00-4:45 on Wednesdays. It will include "Barre" and "Centre" practice. This class will introduce the basics of jumps and turns during the First Semester. Second Semester will increase the challenges of turning ("tours") and allegro steps.

*Prerequisite: Two semesters of classical ballet training.*

**Combined Tues & Weds, AS****1 Credit (Year)**

See course descriptions above.

*Prerequisite: Two semesters of classical ballet training.*

**Beginning "Pointe"****Tues & Thurs, AS****1 Credit (Year)**

This class meets from 3:00-4:45 on Tuesdays and Thursdays. The purchasing of "Demi-Pointe" or "Pointe" shoes will be necessary. Consult the instructor before purchasing "Pointe" shoes.

*Requirement: Current enrollment in a 6th or 7th hour ballet course.*

*Prerequisite: Instructor's approval and/or four semesters of classical ballet training.*

**Beginning "Pointe"****Combined Weds & Thurs, AS****1 Credit (Year)**

This class meets from 3:00-4:45 on Wednesdays and Thursdays. The purchasing of "Demi-Pointe" or "Pointe" shoes will be necessary. Consult the instructor before purchasing the "Pointe" shoes.

*Requirement: Current enrollment in a 6th or 7th hour ballet course.*

*Prerequisite: Instructor's approval and/or four semester of classical ballet training.*

**Beginning "Pointe"****Combined Tues, Weds & Thurs, AS****1 Credit (S1/S2)**

This class meets from 3:00-4:45 Tuesdays, Wednesdays and Thursdays. The purchasing of "Demi-Pointe" or "Pointe" shoes will be necessary. Consult the instructor before purchasing the "Pointe" shoes.

*Prerequisite: Instructor's approval and/or four semesters of classical ballet training.*

**Ballet courses may be taken for Fine Arts or Physical Education credit. Students must indicate FA or PE on the registration form to receive desired credit.**

**DRAMA****Theatre****0.5 Credit (S1)**

This course is an exploration of the elements of theatre from the varied perspectives of actor, scenic designer, technical director, choreographer, producer and director. Students receive an introduction to acting techniques using monologue and scene work, a look at scenic design and how it affects a production, insight into the job of the director, costume design as it defines the character, and the technical aspects of a production. The theatre class also studies the roots of drama and the history of musical theatre.

Open to all students.

## **MUSIC**

### **Bel Canto**

**1 Credit (Year)**

Bel Canto is an SSA ensemble. There is no audition necessary. In this class, students will learn the basics of singing, including correct breathing techniques, posture, and performance practices. Students are also welcome to take this course as many years as they might want. Bel Canto performs a varied repertoire of music from many different eras, cultures, and styles. Students who are enrolled in Bel Canto will be expected to perform on 4 concerts during the school year.

Open to all students.

### **Chamber Choir**

**1 Credit (Year)**

Chamber Choir is an SSAA ensemble that is open to students who have completed one year of Bel Canto, and/or have auditioned with Mrs. Rexroth. In this class, students will continue to perfect proper singing, breathing, and performance techniques. These skills will be honed while performing a varied repertoire of music from many different eras, cultures, and styles. Students who are enrolled in Chamber Choir will be expected to perform on, at least, 4 concerts during the school year.

Open to 10th, 11th and 12th grade students.

*Prerequisite: Bel Canto or permission from the instructor to audition.*

*Requirement: Audition with Choir Director*

### **VISTA String Orchestra**

**1 Credit (Year)**

The Vista String Orchestra includes players from Visitation School and Saint Thomas Academy. Musicians interested in this class must play the violin, viola, cello, and bass, and must have at least two years of playing experience. Orchestra meets daily as a regular class in the school schedule. The Orchestra curriculum focuses not only on developing musical skills, but also on developing an understanding and appreciation of music through the study, rehearsal, and performance of concert repertoire. The orchestra participates in numerous concerts and special events throughout the school year. Please visit the class website for more information at <http://facweb.visitation.org:8000/jkalika/index.html>.

Open to all students with two years of playing experience.

### **VISTA Concert Band (STA)**

**1 Credit (Year)**

Vista Band is open to students from Visitation School and Saint Thomas Academy who have played a woodwind, brass, or percussion instrument for at least two years. VISTA Concert Band presents three formal concerts, Pep Band performs at a variety of athletic events, and Marching Band makes half time and parade appearances. Students are encouraged to grow together as people, instrumentalists, musicians, artists, and thinkers through the study of music in band. Select wind and percussion players join the VISTA String Ensemble in full orchestra concerts. Through private lessons, sectionals, and full ensemble playing, students enjoy musical growth within a unique social atmosphere. Students who do not meet the prerequisite musical experience for this class should contact the teacher to discuss options before registering.

