

The ANHS Link

Life Science A/B: *An Alternative to Biology A/B*

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Life Science A/B is a new ANHS course offering for this school year. The two-semester course is the perfect alternative to Biology if you do not plan to attend a four-year college.

If you do plan to attend a four-year college, you will need to take Biology to meet the life sciences minimum requirement. Our Biology course also includes a wet lab component. Most colleges will require you to take at least two years of a lab science to meet admissions requirements.

If your goal is to attend a vocational school, begin your career, or attend a two-year college after

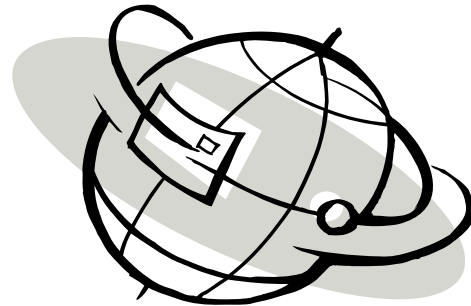
graduation, this course will meet your Life Science requirement for graduation.

Let's learn a little more about the Life Science A/B courses...

Life Science is the study of living things, and in this course, you would explore life – starting with the simple and microscopic, working your way up to the most complex life forms.

Life Science A/B covers the study of living things, cells, heredity, evolution, and classification, and simple organisms, fungi, protists, the animal kingdom and the human body. Each unit consists of lessons and a unit exam. There is also a final exam at the end of the course.

To learn more about the course please contact student services or the Dean of Instruction at 800.968.4034.



The Director's Chair

SQ3R is a five-step study skills method that is a useful study strategy for students working in an online environment.

SQ3R is an abbreviation for **Survey**, **Question**, **Read**, **Recall**, and **Review**.

Let us take a brief look at each of these steps:

Survey: Skim through your online lesson and

textbook chapter looking at headings and subheadings. Read introduction and summary sections.

Question: Turn each heading into a question and write it down on the left side of a piece of paper.

Read: Read each section in detail noting the question proposed by the heading.

Recall: Write down an answer to the question on the right side of the paper.

Review: After repeating Question/Read/Recall for each section, quiz yourself by covering up the answers. Then cover the questions, look at the answers and try to say the question, similar to the game show Jeopardy!

Student Spotlight- *Crystal Lee*

Grade: 12th Grade

What state do you live in? North Carolina

Why did you decide to attend Allied National High School? I decided to attend Allied National High School after moving to a different city during the middle of the school year. The school that I moved near was further in their studies than my previous school, and I was unable to catch up to the rest of the class. I felt it was best to switch to home schooling to give myself a chance to learn what I wouldn't have learned.

What is your favorite part of school? My favorite part of school is that I'm able to walk away from a hard lesson and come back to it. I'm able to give myself time to regroup and refresh. I love being able to work on my schoolwork from the comfort of my home and I can be more focused.

What are your plans for after high school? My plans after high school are to attend college. I haven't decided what to major in, but I'm sure that will come to me when the time is right.

What do you want to do for a living? I would love to go into the computer field, but I've often thought of going into accounting as well. I seem to have a passion for both, but only time will tell.

Do you have any pets? I have an all black kitten named Shadow and a hamster named Spaz. Shadow got her name because she tries to be very sneaky by hiding in the darker parts of the room. Spaz got her name being she acts out when you come near her cage.

Do you have any hobbies? I love to play soccer, read books, browse the web, watch TV shows, go bowling, etc. Sometimes I will get into

the history channel depending on my mood and if the topic sparks my interest.

What is your favorite book? I don't have a favorite book as I've read quite a few books. The Twilight Saga was a good series that I enjoyed, and I love reading books by Nicholas Sparks.

What was your favorite trip? My favorite trip was when I went to Disney World in Florida for the first time for my 8th birthday. The sad thing is that I got really sick on the day of my birthday. My second favorite trip was going to Myrtle Beach, South Carolina on for my 18th birthday.



"What we learn with pleasure we never forget."

Alfred Mercier

Instructor Spotlight- *Rachel Rodriguez*

Years of teaching experience: This is my 14th year of teaching Spanish.

What state do you live in? I live in Southern California.

Why did you choose to teach at Allied National High School? Allied National High School seemed to be a great online learning experience for its students.

What was your major in college? I went to the University of California,

Irvine. I majored in Theatre and minored in Spanish. I graduated in 1996.

What was your favorite trip and why? I have two favorite destinations to travel. They are Mexico and Puerto Rico. I just love to sit on the shore, feel the ocean breeze and hear the sounds of the waves crashing. I can't wait to travel again!

Do you have any hobbies? What are they? Right now my "so-called" hobby is taking my

daughter to as many wonderful places as I can. I love to see her face as we experience a new adventure.

What is your favorite book? My favorite book of all times is *Sense and Sensibility* by Jane Austen. I love, love, love this story.



WASC World: Student Support Discussion

In October, the WASC Committee of the Whole discussed the C Criterion, *Support for Student Personal and Academic Growth*, as outlined in the WASC Focus on Learning manual.

The team discussed the different types of support provided to students attending ANHS. It was determined that ANHS provides very

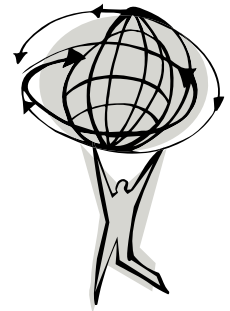
personalized support options for their students, such as walkthroughs, progress reports, and counseling upon request.

