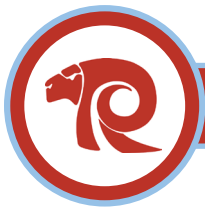




Ralston High School

Detailed Course Description Reference Guide

2024-2025



EL Sheltered English 1: A comprehensive language arts course that encompasses reading prose and poetry, reading informational texts, building vocabulary, writing in multiple modes, speaking, listening, and studying priority grammar skills. This course is exclusively for ELL students.

English 1: A comprehensive language arts course that encompasses reading prose and poetry, reading informational texts, building vocabulary, writing in multiple modes, speaking, listening, and studying priority grammar skills. This required, foundational course focuses on building independent reading and writing habits so that students are equipped for future coursework.

English Support: This course parallels the English 1 class and is an opportunity to expand their knowledge and practice skills that they might find challenging. Each day, students will read and write independently and participate in activities that will support their learning needs. Teachers communicate closely with students, families, and other English 1 teachers to ensure that they are always meeting student needs.

Pre-AP English 1: Similar content as English 1 but is for students with above-average English skills and motivation who wish to be challenged by studying literature and writing intensely and at an accelerated pace. Typical literature units include, but are not limited to: *The Odyssey*, *Romeo and Juliet*, *To Kill a Mockingbird*, and *Animal Farm*.

English 2: A comprehensive language arts course that encompasses reading prose and poetry, reading informational texts, building vocabulary, writing in multiple modes, speaking, listening, and studying priority grammar skills. This required course builds on essential skills learned in English 1.

Pre-AP English 2: A comprehensive language arts course designed for students with advanced English skills and high degrees of motivation who wish to be challenged by studying intensely and at an accelerated rate. The course encompasses reading prose and poetry, reading informational texts, building vocabulary, writing in multiple modes, speaking, listening, and studying ACT grammar skills. This course builds on essential skills learned in English 1 and prepares students for AP Language and AP Literature courses.

English 3/American Literature: A comprehensive language arts course that explores text selections from major periods in American literary history. Persuasive writing, literary analysis, and ACT preparation are the focus of writing instruction.

AP Language and Composition: An introductory college-level composition course that can be taken for dual enrollment credit through MCC. Students cultivate their understanding of writing and rhetorical arguments through reading, analyzing, and writing texts as they explore topics like rhetorical situation, claims and evidence, reasoning and organization, and style. The reading selections, films, concepts, and supplemental materials are rich and challenging, and the pace of the class is intense and demanding. In addition, the course has a heavy emphasis on nonfiction texts and writing across modes. Completion of this course will prepare all students to take the Advanced Placement® exam.



World Literature: This course is designed for seniors with average to above-average work in prerequisite courses. World Literature is a comprehensive literature class that focuses on the works of writers from other countries, with an emphasis on the academic skills required for college readiness.

AP Literature and Composition: An introductory college-level literature course designed to prepare students for the reading and writing they will do in future academic settings. The reading selections, films, concepts, and supplemental materials are rich and challenging, and the pace of the class is intense and demanding. Students will have the option to sign up for dual enrollment after they are enrolled in the course. Completion of this course will prepare all students to take the Advanced Placement® exam.

Creative Writing: A course exploring four areas of creative writing: poetry, fiction, creative nonfiction, and an area of a student's own choosing. Students should expect a rigorous writing and reading atmosphere. Students will be expected to collaborate with others and to share their work with the class.

Mystery in Literature: A course that explores society's fascination with murder mysteries and the detectives who solve them. The course will study the history and nature of the mystery story from its origins to the present day. Students will examine both the relationship of mystery fiction to the culture of its time and also the changing role of the detective hero. Students will also examine the many different varieties of the genre, including classic whodunits, hard-boiled crime fiction, historical mysteries, courtroom dramas, true crime narratives, espionage fiction, and more.



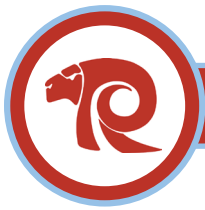
Speech Communication: A course where students analyze and practice a variety of speaking and listening skills. This course will help students to communicate more effectively with their peers, to work cooperatively in groups, to see how communication functions within our society, and to become a more effective speaker and listener.

Introduction to Mass Communications: A course that explores the production, distribution, and impact of mass media texts. The course will cover journalism laws and ethics, news and media literacy, photojournalism, journalistic writing, and graphic design elements.

Debate: A course where students will discuss, research, think and argue about topics sponsored by the National Speech and Debate Association. Students will debate a variety of timely topics regarding current events and moral/philosophical questions.

Yearbook 1: For students interested in journalism, photography, and graphic design. Because students will be producing Ralston High School's yearbook, this course requires work outside of regular class time.

Yearbook Staff: For students interested in journalism, photography, and graphic design. Because students will be producing Ralston High School's yearbook, this course requires work outside of regular class time. Students will be expected to take on greater responsibilities, including editing, marketing, and selling yearbook ads. This course may be repeated multiple years for elective credit. Students may take yearbook AR when they rejoin after their initial year.



World Civilization: Provides students with a basic foundation of world geography and history as well as the development of critical and historical thinking skills. Throughout this course, students will integrate geographical concepts and historical events. The course focuses on the analysis and application of primary sources, maps, and world statistics. Students participate in research through inquiry, group discussions, critical thinking exercises, and project based learning.

World Civilization Sheltered: Provides students with a basic foundation of world geography and history as well as the development of critical and historical thinking skills. Throughout this course, students will integrate geographical concepts and historical events. The course focuses on the analysis and application of primary sources, maps, and world statistics. Students participate in research through inquiry, group discussions, critical thinking exercises, and project based learning.

U.S. History: Provides students with an overview of the history of the United States from the end of the Civil War to present day. This course examines people, events and processes in the history of the United States. Students develop skills in uncovering, evaluating and interpreting primary and secondary sources to produce and defend evidence-based arguments. Students participate in research through inquiry, group discussions, critical thinking exercises, and project based learning.

U.S. History Sheltered: Provides students with an overview of the history of the United States from the end of the Civil War to present day. This course examines people, events and processes in the history of the United States. Students develop skills in uncovering, evaluating and interpreting primary and secondary sources to produce and defend evidence-based arguments. Students participate in research through inquiry, group discussions, critical thinking exercises, and project based learning.

AP U.S. History: Provides students an advanced understanding of the cultural, economic, political, and social developments that have shaped the United States from its first inhabitants to the present. Students develop college-level skills including research, evidence analysis, and academic writing using a variety of sources through exploration of topics in United States history. Completion of this course will prepare all students to take the Advanced Placement® exam.

American Government: Provides students with the skills and understandings necessary to participate in American democracy. Students examine the basic principles and functions of the branches of government at national, state, and community levels. Through discussion, creative projects, and argumentative writing, students develop their abilities to critically analyze information, evaluate positions on policy, and advocate for their beliefs. This course is a dual enrollment opportunity.

American Government Sheltered: Provides students with the skills and understandings necessary to participate in American democracy. Students examine the basic principles and functions of the branches of government at national, state, and community levels. Through discussion, creative projects, and argumentative writing, students develop their abilities to critically analyze information, evaluate positions on policy, and advocate for their beliefs. This course is a dual enrollment opportunity.



Economics: Provides students with the foundations of economic systems, theory, and application to better understand the globalized world. Students examine community, national, and global economies from both micro and macroeconomic perspectives and the elements of resource availability, opportunity cost, and globalization. During this course students participate in discussion groups, project based learning, presentations, and in-depth analysis of the different economic perspectives.