Open to all students with two years of playing experience.

See page 10 for more information.

**VISTA Jazz Band (STA)****1 Credit (Year)**

The VISTA Jazz Band meets twice weekly before school, with weekly sectionals after school. This course is open to students from both Visitation School and Saint Thomas Academy. Students prepare and perform music in a variety of jazz styles and learn about improvisation. VISTA Jazz Band performs in three formal concerts each year. Honors credit is available.

Open to all students.

*Requirement: Audition with Band Director*

**VISUAL ARTS**

Students must complete one semester of Drawing as a prerequisite for all other visual art courses. Course offerings will vary by semester based on student enrollment and scheduling needs.

**Drawing****0.5 Credit (S1/S2)**

Drawing is all about training your eyes to see accurately and completely. That's why it's so important to learn some drawing skills before taking other art classes. Drawing students work with pencils, pens, charcoal, colored pencils, and pastels. Subject matter includes nature, objects, landscapes, people, and abstractions. Students learn about art masters' use of drawing to create their masterpieces. They also learn about the elements and principles of design, so they can make good decisions in planning artworks.

Open to all students of all abilities.

*Honors credit available to 10th, 11th, and 12th grade students who have taken two semesters of art including drawing with an A- or better in both courses. A portfolio must be presented for evaluation to the department for approval.*

**Painting****0.5 Credit**

This class is a fun way to learn about artists, styles of art, and how ideas about art have changed over time. Students learn about artists, periods and styles of art from the 19th-20th centuries. Students use the skills and techniques they learned in Drawing to create paintings, using the studied artists as references for their own original works.

*Prerequisite: Drawing*

*Honors credit available to 10th, 11th, and 12th grade students who have taken two semesters of art including drawing and painting with an A- or better in both courses. A portfolio must be presented for evaluation to the department for approval.*

**Mixed Media****0.5 Credit**

If you like to make a mess with lots of different stuff, this is the class for you. A variety of materials and processes are explored, including mixed media paintings, pinhole photography, drawings, papermaking, collage, book arts, and monoprints. The culminating project of the semester is an artist's book combining these processes. Artist's books are like sculptures that have a beginning, middle and end. The course is based on elements and principles of design.

Open to 10th, 11th and 12th grade students.

*Prerequisite: Drawing*

**Printmaking****0.5 Credit (S2)**

Printmaking is an art form that involves the transfer of ink from one surface to another and includes a wide range of methods, techniques, and graphics. The contributions of various artists and cultures will be included in this introduction to printmaking. Students will carve materials such as linoleum and rubber to create relief prints and will also create monotypes, screen prints and engravings. Development of drawing skills and color theory will be combined with personal expression and creativity in this studio course.

Open to 10th, 11th and 12th grade students.

*Prerequisite: Drawing*

*Honors credit available to 12th grade students who have taken two semesters of art including drawing and printmaking/computer graphics with an A- or better in both courses. A portfolio must be presented for evaluation to the department for approval.*

**Ceramics: Pottery****0.5 Credit**

Pots are useful containers made of clay. In this class students learn several ways to make pots, including hand building methods and pottery wheel methods. Students learn how to make objects like mugs, bowls, vases, jars, teapots, boxes, and plates. A variety of surface designs and glazing methods are explored, and the class studies the ways cultures have used clay throughout history. In addition to firing our pieces in an electric kiln, we will spend one class period outdoors doing a raku firing.

*Prerequisite: Drawing*

*Honors credit available with permission of instructor for students who have completed two semesters art including Drawing and Pottery with an A- or higher.*

**Sculpture and Metals****0.5 Credit**

Clay, wire, paper, and metal will be the main mediums for this study of three-dimensional art. This course will include time devoted to making environmental sculpture outdoors, time in the darkroom making photographic images that will then be turned into sculpture, in addition to time in the ceramic studio creating clay sculpture. This class will also introduce metals, with students making Calder-like mobiles and simple jewelry out of hand cut metals.