Another large area of support provided for students is the opportunity for students to work with their teachers in a one-on-one, self-paced environment.

Also noted was the fact

that students need to ask for support in order to take advantage of the many opportunities available.

The last Committee of the Whole meeting will be held in November to summarize our findings of the C criteria and list our strengths and areas for growth. Please join us by contacting the Dean at 800.968.4034 ext. 7630.



ESLR's: Measuring Your Success

The term "ESLR's" stands for Expected Schoolwide Learning Results. They are measurable goals that ANHS has for their students, and we expect students to reach these goals, through the curriculum and instruction provided, by the time they graduate from our program. **ANHS expects all students to become...**

Responsible citizens who...

- Treat people of all backgrounds with dignity and respect
- Demonstrate an understanding of the requirements and expectations of a United States citizen
- Demonstrate conscientiousness and honesty through personal and academic performance

Effective critical thinkers who...

- Solve real-life challenges with efficient problem-solving skills
- Use a variety of methods to examine, define, and assess ideas
- Apply problem-solving skills to achieve a personal or academic goal
- Solve problems through the effective use of pertinent technology

Persuasive communicators who...

- Have the ability to transport and define communication through a variety of media
- Write English clearly and proficiently
- Effectively communicate with people from a variety of backgrounds and experiences

Open-minded learners who...

- Welcome the diversity of individuals through multicultural projects
- Acquire and apply knowledge about new technology
- Apply research and analysis skills to form factual, unbiased perspectives and responses

Goal oriented students who...

- Secure measurable goals that are both personal and professional
- Develop a plan to achieve post graduation goals
- Are self directed learners
- Demonstrate time management skills to meet academic deadlines

Each upcoming edition will include a detailed look at one of these ESLR's. Stay tuned!

"Education is more than a luxury; it is a responsibility that society owes to itself."

Robin Cook

College Prep: Action Plans for November and December

Junior Action Plan:

- Start Thinking about Financial Aid
- Talk to your counselor about your college plans and attend college night and financial aid night at your school.
- You can take either the SAT Reasoning

Test™ or up to three SAT Subject Tests™ on one test day. Plan your testing schedule carefully if you want to take both types of SAT®. See the SAT schedule of test dates and register online for the SAT.

- Use the code on

your PSAT/NMSQT score report to sign in to [My College QuickStart™](#) on the College Board website. This will help you prepare for the SAT using a study plan, and explore lists of suggested colleges, majors, and careers.

Allied National High School
22982 Alcalde Drive
Laguna Hills, CA 92653

Phone 800.968.4034
Fax 949-707-5743

To be added to our mailing list email the Dean at
jsanborn@alliedhighschool.com

*Changing lives,
Fulfilling dreams!*



Visit us on the Web:

www.alliedhighschool.com

Do you know someone that would benefit from our program?

Please email the Dean with their name and phone number, or email address, with the word "referral" in the subject line. You can also have them contact the Dean directly to discuss the program:

Phone: 800-968-4034 x7630

Email:
jsanborn@alliedhighschool.com

College Prep Cont'd-

Senior Action Plan:

- Submit early decision and early action applications on time.
- Work hard at completing your college essays. Proofread them rigorously for mistakes.
- Follow up with

your teachers to ensure that letters of recommendation are sent on time to meet your deadlines.

- Mail applications as early as possible for colleges with rolling deadlines (admissions decisions are made as

- applications are received).
- Take SAT tests. Make sure your scores are sent to each one of your colleges.

For more information on preparing for college visit:

<http://www.collegeboard.com/student/plan/>

Career Paths: *Computer Information Systems*

You use a computer every day, but do you really know how it works?

The Bureau of Labor Statistics has a sunny forecast for the computer information systems industry. They also have a wealth of resources available to high school students interested in this career path at <http://www.bls.gov/k12/computers.htm>

Potential careers include database administrator, computer support specialist, computer hardware engineer, computer software engineer, webmaster, and system analyst.

According to the BLS, Employment of computer and information systems related careers is expected to grow faster than the average for all occupations through the year 2016 (16%). New applications of technology in the workplace will continue to drive demand for workers, fueling the need for more managers in this field. Median annual earnings of these managers

in May 2006 were \$101,580. The middle 50 percent earned between \$79,240 and \$129,250 and Technical Services Manager, \$62,500-\$88,250.

If you are interested in pursuing this career path, Allied Schools has a vocational and college option in this area of study.

Allied American University (AAU) offers both an associate and bachelor's degree in Computer Information Systems. AAU's program provides you with specific knowledge to effectively design build and implement software solutions – and be a key part of today's technology-driven business environment. The program features courses on such important topics as computer programming, web page design, information systems and networking.

Graduates with a bachelor's degree in Computer Information Systems may work as a computer operations manager, information systems

manager or computer software engineer. Visit the website for more information: <http://www.allied.edu/degree-programs-information-technology.asp>

Allied Business Schools (ABS) also prepares you for a career in computers with the Introduction to Computer Systems course and Microsoft® courses. Learn the fundamentals of computers – from the inside out in the Introduction to Computer Systems course! It is the perfect starting point to get the knowledge you need to take your career to the next level.

Specialized skills can set you apart. You will receive the specialized skills you need to succeed in the Microsoft® courses. They will help you enhance your career with solid computer training. Visit the website for more information: http://www.alliedschools.com/bc_comp_intro_sys_course.shtml