Intro to Criminal Justice: Provides an overview of the history, development, and framework of crime and criminal behavior in America. It examines the three main components of the criminal justice system including the law enforcement, the court system, and corrections. Students examine trends, behavior, and theories of crime. This course includes a variety of guest speakers, Socratic seminars, and inquiry based learning.

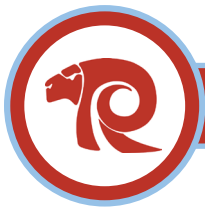
Diversity in America: Provides a sociological and historical look at historically marginalized groups in the United States. Students investigate the history, policies and procedures, and trends of suppression, examine different types of prejudice and discrimination at personal, social and institutional levels and the intersectionality of privilege. A field experience is required outside of the school day to explore diversity.

Modern Concepts: Provides students an in-depth analysis of modern American History with an emphasis on multiple perspectives and relating historical concepts to today's events. Major units of study include various Cold War topics, the Kennedy assassination, the Vietnam War, the Watergate Scandal, the Ford through Bush Administrations, and Terrorism. During this course students participate in lectures, discussions, project-based learning, and research to learn about past events and relate it to the present.

AP Psychology: Students study how the mind and body work together. Topics include approaches to and current research about psychology, sociology, biological psychology, states of consciousness, sensation and perception, learning, motivation, memory, intelligence, developmental psychology, personality, and abnormal psychology (mental illness and therapy). Students analyze psychological/sociological theories to be able to compassionately relate to others. Completion of this course will prepare all students to take the Advanced Placement® exam.

Nebraska Studies: Provides students an overview of the history and geography of Nebraska and the Omaha metro area, while making connections to present day events. Key concepts include: indigenous peoples of Nebraska, historical figures and places, and current issues. Students develop historically relevant questions and gather, analyze, and communicate historical information about Nebraska history from multiple sources.

World History DC: Provides students with the advanced skills and understandings needed to analyze processes, identify themes, and evaluate arguments in global history. Students develop college-level skills including research, evidence analysis, and academic writing through exploration of topics in global history from the ancient to the modern world. This course is a dual enrollment opportunity.



Algebra 1: Provides students with a foundation of algebra concepts essential for future math coursework. Key concepts include solving, graphing, and writing linear equations, inequalities, and quadratics, and applying these concepts to real world situations. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

Algebra Support: Supports students enrolled in Algebra 1 by providing foundational math skills with additional instruction. Key concepts align with the Algebra 1 curriculum. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning. This course is taken concurrently with Algebra 1 for elective credit.

Algebra 1 Essentials: Provides students with a foundation of algebra and pre-algebra concepts essential for future math coursework. Key concepts include solving, graphing, and writing linear and quadratic functions, exponents and radicals, and data analysis, as well as foundational math skills. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

Geometry: Provides students with a foundation of geometry concepts essential for future math coursework. Key concepts include logic and proofs, parallel and perpendicular lines, polygons and circles, congruent and similar figures, perimeter, area, and volume, and right triangle trigonometry. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

Algebra 2: Extends students' knowledge of algebra topics and also prepares students for ACT and upper level math courses. Key concepts include linear, quadratic, and polynomial functions and equations, exponential and logarithmic functions, rational functions, and the study of complex number systems. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

Honors Algebra 2/Trig: Extends students' knowledge of algebra and trigonometry topics at a more rapid pace, and also prepares students for ACT and upper level math courses. Key concepts include linear, quadratic, and polynomial functions and equations, exponential and logarithmic functions, rational functions, the study of complex number systems, right triangle trigonometry, and trigonometric functions and applications. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

College Algebra: Extends students' knowledge of advanced algebra topics and provides the background necessary for future college math courses. Key concepts include functions and their inverses; polynomial, radical, exponential, logarithmic, and rational expressions and equations; graphing functions using transformations (absolute value, polynomial, radical, exponential and logarithmic); and an introduction to statistics. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.



Trigonometry DC: Extends students' knowledge of algebra and trigonometry topics and also prepares students for ACT and upper level math courses. Key concepts include trigonometric ratios, triangles, vectors, circular functions, trigonometric identities, inverse trigonometric functions, trigonometric equations, and complex numbers. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning.

AP Pre-Calculus: AP Precalculus provides students with an understanding of the concepts of college algebra, trigonometry, and additional topics that prepare students for the ACT and future college level courses. This course explores a variety of function types and their applications—polynomial, rational, exponential, logarithmic, trigonometric, polar, parametric, vector-valued, implicitly defined, and linear transformation functions using matrices. A variety of activities such as direct instruction, investigative tasks, small group work and student discourse are utilized for student learning. Completion of this course will prepare all students to take the Advanced Placement® exam.

AP Calculus AB: Students gain the tools they need to be successful in their next Calculus or college math course. Key concepts include limits, derivatives, indefinite integrals, and definite integrals with a focus on differential and integral Calculus and its applications. Students will use mathematical tools to analyze the continuous rate of change between variables and extend their understanding of these topics through discovery and the use of technology. Completion of this course will prepare all students to take the Advanced Placement® exam.

AP Statistics: Provides students with an introduction to statistical concepts with an emphasis on the function of statistics in information and technology. Key concepts include descriptive statistical measures, probability, discrete probability, sampling, estimation analysis, hypothesis testing, regression, and analysis of variance. This is an activity-based course in which students are actively involved in gathering their own data, learn how to communicate how they gathered this data, what the results are, and how to interpret these results using statistics vocabulary. Completion of this course will prepare all students to take the Advanced Placement® exam.

MCC Modular Math: Provides students with the opportunity to dual enroll in math for high school and Metropolitan Community College credit through modular coursework facilitated at RHS. Each course is managed by a certified math teacher who provides information, guides learning, prompts discussion, helps with assignments, answers questions and provides access to online assessments.



MCC Algebra Track:

Students can earn math credit toward select programs at MCC.

Key concepts of 0910 include fractions, decimals, ratios, percents, linear equations, and geometry. Key concepts of 0930/0931 include linear equations, graphing equations and functions, exponents, polynomials, radicals, factoring and rational expressions. Key concepts of 1315 include functions and their inverses; polynomial, radical, exponential, logarithmic, and rational expressions and equations; graphing functions using transformations (absolute value, polynomial, radical, exponential and logarithmic); and an introduction to statistics.

MATH 0910 - Pre-Algebra (Pass/No Pass)

MATH 0930 - Intermediate Algebra Part 1 (Pass/No Pass)

MATH 0931 - Intermediate Algebra Part 2 (Pass/No Pass)

MATH 1315 - College Algebra (Letter grade earned in this course)

MCC Business Track:

Students can earn math credit toward SELECT business degree occupational programs through MCC. It is the student/parent responsibility to ensure whether this course meets the intended degree program desired through MCC.

Key concepts of 0910 include fractions, decimals, ratios, percents, linear equations, and geometry. Key concepts of 1220 include percentages, checking accounts and services, payroll, payroll taxes, cash and trade discounts, markdowns, property and sales taxes, simple and compound interest, installment purchases, loan payment plans, and annuities.

MATH 0910 - Pre-Algebra

MATH 1220 - Business Mathematics (Letter grade earned in this course)

MCC Trades Track:

Students can earn math credit toward SELECT industry related occupational degree programs through MCC. It is the student/parent responsibility to ensure whether this course meets the intended degree program desired through MCC. Students in the RHS Automotive Academy are encouraged to enroll in this course, as are students who are completing programs of study in construction and manufacturing.