*Prerequisite: Drawing*

## Mathematics

Graduation Requirement: 3 Credits

***All upper school mathematics students must have Texas Instrument, TI-83 PLUS, or TI-84 PLUS calculator for classroom use. Some funds are available to help families for whom the cost is prohibitive. Please contact a math teacher for details.***

### **Algebra I** **1 Credit (Year)**

This course is designed for students who have mastered basic computational skills. Topics include solving equations and inequalities, linear, and quadratic graphics, exponents, polynomials, and systems of equations.

### **Geometry** **1 Credit (Year)**

This course integrates coordinate and transformational approaches to geometry. It reinforces and extends knowledge of algebra and develops an understanding of proofs. Real world applications are provided throughout the course.

*Prerequisite: Algebra I*

### **Honors Geometry** **1 Credit (Year)**

This course is for students with high ability and motivation in mathematics. Honors Geometry is faster paced and more in-depth than regular Geometry.

*Prerequisite: Algebra · Departmental Approval*

### **Algebra II** **1 Credit (Year)**

Course topics include linear, quadratic, exponential, logarithmic, trigonometric and polynomial functions. Beginning topics of data analysis are also included. Students will use algebraic expressions and sentences to model real world situations.

*Prerequisite: Geometry*

### **Honors Algebra II** **1 Credit (Year)**

This course is for students with high ability and motivation in mathematics. Honors Algebra II is faster paced and more in-depth than regular Algebra II.

*Prerequisites: A average in Geometry or B average in Honors Geometry · Departmental Approval*

### **Math Analysis** **1 Credit (Year)**

This course includes polynomials, functions, exponentials, logarithms, trigonometry, advanced graphing, polar coordinates, conics, vectors, sequences, series, limits, statistics, probability, and an introduction to Calculus.

*Prerequisite: Algebra II*

### **Honors Math Analysis** **1 Credit (Year)**

This course is for students with high ability and motivation in mathematics. Honors Math Analysis is faster paced and more in- depth than regular Math Analysis.

*Prerequisite: A average in Algebra II or B average in Honors Algebra II · Departmental Approval*

**Introduction to Statistics****0.5 Credit (S1)**

This introductory course includes topics on statistical analysis, interpretation of data and graphs and modeling real world applications.

*Prerequisite: Algebra II*

**Introduction to Calculus****0.5 Credit (S2)**

This introductory course is open to students who have completed Math Analysis or Honors Math Analysis. Topics include functions and their graphs, limits and continuity, differentiation and applications of the derivative, integration and applications of the integral.

*Prerequisite: Math Analysis*

**Advanced Placement Calculus AB****1 Credit (Year)**

This course is for students with high ability and motivation in mathematics. Topics include relations, functions and their graphs, differentiation and applications of the derivative, integration and applications of the integral. Students who complete this course may take the A.P. exam for possible college credit.

*Prerequisites: B average or higher in Honors Math Analysis · Departmental Approval*

**Advanced Placement Calculus BC****1 Credit (Year)**

The most rigorous and demanding of the Calculus courses, this course includes all of the topics covered in AP Calculus AB as well as parametric functions, polar coordinates, sequences and series, and elementary differential equations. Students who complete this course may take the A.P. exam for possible college credit.

*Prerequisites: A average in Honors Math Analysis · Departmental Approval*

**Physical Education & Health*****Graduation Requirements: 1 Credit PE, 0.5 Credit Health*****Physical Education****0.5 Credit (Year)**

The 9<sup>th</sup> grade physical education program is designed to expose students to a wide variety of individual activities and team sports with the focus on lifetime sports. The main goal of the program is to emphasize sportsmanship, skill development, and rules that are needed to have satisfying experiences in sports. Units include team challenges, softball, ultimate frisbee, badminton, fitness testing, dance, volleyball, basketball, tennis, and soccer.

Required for 9th grade students.

**Health****0.5 Credit (Year)**

Health is a prevention-oriented course and will cover information that students can directly apply to living in today's society. A variety of health topics are taught to enable students to improve their knowledge of healthy lifestyles, health habits and stronger decision-making skills. Topics include first aid, nutrition, alcohol, tobacco, and drugs, growth and development, diseases, STD's, HIV/AIDS. Varied methods of teaching will be used such as small/large group discussions, guest speakers, current videos, research projects, and textbook information. Throughout the year, health will also focus on thinking, learning & communicating more effectively using the book Top 20 Training.

Required for 9th grade students.

