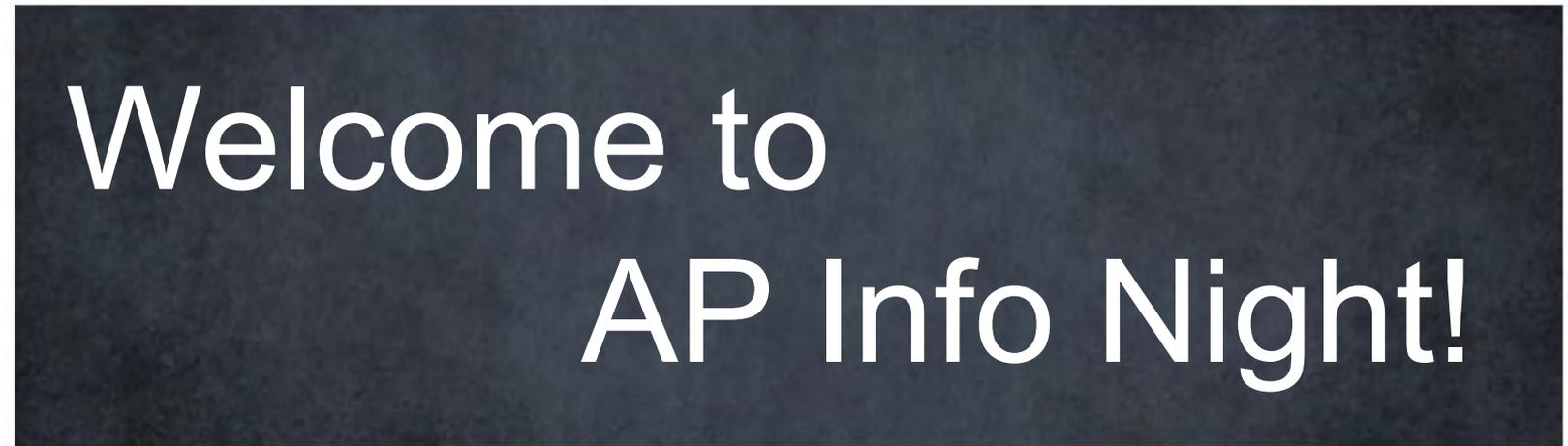




Leland  
High  
School



Welcome to  
AP Info Night!



# SOME QUESTIONS YOU MAY HAVE ABOUT AP COURSES:

What does AP stand for?

Who can take AP classes?

Are there limits to how many AP courses  
a student can take?

What are the advantages and  
disadvantages of taking AP classes?

What about school-related stress?

Where can I get more information about  
specific AP courses?



# WHAT IS “AP”?



“AP” stands for Advanced Placement. AP courses are challenging, with content that better prepares students for the rigors of college. Every AP class has an end-of-course AP test; if a student passes the exam with a score of 3 or higher (on a 5 point scale) he/she can earn college credit for the course. AP test scores can be included on college applications.

# WHAT ARE THE BENEFITS?

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## Why take an AP course?

- Develop academic skills that better prepare you for college.
- “Impress” college admissions counselors with your rigorous course selections.
- Save money: you can earn college credits for passing the exam.
- Studies indicate AP students choose a college major faster.
- Complete a minor or even a second major more easily.
- Because you have already earned college credit for AP tests you passed, you can take more “elective” classes to explore a wider range of career interests.

# ADVANCED PLACEMENT

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## Who should take an AP course?

Students looking to apply to 4-year colleges and universities... especially “elite” schools.

SJUSD has open enrollment in AP courses: anyone willing to step up to the challenge can take the class.

Studies show that students with even 1 AP class are 17% more likely to finish college.

But... choose wisely... once enrolled you are in it for the entire year!



# AP Course Offerings at Leland



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## World Languages

*AP Spanish Lang. (10-12)*

*AP Spanish Lit. . (10-12)*

*AP French (11-12)*

## Language Arts

*AP English Lang. (11)*

*AP English Lit. (12)*

## Math

*AP Calculus AB (10-12)*

*AP Calculus BC (11-12)*

*AP Statistics (11-12)*

## Elective

*AP Comp. Science (11-12)*

*AP Capstone (11-12)*

## Social Science

*AP European History (10)*

*AP U.S. History (11)*

*AP Macroeconomics (12)*

*A.P. Government (12)*

## Science

*AP Biology (10-12)*

*AP Chemistry (10-12)*

*AP Environ. Science (11-12)*

*AP Physics 1 (11-12)*

*AP Physics 2 (11-12)*

## Visual Art

*AP Studio Art 2-D (10-12)*

# Participation & Performance at Leland



**AP PARTICIPATION:** DURING THE 2014-15 SCHOOL YEAR, 52% OF STUDENTS TOOK AT LEAST ONE AP COURSE.

**AP PERFORMANCE:** 88% OF THE SCORES ON THE 2014-15 AP TEST WERE “3” OR HIGHER.



## How many AP courses do we recommend?

**We RECOMMEND no more than 3 AP/Honors/Accelerated courses in a single year.**

- Time constraints: you can often plan on 2 hours of homework per class.
- High stress level in keeping up.
- Colleges look at much more than just the number of AP courses on your transcript. Having a variety of extracurricular activities can project a well-rounded, multi-talented individual with good time management skills.