Key concepts of 0910 include fractions, decimals, ratios, percents, linear equations, and geometry. Key concepts of 1240 include applications of arithmetic skills, measurement, and elementary algebra, geometry, and trigonometry.

MATH 0910 - Pre-Algebra

MATH 1240 - Applied Mathematics (Letter grade earned in this course)

The 0900 courses earn pass/no pass high school credit toward high school graduation requirements and elective credit at MCC that prepare students for math-credit-bearing college coursework.



Biology: Provides students with a general understanding of biological concepts of living organisms. Students will also have the opportunity to develop the ability to think and act in ways associated with scientific inquiry. Students will explore concepts of cellular biology, genetics, evolution, and ecology. Coursework, lab work, and examinations will prepare students for future science courses.

Biology Sheltered: Provides students with a general understanding of biological concepts of living organisms. Students will also have the opportunity to develop the ability to think and act in ways associated with scientific inquiry. Students will explore concepts of cellular biology, genetics, evolution, and ecology. Coursework, lab work, and examinations will prepare students for future science courses.

Pre-AP Biology: Provides students with an advanced understanding of biological concepts of living organisms. This will fulfill the prerequisite for AP Biology.

AP Biology: The aim of the course is to provide conceptual framework, factual knowledge, and analytical skills necessary to deal critically with the rapidly changing science of biology and to understand the applications as they apply to the world around us. Concepts include an introduction to the study of life, concentrating on whole organisms and their interactions with the environment, with a focus on evolution and natural selection, biodiversity, physiologic responses to the environment, population dynamics, community ecology, and energy and material flow through ecosystems. Completion of this course will prepare all students to take the Advanced Placement® exam. Students can choose to take this course for Dual Enrollment Credit as BIO 1450 and BIO 1750 through UNO or BIOS 1010 through MCC.

Human Anatomy & Physiology DC: This course covers the structure and function of the systems of the body with an emphasis on the skeletal, muscular, respiratory, and the cardiovascular systems. This course serves as a prerequisite for a variety of post-secondary healthcare pathways. Students can choose to take this course for Dual Enrollment Credit as BMCH 2400 through UNO or BIOS 1310 through MCC.

Physical Science: Provides students with a general understanding of principles of chemistry and physics. Students will also have the opportunity to develop the ability to think and act in ways associated with scientific inquiry. Topics studied include the study of the structure of atoms, structure and properties of matter, and chemical reactions. Additional topics include an overview of motion and forces, work and energy, impulse and momentum, waves, sound, and light. This course will involve laboratory activities, projects, textbook material, models and diagrams.

Physical Science Sheltered: Provides students with a general understanding of principles of chemistry and physics. Students will also have the opportunity to develop the ability to think and act in ways associated with scientific inquiry. Topics studied include the study of the structure of atoms, structure and properties of matter, and chemical reactions. Additional topics include an overview of motion and forces, work and energy, impulse and momentum, waves, sound, and light. This course will involve laboratory activities, projects, textbook material, models and diagrams.



Honors Chemistry: Provides students with a year long algebra-based chemistry course. Central themes will include properties of matter, atomic structure, chemical reactions, stoichiometric calculations, and gas behavior, among others. This course will involve laboratory activities, advanced post-laboratory processing of data, projects, textbook material, models and diagrams. Students can choose to take this course for Dual Enrollment Credit as CHEM1010 through MCC.

AP Chemistry: Provides students with an interest in science and math an opportunity to experience a college-level general chemistry course. An in depth extension of Chemistry AR that includes the following topics: reaction rates, thermochemistry, electrochemistry, and equilibrium. Students can choose to take this course for Dual Enrollment Credit as CHEM1212 through MCC. Completion of this course will prepare all students to take the Advanced Placement® exam.

Honors Physics: Provides students with an algebra-based physics course. Central themes will involve a deeper investigation into forces and motion, energy, momentum, waves, sound, and electricity. Students will learn to model physics through investigations, engineering design, and guided practice. Successful completion of geometry is a prerequisite for this course.

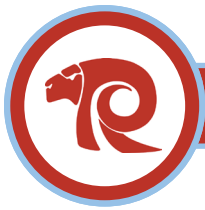
AP Physics: Provides students with an interest in science and math an opportunity to experience an introductory college-level physics course. Emphasis will be in investigating Newtonian Mechanics, Rotational Dynamics, Simple Harmonic Motion and Waves, and Electricity. Students will participate in weekly lab based investigations, practice problems, and project based engineering challenges.

Critical Issues in Science: Using current events and topics in science, this course focuses on world and local earth and environmental science issues that affect students' everyday lives. Topics covered can be related to various scientific fields of study, based on events that are occurring. Students work using a variety of source materials and experiences in order to better understand the world around them and how it works.

Forensic Science DC: Provides students with an introduction to the application of science (chemistry, physics, and biology) to the criminal and civil laws that are enforced by police agencies in a criminal justice system. Topics which may be covered include fingerprinting, fiber analysis, ballistics, trace evidence analysis, blood spatters, and blood samples, handwriting analysis, and arson. Students are taught the proper collection, preservation, and laboratory analysis of various samples, and case analysis and crime scene processing. May discuss sensitive topics regarding criminology. This course is a dual credit opportunity.

Sports Medicine: Provides students with a general overview of the practice of sports medicine. It includes introductory information about the athletic trainer's scope of practice: injury prevention, treatment, rehabilitation, emergency injury management and administrative functions. Field experience outside of class time with Ralston High School's Certified Athletic Trainer is required.

Zoology: Provides students with a beginning understanding of the different groups included in the animal kingdom. Students will explore each of the phyla found in the animal kingdom, and relate their structures and behaviors to their continued survival. Learning methods will include a combination of lecture, lab activities and independent research. Working with both living and preserved animals will be a critical and required component of this course. This course includes multiple dissections.



Health: Provides information that will help students progress through life in the most healthy way possible. The four main units in this class are: Health & Wellness, Fitness & Nutrition, Drugs & Alcohol, and Sexual Education & Pregnancy. Students will use a variety of learning methods that include group discussions, group and individual projects, and journal reflections.

Swim Foundations: Provides basic swimming knowledge and skills as well as beginning weight training exercises. During the swim portion of class, students learn water survival skills and stroke techniques through fitness swimming and aquatic activities. The fitness portion of class includes beginning weight training instruction and assessing personal fitness through a variety of physical activities.

Aerobic Training: This course is designed to introduce students to the skills necessary to perform cardiovascular, flexibility, and muscular endurance exercises. Students will participate in a wide variety of aerobic activities including (but not limited to) cardio kickboxing, resistance training, pilates, crossfit, low-impact aerobic training, zumba and flexibility exercises.

Team Games: This course is designed to teach a variety of rules, skills, fundamentals, and strategies in multiple team activities. The content will promote a healthy, active lifestyle while emphasizing safety, sportsmanship, and teamwork. Students will also be offered coursework and experience to officiate in a variety of sports.

Aquatic Fitness: This course is designed for a proficient swimmer to learn advanced techniques and fitness concepts that can be integrated into individualized aquatic fitness programs. Students will practice proper stroke technique, monitor their fitness levels while performing an in-water workout, explore various aquatic games, and design their own aquatic workout to share with the class.

Lifeguard & Water Safety: This course is designed for proficient swimmers and follows the American Red Cross Lifeguarding requirements. It provides students the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. Students will practice proper surveillance by learning how to complete a primary and secondary assessment, perform in-water rescue techniques, and obtain the skills to provide care for breathing and cardiac emergencies (CPR), injuries and sudden illness until EMT personnel take over. Approximate fee of \$55.00 for handbook and breathing mask; an additional \$38 for students who choose to be certified.