**Fit for Life****0.5 Credit (S1/S2)**

This course is required for students who do not participate in two Visitation sports their 10th grade year. Fit for Life is open to 10th, 11th and 12th grade students but is encouraged for 10th graders. This course is for students interested in developing personal physical fitness through a combination of strength training, aerobic, and fitness related activities. Students design their personal training programs, research specific aspects of fitness, and record their progress. Proper technique and safety are stressed.

Open to 10th, 11th and 12th grade students.

\*Student who participate in two sports to fulfill this physical education requirement must meet the requirements of the sport and its coaches.

**Religion*****Graduation Requirement: 4 Credits***

The philosophy of the Visitation Religion program emphasizes the teachings of the Gospels and the educational principles of St. Francis de Sales. As a Catholic school, we participate in the teaching mission of the Church. All students are required to take religion classes and to participate in liturgical and para-liturgical service programs.

**Faith and Morality****0.5 Credit (S1)**

The student will be introduced to moral guidelines with emphasis on clarifying personal values, formation of conscience and personal decision making. The stages of moral development are explored in this process. Using the Ten Commandments as an outline, issues of morality will be discussed in light of Catholic teachings. These include but are not limited to marriage, sexuality, and the sanctity of life.

Required for 9th grade students.

**Intro to Hebrew Scriptures****0.5 Credit (S2)**

This course is a study of our religious heritage through the reading Hebrew Scripture stories. The class will help students grow in understanding the covenant relationship between God and God's People. Themes to be examined are: covenant love, learning to trust, forgiveness and reconciliation, God's faithfulness. The stories will serve as a guide toward enriching and examining the students' own faith life experiences.

Required for 9th grade students.

**Intro to Christian Scriptures****0.5 Credit (S1)**

This course explores our understanding of who Jesus is as the heart of our identity as a Christian community and as people of faith. The class will study the life, ministry, message, and meaning of Jesus' fulfillment of the new covenant, and how the early Christians continued Jesus' mission to bring about the Kingdom of God.

Required for 10th grade students.

**Church History****0.5 Credit (S2)**

Introduction to Church history investigates how Christ has been and continues to be manifest in His church throughout history. The course will be taught following the evolution of Christian doctrine, the Church's response to worldly events, and the important people of faith who helped Tradition become a pillar of Truth for Catholics today.

Required for 10th grade students.

**World Religions****0.5 Credit (S1)**

This course will study religions of the non-Christian traditions; Judaism, Hinduism, Buddhism, Confucianism, Taoism, and Islam. Through the study of these religions, the students will learn about and respect the beliefs of other cultures while gaining a fresh insight into their own Judeo-Christian tradition. Because of the continuing movement in diversity of our culture, it is necessary to deepen our consciousness of others so that we may grow into understanding and compassionate adults.

Required for 11th grade students.

**Social Justice****0.5 Credit (S2)**

This course is based on Gospel values. The social justice curriculum challenges the students to think critically, act responsibly and to be aware of persons who are often overlooked. The class acknowledges the seriousness of existing social problems. It also points out signs of hope in the present models of people and organizations that are making contributions to justice and peace in our global community.

Required for 11th grade students.

**Peer Ministry and Christian Service****0.5 Credit (S1)**

This course explores programs of outreach, service and liturgy, emphasizing the necessary procedures and skills. It deals with issues such as poverty in relationship to the Church's teaching on social action and our baptismal call to ministry. A special emphasis is placed on training for peer ministry, as students explore their own gifts and talents to learn and practice the skills needed to lead group discussions, direct group activities or minister to those in need in a variety of situations.

Required for 12th grade students\*.

**Spirituality, Prayer, and Meditation****0.5 Credit (S1)**

Students explore their own identity as spiritual beings in relationship with God through their faith development and religious traditions. This course concentrates on the practice of prayer and spiritual exercises and its importance in the growth of spirituality. Highlighted during the semester is the practice of meditation in many forms-guided, mantra, relaxation, traditional, visualization, and journaling.

Required for 12th grade students\*.

**Quest for God****0.5 Credit (S1)**

This course explores our spiritual dimension. It looks at the questions of belief why we believe, what we believe, and how we express that belief. Examples of works by people such as Thomas Merton and Francis De Sales are read to highlight "journeys" of Faith. The importance of prayer in our lives is also emphasized.

Required for 12th grade students\*.

\*Students choose one of the above three courses for their fall semester religion requirement.