## According to a student survey administered last year:

- **33%** of students took 3 or more advanced courses
- **52%** of students stated they have 3 or more hours of homework per night
- **72%** of students reported that grades contributed to their overall stress “often” or “always”
- **60%** of students reported that homework contributed to their overall stress “often” or “always”

# STRESS AND ACADEMICS



- **56%** reported that tests contributed to their overall stress “often” or “always”
- **43%** stated that they experienced “Above Average” or “Severe” stress on a daily basis
- An overwhelming majority of students reported experiencing one or more of the following symptoms of stress on daily basis: tired, anxious, angry, panicked, headaches, trouble sleeping, loss of appetite, nausea

# STRATEGIES TO HANDLE THE STRESS



**CHALLENGE SUCCESS: RAISING  
WELL-BALANCED STUDENTS**



# STRATEGIES TO HANDLE THE STRESS



## School Week Calculator

<b>School Hours (5 days x 7 hours)</b>	<b>35</b>
<b>Projected Time on Homework:</b>	
English <i>AP English Lang</i>	8
Social Studies <i>AP US</i>	6
Math <i>AP Calc AB</i>	10
Science <i>AP Chem</i>	8
Language <i>Spanish 3/4</i>	1
Elective <i>Speech and Debate</i>	2
Elective	
<b>Total School Hours:</b>	<b>70</b>

<b>Extra-Curricular Activities:</b>	
Paid Job <i>Work</i>	10
Hobbies / Interests <i>Jogging</i>	5
Community Service <i>Church Babysitting</i>	1
Athletics <i>Swimming / Water Polo</i>	9
Music / Performances	
Other Responsibility <i>Babysitting neighbor on Thursday eve.</i>	3
Other Responsibility <i>Church</i>	1
Other Responsibility	
<b>Total Extra-Curricular Hours:</b>	<b>29</b>

<b>Daily Living Activities:</b>	
Sleep (suggested: 7 days x 8 hours)	56
Necessities <i>(eating - 3.5, showering/getting ready 2, chores 2, traveling to and from school, etc. 1.25)</i>	9
Family Time	2
Personal Time <i>(friends, TV, phone, facebook, video games, internet, etc.)</i>	8
<b>Total Daily Living:</b>	<b>76</b>

<b>Available Hours/Week</b> <b>168</b>	<b>Total Hours:</b>	
	School Hours	= 70
	Extra-Curricular Hours	= 29
	Daily Living Hours	= 75.25
	<b>Your Total Hours:</b>	<b>174.25</b>

# Recap: Advantages

Challenging and engaging coursework.

Increases the competitiveness of your college application.

A greater sense of pride in your academic accomplishments.

Increased College readiness; earn college credits while in high school.

# Disadvantages

Increased work load and academic responsibility.

Colleges look at much more than just your GPA or class load.

Sense of inadequacy/failure; you cannot drop once enrolled.

Heavy demands on your time and energy; high level of stress.



# Where to find out more information?

<http://apcentral.collegeboard.com>

Education Policy & Advocacy	Membership	Testing	College Guidance	K-12 Services	Higher Ed Services	Professional Development	Data, Reports & Research
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## AP Central

- HOME
- AP COURSES AND EXAMS
- PRE-AP®
- INSTITUTES AND WORKSHOPS
- DISCUSSION GROUPS
- BECOME AN AP READER

### AP COURSE HOMEPAGES

Select a Course ▾



#### [AP Annual Conference 2013](#)

July 17-21  
Las Vegas — The Venetian  
Register Now for the largest gathering of the AP and Pre AP Communities.



#### [Advances in AP](#)

The AP Program is pleased to announce the redesign of **U.S. History** and **Physics B**.



#### [AP Exams & College Enrollment](#)

Colleges and Universities can compare how AP and non-AP students perform in college. Find out how today.

### NEWS

#### [AP Course Audit](#)

The AP Course Audit website is not available during the month of February while annual maintenance occurs to prepare for the 2013-14 course renewal and submission process. As of January 31, you are unable to access your account again until March 4, 2013.

#### [New AP Biology Online Professional Development](#)

Learn about the essential knowledge, science practices and inquiry-based labs in the redesigned AP Biology course. Reinforce what you know — when convenient and at your own pace.

#### [New AP Website for Colleges and Universities](#)

AP has launched a new website for higher education faculty and administrators, featuring policy information, research, detailed info about courses and exams, and more.

### FEATURED ARTICLES

#### [Nine Teachers Leading the Technology Revolution](#)

This report, in partnership with Phi Delta Kappa International and the National Writing Project, profiles the work of nine dedicated teachers using technology to enhance student engagement across diverse subject and content areas.

### EXPLORE AP

[AP Exam Dates](#)

[Exam Fees & Fee Reductions](#)

[Students & Parents](#)

[Resources for AP Coordinators](#)

[Building Your AP Program](#)

[Information for Colleges & Universities](#)

### EXPLORE PRE-AP

[SpringBoard® Pre-AP Program](#)



Trevor Packer  
[AP\\_Trevor](#)



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[@CollegeBoard](#) @csilvis:  
I am consistently blown

## NEXT UP... Classroom Visitations

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- You have the opportunity to visit 3 AP classes.
- Please do not stay in any single room for more than one period to ensure everyone has the opportunity to visit the presentation.
- Please hold your questions until the end of the presentation; presenters must start and end on time to stay on schedule.
- There is a syllabus available for each class.
- Call/email the instructor or any administrator if you have further questions... or visit:  
“[apcentral.collegeboard.com](http://apcentral.collegeboard.com)”

# Classroom Visitation Schedule

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## **AP NIGHT BELL SCHEDULE**

6:30 – 6:45 Session 1

6:50 – 7:05 Session 2

7:10 – 7:25 Session 3

**(PICK UP A MAP OF THE SCHOOL)**

And...

**THANK YOU FOR  
ATTENDING!**