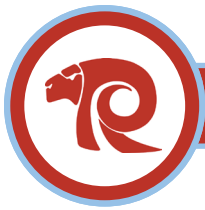
Outdoor & Lifetime Activities: This course is designed to provide students with the basic skills, knowledge and strategies of lifetime activities that contribute to a healthy, active adult lifestyle. Students will experience the benefits of the outdoors through the exploration of individual, partner, and group lifetime activities including badminton, tennis, golf, and yard games. Several outdoor activities will also be explored in this course, including kayaking, hiking, fishing, and basic survival skills.

Introduction to Strength and Conditioning: This course is designed for students new to weight training with a desire to improve their strength and fitness. It includes proper lifting techniques, spotting methods, weight room safety, and workout routines. Overall improvements in strength are measured by core lift testing through the collection of pre and post performance numbers in the bench, squat, and clean.



Intermediate Strength and Conditioning: This course is designed for the intermediate to advanced weight training student desiring to continue to improve on performance numbers, technique/form, and strength concepts. It builds on Introduction to Strength and Conditioning by applying more advanced lifts and techniques. Growth in strength is documented through continued maximal tests. This course can be repeated for credit.

Advanced Strength and Conditioning: This course is designed for advanced weight training students and athletes. Advanced students are given an opportunity to research and implement different workout and training techniques that match their fitness goals. This course meets from 7:00-7:45 am and is an option to take all year for multiple years. It builds on Intermediate Strength and Conditioning by providing opportunities for students to reach their performance goals.



Introduction to Art: This course develops a foundation for art principles and practices. Students will build vocabulary and study a variety of art history periods while making unique works of art. Students will explore style, media and subjects while developing techniques to help them become successful in art and design.

Computer Art: This introductory course provides students the opportunity to gain a basic foundation in graphic design. Through the use of the elements and principles of design students will begin exploring the world of visual communication. Students will learn basic drawing skills and photo manipulation using a variety of digital platforms.

Drawing: Drawing is the foundation for all other art and media used throughout art history. Students will explore the skills and media of drawing. Through creative projects and a variety of media, students will learn how to create artwork using various drawing techniques.

Painting: Painting is a media used throughout the ages to communicate culture, ideas and the artist's beliefs. Students will explore the skills and media of painting. Students will explore a variety of techniques and styles that will help them find their own unique artistic voice.

Pottery/Sculpture: This introductory course provides students the opportunity to gain a basic competency in three dimensional media. Students will develop skill in quality craftsmanship and creativity while exploring techniques such as slab building, coil building, and relief sculpture.

Graphic Arts: Students will explore the professional world of graphic design through various real world scenarios. This course focuses on composition, layout, digital art, illustration, typography and photo manipulation. Students will acquire technical knowledge while also creating a digital art portfolio.

Advanced Drawing/Painting: This course provides students the opportunity to explore various artistic media. Students will express independent ideas and focus on creating high quality works of art. Students will create a portfolio of artwork to help prepare them for future artistic practices.

Theatre 1: This course provides students with an introduction to the world of Theatre, and a basic understanding of theatrical production. This course introduces theater vocabulary, basic acting technique, and theater etiquette. Students will participate in acting alone and with others, the basics of theatre design, presenting excerpts from plays. Students will learn basics of pantomime, voice and movement for the stage. Attending theatre performances outside of class is expected.

Theatre 2: This course provides students with an intermediate study of the world of theatre. Students will continue to explore the professional theatre model to advance their own performance potential through analysis and honing the actor's craft. Students will participate in directing, acting alone and with others, playscript analysis, makeup application, and design basics as they continue to explore theatre history. Attending theatre performances outside of class is expected.



Stagecraft: This course provides students the opportunity to explore theatre production from a backstage perspective. Students will see that theatrical productions benefit from quality and safely built sets and staging. Students will construct stage settings, work on theater sound and lighting systems, design and construct props, and be introduced to various technical aspects of theater, and will assist in all aspects of theatre use at Ralston High School. Attending theatre performances outside of class is expected. This course can be repeated for credit.

Marching/Concert Band: Provides students a way to express themselves musically and to learn musical concepts through marching/concert band. Marching/concert band will also provide a way for students to learn self control, personal discipline, and strong character traits. Marching/concert band will also provide students to learn commitment, teamwork, dedication, and mastery of an instrument. Through rehearsals and performances, students will develop advanced musical skills, individual and ensemble techniques, marching band drill techniques and concert band repertoire. Rehearsals and performances outside of the school day are expected.

Color Guard: Provides students an opportunity to develop their dance, marching and choreography skills. Students will develop dance and movement techniques, as well as rehearse and perform as an ensemble. Rehearsals, competitions and performances outside of the school day are required. Attendance of one section per week plus full band rehearsals in the fall season is required.

Jazz/Rock Ensemble: Provides students a way to express themselves musically and to learn advanced musical concepts through jazz band. Students will experience ensemble, sectional, and solo experience in a big band jazz format. Improvisation skills will be encouraged. Proficiency on wind, keyboard, guitar or percussion instruments is a prerequisite. Rehearsals and performances outside of the school day are expected.

RAM Choir: Designed for the beginners vocal development in a choral setting. Students will study a wide variety of musical styles, with particular emphasis on contemporary music; students will develop singing techniques, voice production, and sight singing skills, study various music styles and periods of music. Students will perform in several concerts. Performances outside of the school day are expected.

Voice and Musicianship: This course is designed to achieve greater vocal confidence, study basic music theory, and progress in vocal production on an individual basis. Students will learn vocal pedagogy, vocal health, study oratorios, art songs and arias, and perform in student recitals. Students are required to participate in All State Music auditions as well as the District Music Contest. This course may be repeated for credit.



Women's Choir - Runway: Runway is designed for choral vocal development and sets standards and guidelines for ensemble singing. Students will develop ensemble singing techniques and voice production, dance and body movement skills, and performance techniques. This all women's ensemble performs various styles of music, using choreography. Additional rehearsals, competitions, and concerts that take place outside the school day are expected. This course may be repeated for credit.

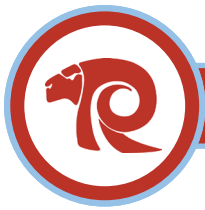
JV Show Choir: Rampage: Rampage is designed for the beginners vocal development and sets standards and guidelines for ensemble singing. Students will perform various styles of music using choreography and develop ensemble singing techniques and voice production, dance and body movement skills, and performance techniques. Additional rehearsals, competitions, and concerts that take place outside the school day are expected. This course may be repeated for credit.

Show/Chamber Choir - RUSH: RUSH is designed for advanced vocal development and sets standards and guidelines for ensemble singing. Students will perform contemporary choral music using choreography and develop ensemble singing techniques and voice production, dance and body movement skills, and performance techniques. Additional rehearsals, competitions, and concerts that take place outside the school day/term the course meets are expected. This course may be repeated for credit.

Concert Choir: This is an advanced choral ensemble. Students will perform music from various genres and regions of the world and develop ensemble singing techniques, voice production, and sight-reading skills. The group will perform at all assigned concerts. Participation in concerts that take place outside the school day are expected. This course may be repeated for credit.

Film Appreciation: This is a course designed to give students an awareness and appreciation of major concepts, themes, and techniques utilized in the movies. Students will watch, discuss and analyze major films throughout history that have been influential to the culture and the movie-making industry.