**Senior Seminar****0.5 Credit (S2)**

This course is designed to tie together the Visitation experience for seniors. It culminates the last four years of religious study and lived faith experience and projects students into their future. The class is a clear reflection of the school's motto: "Non Scholae, sed Vitae – Not for School but for Life." Senior Seminar includes readings, videos, guest speakers, personal reflection and discussion, and concludes with the "Philosophy of Life" written assignment—a graduation requirement.

Required for 12th grade students

**Science****Graduation Requirement: 3 Credits****Physical Science****1 Credit (Year)**

This course provides experience in laboratory work and the use of scientific concepts. It is a good foundation for future chemistry and physics courses. Topics: metric measurements, motion, work, atomic structure, forces, energy, chemical equations, and reactions.

Open to 9th grade students.

**General Biology****1 Credit (Year)**

Biology is a required course for science. It is concerned with living organisms and their life processes, which are enhanced by laboratory experiments. Topics: chemistry, biochemistry, cytology, molecular biology, genetics, microbiology, taxonomy, a survey of the plant and animal kingdoms and an introduction to human biology.

Open to invited 9th grade and all 10th grade students.

**Chemistry****1 Credit (Year)**

This course is an introduction to Inorganic Chemistry – models of the atom, chemical symbols, reactions, reaction rates, equilibrium, acid base theory and electrochemistry. The course prepares students for further study in science.

Open to 10th and 11th grade students.

*Prerequisites: Biology and Geometry · C+ average or higher in all mathematics and science courses · Biology teacher's approval*

**Honors Chemistry****1 Credit (Year)**

Honors Chemistry demands a higher degree of self-discipline, organizational skills, and independent study skills. Approximately 50% more material will be covered compared to the general chemistry course. Laboratory exercises require a higher degree of awareness of the scientific method, the ability to collect and analyze more complex sets of data and to communicate results verbally and in writing beyond an average level of clarity. Work outside the classroom requires on average 45 minutes per night. The course will more than adequately prepare students to pursue science in earnest and to continue at the college level in chemistry with confidence.

Open to 10th and 11th grade students.

*Prerequisites: A– or higher in Biology in each grading period and semester exam · Biology teacher's approval · Departmental Approval*

**A.P. Biology****1 Credit (Year)**

A.P. Biology is a college level course with a college text and advanced laboratory work. Students should be academically prepared for the pace and rigor of college work and willing to make the appropriate time commitment. Topics include biochemistry, cells, energetics, heredity, molecular genetics, biotechnology, evolution, taxonomy, monerans and protists, plants and plant physiology, animals, human systems and ecology. Students who complete this course may take the A.P. exam for possible college credit.

Open to 11th and 12th grade students.

*Requirements: Students and parents must sign a statement stating they understand this course requires an extra 80 minutes of class time on average per week. An early start may be required by instructor. There will be required work the summer prior to the start of the course.*

*Prerequisites: Concurrent enrollment in Math Analysis or above · Completion of Chemistry · Overall GPA of a 3.7 · A– or higher in all Math and Science classes · Departmental Approval*

**Physics****1 Credit (Year)**

The class requires an above average level of independent learning and self-discipline in order to pursue and persevere with higher order thinking skills. It also requires an above average amount of time to successfully complete the course requirements. The first semester covers mechanics of all types of motion. The third quarter covers wave theory, sound, light, and optics. The fourth quarter covers electricity, circuits, magnetism and nuclear physics.

Open to 11th and 12th grade students.

*Requirements: Minimum 45 minutes of daily study outside of the classroom.*

*Prerequisites: B+ average in Math Analysis or Concurrent enrollment in Math Analysis · B+ average or higher in all mathematics and science courses · Departmental Approval*

**Anatomy & Physiology****0.5 Credit (S1)**

This course is designed to increase the student's awareness of the human body and its functions. Topics include: the organ systems, the integration of form and function, homeostasis, ability to overcome disease, and the physiology of athletic performance. Lab and dissection of a vertebrate.

Open to 11th and 12th grade students.

**Environmental Science****0.5 Credit (S2)**

This course teaches the key components of ecology and environmental science. Throughout this course students examine the ethical issues facing the environment by looking at past practices and current issues. To develop a perspective and concern for the environment, students will investigate everyday activities that affect ecology, energy, water, atmosphere, and land. The Environmental Science course at STA is not available to Visitation Students.

Open to 11th and 12th grade students.