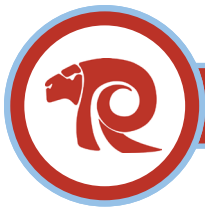
Music Appreciation: Students will learn the different music genres and the history of music in the world. Students will experience exploration in classical music, jazz and modern forms of orchestral and popular music. Students will explore the elements of music, how music has developed through history, and use music production software to create their own compositions.



College & Career Readiness: This course will prepare students for life beyond high school and ensure their future success. It will explore and compare different career tracks, including college, workforce, and military enlistment. Students will complete career inventories, a job shadow experience, and prepare a portfolio of career experiences and materials.

Personal Finance: This course teaches basic consumer skills for everyday adult life. Students will learn the following economic concepts used in everyday life: banking, credit, insurance, income tax, budgeting, investments and consumerism. Students will learn through real life examples, simulations, and discussion.

Personal Finance DC: This course teaches basic and advanced consumer skills for everyday adult life. Students will learn the following economic concepts used in everyday life: banking, credit, insurance, income tax, budgeting, investments and consumerism. Students will learn through real life examples, simulations, and discussion.



Intro to Business: This course is designed as an introductory overview of Business, Marketing, and Management Career Fields. Units of study include economic systems, forms of business ownership, management, marketing, and accounting. Career opportunities will also be studied. Students will learn by completing business simulations.

Accounting 1A/1B: Recommended for students pursuing a possible postsecondary education in the area of Business. It is recommended that students first complete Introduction to Business, Marketing & Management.

Business Law: This course is helpful for students that want to learn about the American legal system in relation to understanding the fundamentals of business law. Topics covered include the nature of law, courts and court procedures, crimes and torts, contracts, sales, and negotiable instruments. The learning activities and experiences the students will be revealed are case studies, student presentations, group discussions, and solving real life problems.

Entrepreneurship: Owning a Business: Owning a Business: Designed for students who are interested in owning their own business. Emphasis is placed on the evaluation of business skills, commitment necessary to successfully operate an entrepreneurial venture, and to review the challenges and rewards of entrepreneurship. Students will develop a business plan or business model canvas.

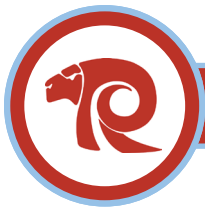
Management & Leadership: Studies the basic concepts of management and leadership within a business or organization. It addresses characteristics, organization, and operation of business as major sectors of the economy. Students will investigate management issues involved in planning, organizing, leading, and controlling an organization. They will also acquire essential leadership skills in the areas of emotional intelligence: time management, stress management, professional growth and development, communication, and relationship skills. The learning activities and experiences the students will be exhibited are student presentations, group discussions, solving real life problems or business scenarios for you to apply higher order thinking skills.



Foods 1: Nutrition & Wellness: Introduction to the Culinary Arts program of study that includes cooking basics, healthy meal planning and food budgeting. This class focuses on the six essential nutrients, principles of food preparation, the proper use of cooking equipment, and safe kitchen practices. Students will complete a Budget Project where they will plan an entire meal based off of a budget. Students will be expected to integrate the essential nutrients, go shopping for their ingredients and produce a meal for their final project.

Culinary Skills 1: Provides students with knowledge and skills required for entry level restaurant jobs and cooking for personal consumption. Curriculum will focus on intermediate culinary skills, industry safety and sanitation practices, interpersonal and communication skills. A work based learning approach will include demonstrating knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy.

Culinary Skills 2: Designed for students interested in a future career involving food preparation and/or competing in cooking competitions. Curriculum focuses on the food service industry and provides training in workplace and culinary skills, and interpersonal and communication skills. ServSafe Food Handler Certification and culinary competition opportunities. Chef pants required for competitions.



Foundations of Computing: Introductory programming course designed for students who have never programmed before and serves as a starting point for Computer Science. Students will explore the impact of computing on society. Beyond learning the fundamentals of programming, students build computational thinking skills by applying computer science to collaboration tools, modeling and simulation, and data analysis. Activities include direct instruction, independent tutorials, small group work, as well as student presentations and evaluations of authentic student artifacts.

Computer Science Principles: This course builds on the Foundations of Computing course and provides students with the basic and some more advanced fundamentals of programming with a focus on how computing powers the world. Along with the fundamentals of computing, students will learn to analyze data, create technology that has a practical impact (addresses a real-world problem or need), and gain a broader understanding of how computer science impacts people and society. Activities include direct instruction, independent tutorials, small group work, as well as student presentations and evaluations of authentic student artifacts.

Computer Science A: This course introduces students to computer science through programming using the Advanced Placement language subset. Fundamental topics in this course include the design of solutions to problems, the use of data structures to organize large sets of data, the development and implementation of algorithms to process data and discover new information, the analysis of potential solutions, and the ethical and social implications of computing systems. The course emphasizes object-oriented programming and design. Activities include direct instruction, independent tutorials, small group work, as well as student presentations and evaluations of authentic student artifacts.



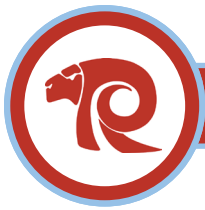
Intro to Health Science: This course is designed to give students a basic knowledge of history, trends, and career pathways within the healthcare system. Basic pathologies, medical terminology, and body mechanics will be covered. Students will also investigate medical ethics and skills needed to work as a team in a medical setting. Students will complete a variety of health science projects that coincide with the HOSA, Ralston High Schools health science club. A fee may be associated with this course for materials and the American Heart Association CPR certification. Students need to be a sophomore, junior, or senior to be in this class.

Medical Terminology DC: This course establishes a solid foundation of prefixes, suffixes, word roots, abbreviations, medical terms, and symbols. It emphasizes understanding medical vocabulary as it applies to the anatomy, physiology, pathology, diagnostic procedures, and therapeutic procedures of the human body. Students participate in an in-depth study of the terms, as well as correct spelling and pronunciation to be prepared to enter their professions in the healthcare field. This course is for students in the RHS Medical Academy program and is only available as Dual Enrollment Credit as HIMS1120 through MCC.

Nursing Assisting: Students will learn how to care for all types of patients or residents in a variety of healthcare settings, with the primary focus of providing activities daily living. Upon successful completion of necessary attendance requirements, skill mastery, and content competency scores, students qualify to take the State of Nebraska Nurse Aide Registry written and skills exam to obtain their Certified Nursing Assistant (CNA) License. Students must be 16 years of age or older to take this course.

Medical Sciences Academy 1 DC: This is the initial course that is taken as part of the Ralston Medical Academy program. This is for students that are interested in a possible healthcare field. Students will learn care with the primary focus of providing activities of daily living. Upon successful completion of necessary attendance requirements, skill mastery, and content competency scores, students qualify to take the State of Nebraska Nurse Aide Registry written and skills exam to obtain their Certified Nursing Assistant (CNA) License. The opportunity to have exposure to a metro healthcare facility will occur during this course. Students must be 16 years of age or older to take this course. Students in this Academy must be enrolled in Human Anatomy/Physiology AR concurrently. Special Fee: \$30 to cover cost of participation in Future Healthcare Professionals (HOSA).

Medical Sciences Academy 2/Medical Sciences Academy 3: This observational studies course meets M – F at various clinical rotations in the Omaha area to complete job shadowing, observational, and demonstrative CNA skills in a wide range of healthcare occupations. Successful completion of Medical Sciences Academy I will have priority placement. Special Fee: \$30 to cover cost of participation in Future Healthcare Professionals (HOSA).



Human Growth & Development: This course explores the physical, emotional, social, and intellectual development of individuals across the lifespan. Students will also explore external impacts on development including family structure and practices, social and technological forces, and resources available to individuals and their outcomes. Students will interview adults in different stages of life and will apply concepts learned in class when conducting interviews.

Child Development: The study of parenting, child development from the prenatal stage to kindergarten and child development careers. Students will observe children at sites to observe developmental milestones and concepts learned in the course. Real Care Baby Simulators will also be used in this course as part of the unit addressing infant care.

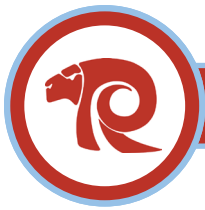
FACS: Intro to Human Sciences: Students will gain insight into how different families and individuals may approach life tasks and activities in a variety of ways. This will help students better understand how families and individuals approach life differently, laying the groundwork for a career in family and consumer science. Students will explore career possibilities and the inner-workings of a family's budget, meal plan, design of living spaces, and home related tasks through hands-on, classroom instruction.

Introduction to Education: Explore interest in careers in education and/or child care industries. Learn about the history of education in America, analyze the impact of current education and training trends, governance and finance structures in schools and how instructional philosophies impact student engagement. Students enrolled in Education Courses will participate in the Educators Rising CTSO, and will participate in a variety of out-of-class learning opportunities.

Best Practices in Education & Training DC: **PREREQUISITE: Intro to Education** - This intermediate course will focus on best practices in education building on concepts from the introductory courses. Topics covered include instructional and assessment methods, differentiated instruction, development of communication skills necessary for educators, and instruction planning. Knowledge and skills will be applied within a structured work-based learning experience, which may take place in a school, community, or business and industry setting. The focus of the hands-on experience will be immersion in an educational setting. Special Fee: \$30 to cover cost of participation in Educators Rising. *(Best Practices in Education & Training and Future-Teacher Internship must be taken together to receive dual credit).*

Future-Teacher Internship DC: **PREREQUISITE: Intro to Education and Best Practices in Education & Training** - This capstone course will focus on the thought processes needed in education building on concepts from the introductory and intermediate courses. Topics covered include ethics in education, instructional strategies, equitable learning opportunities, and effective, inclusive communication. Knowledge and skills will be applied within a structured work-based learning experience, which may take place in a school, community, or business and industry setting. The focus of the practicum experience will be on the improvement of instructional strategies. *(Best Practices in Education & Training and Future-Teacher Internship must be taken together to receive dual credit).*

Families in Crisis: Explore the impact of crisis situations on families with regards to stress, changes in the family life cycle, grief and loss, and mental health disorders. Find out more about services available to support families in times of crisis, while developing foundational knowledge and skills. Course content will feature integrated community resources and specialists to provide information and insight into how to help best support struggling families.



Introduction to Agriculture, Food, and Resources: The introductory course for the Agriculture, Food and Natural Resources Career Cluster provides a knowledge base and technical skills in all aspects of the industry. Learners will be exposed to a broad range of agriculture, food and natural resources careers, cluster foundation knowledge and skills, introduction to leadership development, the FFA organization and career exploration. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Animal Science: This semester-long course focuses on the basic scientific principles and processes that are involved in animal physiology, breeding, nutrition, and care in preparation for an animal systems career. Topics include animal diseases, introduction to animal science, animal nutrition, animal science issues, career opportunities and animal evaluation. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Small Animal Management: This semester-long course focuses on advanced scientific principles and communication skills that build on the knowledge and skills learned in Animal Science. Topics covered include breeding, grooming, care and marketing of companion animals. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Plant Science: This semester-long course examines the scientific concepts related to plant systems. Students will consider environmental factors on plant growth. In addition students will examine plant classification, anatomy, physiology, and methods of propagation. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Nursery Management: This semester-long course examines the knowledge and skills used to produce and use horticultural plants. Topics include plant identification, fertilization, pest management, soils, and design. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.



Introduction to Woods / Manufacturing: This is a beginning level woodworking course that provides hands-on experience for the students. The students will work towards mastery level skill when measuring to 1/16". They will learn proper use and safety procedures for hand tools, equipment and machine tool operations. The student will create multiple projects in this class. A lab fee of \$30.00 is required for student projects.

Construction Trades: This course exposes students to various trades in the construction career field. Students will build on introductory skills and technical knowledge in areas of safety, industry standards, materials, processes, and understanding through hands-on experiences. Areas of exposure may include but are not limited to: Framing, Roofing, Drywall, Plumbing, Electrical, and Welding. A lab fee of \$30.00 is required for student projects.

Woods 2 Manufacturing: This course builds on the concepts and skills that were introduced in Introduction to Woods. Students will demonstrate mastery skills and be responsible for calculating materials and cost. Students will build multiple projects in class. A project fee of \$30.00 is required for student projects.

Advanced Construction: This is the capstone course for both the construction pathway, designed for students interested in construction industry careers. Students will demonstrate mastery of advanced project planning skills along with continued machine operation and safety. Individual projects will be discussed in advance with fees assigned accordingly prior to work beginning.

Advanced Woods Manufacturing: Students will demonstrate mastery of advanced project planning skills along with continued machine operation and safety. The class will work on a group project. Areas of exposure may include but are not limited to: Framing, Siding, Roofing, Concrete. Membership in SkillsUSA is mandatory. Projects may be off campus (transportation is strongly encouraged). Individual projects will be discussed in advance with fees assigned accordingly prior to work beginning.

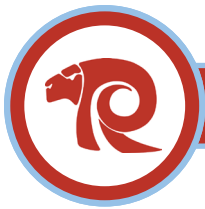
RHS Construction Crew: Allow students the opportunity to get real world construction experience in a true jobsite setting. Key concepts include estimating jobs, filing for permits, real world hands on construction experience, working with inspections, and profit and loss statements. Students will work on various job sites in the community to obtain hands-on experience in construction.



Automotive Maintenance: This class is designed to provide all drivers with fundamental knowledge and experience in owning and maintaining an automobile. Students will learn how to perform basic services to their vehicle such as changing oil, putting on a spare tire, rotating tires, and checking fluids, belts, hoses, filters, wipers, tires, and lights.

Automotive Technology Academy Year 1: The Automotive Technology Academy is a 1-year program that helps students develop skills needed to be successful in the automotive service industry. After an introduction to the industry, students in Year 1 of the Academy will learn theory, diagnosis, and service procedures related to engines, brake systems, suspension and steering. The primary source of learning is through hands-on tasks, although lectures, demonstrations, and online training are included.

Automotive Technology Academy Year 2: Students in Year 1 of the Automotive Technology Academy will have the opportunity to participate in a year long industry-sponsored internship to apply what they've learned through their coursework. Students will be responsible to provide their own transportation for the internship.



French 1/Spanish 1: The Level 1 course establishes foundational skills to start a pathway to language proficiency and cultural understanding. Students develop communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied. Students begin their language proficiency journey through targeted, high-frequency vocabulary activities including storytelling, discussions, reading and writing exercises, as well as digital and reflective activities.

French 2/Spanish 2: The Level 2 course extends foundational skills to continue a pathway to language proficiency and cultural understanding. Students build upon and improve communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied. Students progress through their language proficiency journey through targeted, high-frequency vocabulary activities including storytelling, discussions, reading and writing exercises, as well as digital and reflective activities.