**Astronomy****0.5 Credit (S1)**

This course requires one evening (dark sky) observation in the vicinity of Visitation School. Students must provide their own transportation. Topics include: stars, solar system, coordinate systems, and life on other planets. Numerous (20-30) independent observation days and/or nighttime are also required. Full-page write ups with diagrams and detailed explanations and one major project are required.

Open to 11th and 12th grade students.

*Prerequisite: Geometry*

**Genetics****0.5 Credit (S2)**

This course explores hereditary patterns and current research in the field of genetics. Using humans as their primary organism, students explore DNA, chromosomes, inheritance patterns and the mutations that can occur during fetal development and later in life. By using current research, students acquire an understanding of prenatal diagnosis, genetic counseling, the effects of the environment on our genetic formation, and the ethical decisions facing this constantly changing field.

Open to 11th and 12th grade students.

**Social Studies****Graduation Requirement: 3 Credits****World History****1 Credit (Year)**

This course examines the major themes, personalities and developments in world civilization from the ancient world to the present as well as human and physical geography.

Required for 10th grade students not enrolled in A.P. European History.

**A.P. European History****1 Credit (Year)**

A.P. European History provides in depth coverage of European economic, political, religious, intellectual and social history, and geography from the Renaissance to the present. Students who complete this course may take the AP exam for possible college credit.

Required for 10th grade students not enrolled in World History.

*Prerequisites: Overall GPA of 3.7 or higher is recommended · Reading score above class mean on Visitation entrance exam · Freshman English Teacher's Recommendation · Departmental Approval*

**United States History****1 Credit (Year)**

This course is a chronological study of the political, economic, military, geographic and social history of the United States from the colonial period to the present.

Required for 11th grade students not enrolled in A.P. United States History.

**A.P. United States History****1 Credit (Year)**

A.P. United States History provides students with the analytical skills and factual knowledge necessary to deal critically with the problems and materials in U.S. History. The course prepares students for intermediate and advanced college courses by making demands upon them equivalent to those made by full-year introductory college courses. Students who complete this course may take the AP exam for possible college credit.

Required for 11th grade students not enrolled in United States History.

*Prerequisites: Overall GPA of 3.7 or higher is recommended · A– or higher in World History or B– or higher in A.P. European History · 10th grade History teacher's recommendation · Departmental Approval*

**United States Government,  
Economics and Global Issues** **1 Credit (Year)**

This course covers the structure, function and operation of our national, state and local governments. Topics include: comparative political systems, foundation and development of the American political system, political parties and elections, the Institutions of National, State and Local government, Civil Rights and Civil Liberties, and public policy issues. The course also includes a foundation in the principles of macroeconomic and microeconomic theory. Domestic and global political and economic issues will be analyzed throughout the year.

Required for 12th grade students not enrolled in A.P. United States Government and Politics.

**A.P. United States Government & Politics** **1 Credit (Year)**

A.P. United States Government & Politics is a college-level course designed to give the students a critical perspective on U.S. politics and government. Students who complete this course may take the A.P. exam for possible college credit.

Required for 12th grade students not enrolled in United States Government, Economics and Global Issues.

Prerequisites: *Overall GPA of 3.7 or higher is recommended · A– or higher in U.S. History or B– or higher in A.P. U.S. History · 11th grade History teacher's recommendation · Departmental Approval*

**World Cultures** **0.5 Credit (S1)**

In this elective course, students examine the major elements of culture as well as the political, economic, religious, and social conditions in various nations. It is designed to enhance a student's understanding and appreciation of the world's diverse societies.

Open to all students.

**Sociology** **0.5 Credit (S2)**

This elective course introduces the ways in which sociologists investigate and analyze human relationships. Emphasis is upon the major principles and concepts used by sociologists to examine society in general and American society in particular.

Open to all students.

**Psychology** **0.5 Credit (S1)**

This elective course is an introductory course in psychology designed to provide students with basic knowledge of the theories and concepts fundamental to an understanding of the field. The Psychology course at STA is not available to Visitation Students.

Open to 11th and 12th grade students.

**World Language**  
**Graduation Requirement: Through Level III of one language**

A student whose native language is other than English is not required to take a second language in the World Language Department.

**Chinese I** **1 Credit (Year)**

In this inaugural course in Mandarin Chinese, students learn to understand, speak, read and write Mandarin Chinese. By the end of the year, students will be able to hold brief conversations about their families, friends and daily life activities. Students will also read and write over 100 Chinese characters and become familiar with Chinese culture and history. This course is intended for students who have had little or no previous exposure to the Chinese language.