French 3/Spanish 3: The Level 3 course enhances language skills to expand their language and cultural understanding. Students utilize their communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied to reach an intermediate proficiency level. Students demonstrate language ability in familiar contexts related to interpreting materials, participating in discussions, and presenting information.

Spanish 4: Level 4 of language is designed to prepare students for AP World Language 5 AR or anticipated college curriculum. Curriculum centers around building fluency and communicative competence so that students can express themselves on the intermediate level using global themes (families and communities, personal and public identities, global challenges, science and technology, contemporary life, beauty and the aesthetic).

AP French 4 / AP Spanish 5: The AP level course challenges students to apply their cumulative language skills and cultural knowledge to perform in an intermediate level college course. Students utilize their communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied to maintain an intermediate proficiency level. Students demonstrate language ability through tasks which prepare them to take the AP Language and Culture exam, and to potentially achieve the Nebraska Seal of Biliteracy. Students participate in college level language tasks.

Spanish for Spanish Speakers 1: The Level 1 Spanish Speakers course 3 course enhances language skills to expand their language and cultural understanding. Students who are already familiar with the Spanish language through their home environment utilize their communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied to reach or maintain a high intermediate proficiency level. Students demonstrate language ability in familiar and unfamiliar contexts related to interpreting materials, participating in discussions, and presenting information.

Spanish for Spanish Speakers 2 DC: The Level 2 Spanish Speakers course challenges students to apply their cumulative language skills and cultural knowledge to perform at an intermediate level that will prepare them for the AP Language and Culture examination if they choose to take AP Spanish. Students utilize their communication skills in listening, speaking, reading, and writing, and cultural competence of the language studied to maintain an intermediate proficiency level and push towards an advanced level. Students demonstrate language ability through literary and cultural tasks related to interpreting materials, participating in discussions, and presenting information.



Career Pathway Internship: Provides on-the-job-training in career areas based on a student's career program of study interest. Students will be expected to develop a career portfolio, provide their own transportation for these off-site internships, and adhere to Ralston Public Schools work-based learning policies. Prior to entering the internship, students must fill out an application and interview with the Career Education Coordinator.

Please Note: Application Required, available in the School Counseling Office.

- Agriculture, Food and Natural Resources
- Arts, AV, & Communications
- Business, Marketing, & Management
- Education & Training
- Energy & Engineering
- Finance
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services/FACS
- Information Technology
- Law & Public Safety
- Manufacturing
- Marketing
- Transportation
- English/Language Arts
- Mathematics
- Science
- Social Studies

UNMC Alliance: The UNMC High School Alliance is a partnership between the University of Nebraska Medical Center and public school districts in the greater Omaha area. It is designed to offer unique and innovative science classes to high school juniors and seniors that are not available in the traditional high school setting. Classes are conducted each day at the UNMC campus from 1:00 – 3:00. Selected RHS students would commit periods 3-5 each day for the year to the courses offered by UNMC staff.

MCC JumpStart Transfer: The MCC JumpStart Transfer Program is a partnership with MCC and RHS. It is designed to offer the first year of coursework at MCC for general transfer credits. Classes are offered as trimesters in the Fall, Winter and Spring. The courses meet either from 7:45-9:30 or 1:00- 3:00 on campus. Students can complete 30 high school credits and 27 college credits. **Please Note: Application Required.** There is a cost to attend at 50% tuition reduction through MCC. ACE and Foundation Scholarships may be options to assist in paying for tuition.



MCC JumpStart Law and Public Safety Program: The MCC JumpStart Law and Public Safety Program is a partnership with MCC and RHS. It is designed to offer the first year of coursework at MCC for Law and Public Safety. Classes are offered as trimesters in the Fall, Winter and Spring. The courses meet from 7:45-9:30 on campus. Students can complete 30 high school credits and 27 college credits. **Please Note: Application Required.** There is a cost to attend at 50% tuition reduction through MCC. ACE and Foundation Scholarships may be options to assist in paying for tuition.

MCC JumpStart Computer Programming: The MCC JumpStart Programming academy is a partnership with MCC and RHS. It is designed to offer the first year of coursework at MCC for Computer Programming certification. Classes are offered as trimesters in the Fall, Winter and Spring. The courses meet from 1:00-3:00 on campus. Students can complete 30 high school credits and 27 college credits. There is a second year option for this academy. **Please Note: Application Required.** There is a cost to attend at 50% tuition reduction through MCC. ACE and Foundation Scholarships may be options to assist in paying for tuition.

MCC Kickstart: The MCC Kickstart Program is a partnership with MCC and RHS. Kickstart Online (KSO) is a series of MCC courses that are scheduled for college-ready high school students to kickstart their college degree. These online college courses are provided in a 15-week format, count toward most MCC degrees, are transferable to many four-year institutions and are offered by NDE certified MCC instructors. **Please Note: Application Required.** Seats are limited. There is no tuition cost but students are responsible for tools, textbooks, and any other associated course fees.

MCC CollegeNow!: The MCC CollegeNow Program is a partnership with MCC and RHS. CollegeNow! is a program specifically designed for Nebraska high school students to jump-start their college education. Students enroll into sections taught by Metropolitan Community College faculty on campus or online. Begin the pursuit of an associate degree and/or transfer MCC college credit to other colleges and universities with CollegeNow! **Please Note: Application Required.** Seats are limited. There is no tuition cost but students are responsible for tools, textbooks, and any other associated course fees.

Avenue Scholars: Paid, on-the-job-training in business operations, auto/diesel, information technology, or building trades. Students will be expected to provide their own transportation for these off-site internships, and adhere to Ralston Public Schools work-based learning policies. Prior to entering the internship, students must fill out an application online and be accepted by the participating business. Students must also take a concurrent CTE course during their senior year, as well as a Human Relations course in the summer following their Junior year.



MCC Career Academies are programs available to RHS students to assist them in becoming “College & Career Ready.” The career academies are designed to provide high school juniors and seniors with opportunities to explore various Career Fields prior to high school graduation so students can make more informed career decisions. Academy programs are limited in size and require advanced application.

See your school counselor for application and recommendation forms. Students who participate in the academy programs will need to commit half a day to the college experience (Periods 3 - 5) and have reliable transportation available to them. Students should see their school counselor for more specific information about the courses that comprise each academy program: times, locations, uniforms and supplies for courses will vary.

RHS students will earn both credits for college and high school graduation by participating in an academy program. A student’s college GPA will begin with the letter grades earned in these classes. High school grades will be posted on a pass/no pass basis and not impact a student’s high school GPA. There is a cost to attend at 50% tuition reduction through MCC. ACE and Foundation Scholarships may be options to assist in paying for tuition.

Auto Collision Technology: Applied Technology Center (10407 State)

Two Year Program Option

- **Year 1:** Structural Repair 1; Auto Collision Repair Welding; Collision Estimating 1; Automotive Finishing 1; Structural Repair 1
- **Year 2:** Non Structural Repair 2; Automotive Refinishing 2; Non Structural Repair 3

Automotive Technology: South Omaha Campus (27th & Q, Mahoney Building)

Two Year Program Option

- **Year 1:** Intro to Auto Service & Minor Repair; Power Train Repair 1; Automotive Electricity & Electronics 1; Automotive Electricity & Electronics 2; Power Train Repair 2; Brake Repair 1
- **Year 2:** Brake Repair 2; Automotive Electricity & Electronics 3; Heating and Air Conditioning 1; Power Train Repair 3; Engine Mechanical Service; Suspension Systems

Diversified Manufacturing & Processing Operations: Fort Omaha Campus (30th & Fort)

Problem Solving; Introduction to Process and Power Operations; Safety Topics for Process and Power Operations; Basic Electricity for Power and Process; Internship; Employability Skills for Power and Process



Certified Nursing Assistant: South Omaha Campus (27th & Q, Mahoney Building)

Cardiopulmonary Resuscitation; Medical Terminology 1; Community Emergency Response Team; Medical Terminology 2; Long Term Care/Certified Nursing Assistant; Employability Skills; Clinicals

IT Cybersecurity: Fort Omaha Campus (30th & Fort)

Networking Essentials; Windows Operating System 1; Network Infrastructure; Network and Information Security Basics; Information Systems, Forensics, and Legal Topics; Linux Operating System 1

Criminal Justice: Sarpy Center (91st & Giles)

Introduction to Criminal Justice; Introduction to Corrections; Courts and the Judicial Process; Police and Society; Community-Based Corrections; Community Relations

Construction Technology: Fort Omaha Campus (30th & Fort)

Two year Program Option

- **Year 1:** Introduction to Construction Industry; Introduction to Carpentry; Heartsaver First Aid with CPR & AED; Construction Safety; Exterior Finish
- **Year 2:** Floor, Wall, Stair & Ceiling Framing; Roof Framing; Introduction to Masonry, Internship

Diesel Technology: Applied Technology Center (10407 State)

Two Year Program Option

- **Year 1:** Basics of Diesel Mechanics (Summer Course); Diesel Engine Fundamentals; Heavy Duty Drivetrain
- **Year 2:** Steering & Suspension; Combination Welding; Diesel Internship 1; Electricity & Electronics; Truck ABS & Brakes; Climate Control/Heating & Air Conditioning

Digital Cinema-Filmmaking: Elkhorn Valley Campus (204th & Dodge)

Moving Image Lab; Introduction to Scriptwriting; Video 1 - Studio; Video 2 - Field; Art in Film

Early Childhood Education: Learning Community of North Omaha (24th & Franklin)

Expressive Arts; Observation, Assessment and Guidance; Infant/Toddler Development; Introduction to Early Childhood Education; Children's Health and Nutrition; Expressive Art



Electrical Technology: Fort Omaha Campus (30th & Fort)

Two Year Program Option

- **Year 1:** Basic Electricity; Residential Wiring; Blueprint Reading; National Electrical Code
- **Year 2:** Commercial Wiring; Commercial Wiring 2; Heartsaver First Aid with CPR & AED; Construction Safety, Electric Service & Installation

Emergency Medical Technician: South Omaha Campus (27th & Q, Mahoney Building)

Emergency Medical Technician 1; Medical Terminology 1; Cardiopulmonary Resuscitation; Medical Terminology 2; Employability Skills

Information Technology Data: Fort Omaha Campus (30th & Fort)

Windows Operating System 1; Networking Essentials; Intro to Data Center Operations; Linux Operating Systems 1; Data Center Technician 1

Fire Science Technology: Applied Technology Center (10407 State)

Two Year Program Option

- **Year 1:** Principles of Emergency Services; Fire Behavior & Combustion; Occupational Safety & Health for Emergency Services; Principles of Fire & Emergency Services Safety & Survival; Fire Protection Systems; Fire Prevention, Inspection & Codes
- **Year 2:** Legal Aspects of Emergency Services; Incident Command System; Building Construction for Fire Protection; Fire Investigation 1; Selected Topics in Fire Science; Hazardous Materials Operations

Civil Engineering Technology: Fort Omaha Campus (30th & Fort, Construction Education Center)

AutoCAD Essentials; AutoCAD Civil 3D Fundamentals; Civil Engineering Fundamentals; Civil Site Design

Theatre Technology: The Omaha Community Playhouse (6915 Cass)

Two Year Program Option

- **Year 1:** Theater Technology 1; Theater Technology 2; Theater Technology 3; Cooperative Study 1-3;
- **Year 2:** Stage Rigging; Principles of Stage Lighting; Cooperative Study 5-7

Architecture Technology: Fort Omaha Campus (30th & Fort, Construction Education Center)

AutoCAD Essentials; Beginning REVIT; Intermediate REVIT; Wood Frame Architecture





Welding and Fabrication Technology: Fort Omaha Campus (30th & Fort Construction Education Center)

- **Year 1:** Industrial Cutting Processes; Gas Metal Arc Welding (MIG) - Steel 1; Oxy Fuel Welding; Gas Tungsten Arc Welding (MIG)-Steel 1; Shielded Metal Arc Welding (SMAW); Introductory Fabrication; Special Topics in Welding - Skills USA Training 1
- **Year 2:** Classes are determined by student interest

Pre-Apprentice Plumbing: Fort Omaha Campus (30th & Fort, Construction Education Center)

Introduction to Plumbing; Basic Residential Plumbing; Basic Commercial Plumbing; Construction Safety; Heartsaver First Aid with CPR and AED

HVAC Technology: Fort Omaha Campus (30th & Fort, Construction Education Center)

Two Year Program Option

- **Year 1:** HVACR Electrical & Components; HVACR Shop Practices; Introduction to HVACR Principles & Theory
- **Year 2:** Heating System Fundamentals; Sheet Metal Fundamentals 1 & 2; Commercial Refrigeration Installation & Service

Prototype Design: Fort Omaha Campus (30th & Sorensen CAET Bldg)

Two Year Program Option

- **Year 1:** Intro to Prototype Design; How to Build Almost Anything; Digital Electronics in Prototyping; Prototyping with SolidWorks; Prototyping the Internet of Things; Intermediate SolidWorks
- **Year 2:** Classes are based on student interest

Utility Line Technician: Applied Technology Center (10407 State St.)

Ropes, Rigging, and Safety; Electricity; Underground Distribution 1; Transformer Theory; Underground Distribution 2

3-D Animation & Games: Elkhorn Valley (EVC) - (204th & Dodge)

Intro to 3-D Modeling & Animation; Intro to the Game Industry; 3-D Modeling for Animation & Games; 3-D games Development; 3-D Lab; Game Design Fundamentals





Office Administrative Professional: Sarpy Center (SRP) - (91st & Giles)

Two Year Program Option

- **Year 1:** Information Systems and Literacy; Business Office Communications; Customer Service Skills; Skillbuilding; Microsoft Word; Spreadsheets; Document Processing
- **Year 2:** Database Fundamentals; Business Presentation and Publication; Records Management; Professional Practices; Workplace Technologies; Business Math; Business Writing; Human Relations Skills

Full Stack Web Development: Elkhorn Valley (EVC) - (204th & Dodge)

Students will learn HTML, CSS, JavaScript, Java for desktop and server-side development, ASP.NET development with C-Sharp. Students will be introduced to Amazon Web Services (AWS).

Horticulture, Land Systems and Management: Fort Omaha Campus (30th & Fort)

- **Year 1:** Introduction to Horticulture; Plant Physiology; HLSM Orientation; Pomology; Turfgrass and Landscape Maintenance
- **Year 2:** Perennials; Entomology; Plant Propagation; Intro to Floral Design; Intro to Landscape Design; Olericulture

Culinary Arts Foundations: Fort Omaha Campus (30th & Fort, Institute for the Culinary Arts)

Students who successfully complete all courses are eligible to receive a Career Certificate in Culinary Arts Foundations. (CAFSD)





Ralston High School

Address: 8969 Park Dr. Ralston, NE 68127 **Phone:** (402) 331-7373
Fax: (402) 898-3511 **Website:** ralstonschools.org/RHS