Open to all students.

**French I** **1 Credit (Year)**

French I stresses the spoken language as well as listening comprehension. Reading and writing of simple material is included with an introduction to the fundamentals of grammar. An awareness of the civilization and culture of France, particularly of Paris, is also an objective.

Open to all students.

**French II** **1 Credit (Year)**

This course is a continuation of the first year, with emphasis on reading and writing skills, grammar, and conversation. The study of French civilization includes regions of France.

Open to all students.

*Prerequisite: French I or Departmental Approval*

**French III** **1 Credit (Year)**

This course continues the aims of French I and II in emphasizing vocabulary, grammar, reading, writing, and conversation. Reading and speaking skills are intensified. The study of phonetics begins. Cultural studies include French art and music.

Open to all students.

*Prerequisite: French II or Departmental Approval*

**Honors French IV** **1 Credit (Year)**

This course includes the study of French and francophone literature, history and especially composition and grammar, and is considered Pre-Advanced Placement.

Open to all students.

*Prerequisites: French III or Departmental Approval*

**A.P. French Language** **1 Credit (Year)**

This course prepares the student for the A.P. exam. French texts (magazines, newspapers, videos, audio CD's and songs) are used. An intensive grammar review as well as emphasis on oral and written skills are included. Three major literary works are read.

Open to 10th, 11th and 12th grade students.

*Prerequisites: Honors French IV or Departmental Approval*

**Spanish I** **1 Credit (Year)**

This course provides students with a foundation in oral proficiency, the fundamentals of grammar, with an introduction to the culture of several Spanish speaking countries.

Open to all students.

**Spanish II** **1 Credit (Year)**

This course continues the development of proficiency in listening and speaking. Grammar skills for reading, composition, and speaking the language are emphasized.

Open to all students.

*Prerequisite: Spanish I or Departmental Approval*

**Spanish III** **1 Credit (Year)**

This course strengthens conversational skills and communication by emphasizing the vocabulary and grammar of typical daily life situations. Short works of recognized Hispanic authors are introduced

Open to all students.

*Prerequisite: Spanish II or Departmental Approval*

**Spanish IV-V** **1 Credit (Year)**

This course includes the study of more advanced grammatical structures, Hispanic literature, the history of Mexico, as well as more formal, complicated listening exercises. The geography of Spanish speaking countries and the current events in those countries are also studied.

This is a two year sequence for students who desire to continue their study of Spanish but do not choose the more rigorous honors or Advanced Placement course work. This course is excellent for continuing to develop needed language skills and as preparation for college Spanish.

Open to 10th, 11th and 12th grade students.

*Prerequisite: Spanish III or Departmental Approval*

**Honors Spanish IV-V** **1 Credit (Year)**

This course is open to current Spanish III or Spanish IV. This is a theme-based course. Students will study literature, poetry, composition, and conversation based on a particular theme. Some of the themes are the Environment, Human Rights and Immigration. In this course, students will continue the study of Spanish grammatical structures. This course is considered a Pre-Advanced Placement Language course. It is an excellent review for students who will be taking college entrance exams and is a requirement for students going on to the course in Advanced Placement Spanish Language.

Open to 10th, 11th and 12th grade students.

*Prerequisites: A- or higher in Spanish III or B or higher in Spanish IV · Departmental Approval*

**A.P. Spanish Language****1 Credit (Year)**

The Advanced Placement Language course is equivalent to an intermediate college Spanish course. Those enrolled in the course should be prepared for the rigors of college work. The course focuses on the use of the Spanish language. Although the course helps to continue the development of the four major skills of listening, reading, speaking and writing, the greatest emphasis is placed on reading, writing, and vocabulary building. Colleges place great emphasis on writing skills in upper-division foreign language courses. The course is conducted in Spanish and includes a comprehensive and detailed grammar review along with a continued study of Hispanic literature and culture. Students who complete this course may take the A.P. exam for possible college credit.

Open to 11th and 12th grade students.

*Prerequisites: B or higher in Honors Spanish IV/V · Departmental Approval*

**Latin (STA)****1 Credit (Year)**

Latin courses are offered at St. Thomas Academy. Please see page 10 for more information.

**Convent of the Visitation School**

2455 Visitation Drive

Mendota Heights, MN 55120

(p) 651-683-1700 (f) 651-454-7144

[www.visitation.net](http://www.visitation.net)