SWO Directions for Sophomores

**Overview**

All Sophomore students will complete a scrapbook reflecting the work of the second year of School Wide Standards (SWOs). The purpose of the SWO project is to provide students the opportunity measure their growth academically, socially, and in terms of maturity.

Successful completion of the SWO project is a graduation requirement. There will be sections of the SWO due each quarter. Teachers of different disciplines and courses will guide students, provide some advice, and remind students of deadlines.

Each part will be graded by the assigned discipline teacher. The grade for the quarter assignment will be 10% of the grade for that quarter in that assigned discipline. Any incomplete parts or parts that are not of satisfactory quality based on the rubric will be required to be finished or redone and submitted to the teacher the SWO was originally submitted to. Students that fail to make up the SWO will need to make up the missing SWO in our FAST TRACK SWO course.

SWO projects must be typed and have all parts completed in order to be eligible to receive a passing score. Missing sections of the SWO constitute an automatic zero for the project and will need to be resubmitted with all parts complete.

Community Service is a pivotal aspect of the SWO project. A minimum of 10 community service hours must be completed each quarter, with an additional 10 hours required over the course of FAST TRACK for a total of 100 hours at the end of the sophomore year. Students may complete more than the required number of hours each quarter.

It is strongly recommended that SWO projects be kept at home and not carried to and from school. Scrapbooks must be in good condition upon end of-year-evaluation. Scrapbooks in poor condition may be required to resubmit all parts of the project.

Questions regarding the SWO project should be directed to the assigned discipline teacher or to one of the following:

Mr. Campbell jcampbell@tracylc.net

Mrs. Ernst eernst@tracylc.net

Mrs. Saldate asaldate@tracylc.net

Mrs. Stewart vstewart@tracylc.net

Mr. Williams [dwilliams@tracylc.net](mailto:dwilliams@tracylc.net)

**Quarter One (English Teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due: September 30**

**Citizenship**

All MHS students must complete 200 community service hours to graduate. As Freshmen you completed fifty hours. For this part of your assignment, you need to add at least 10 more hours to your completed number. You will be up to sixty hours.

Once you have completed the sixty hours, you may begin your next part of this project.

* Create a chart illustrating at least 10 hours of community service that were completed since the beginning of this school year.
* Evaluate what you have learned through community service: Has community service made you think more about your future professional and educational goals? How has it made you think differently about the world? What has community service taught you? (2 paragraphs)
* Compare and contrast your view of community service this year with your view of it from last year. (2 paragraphs)
* If you are a new student: How do you think community service is a benefit to you?

This section should make up 3-4 pages of your scrapbook with clearly displayed information.

This section of your scrapbook must be completed by Monday, September, 30.

**Quarter Two (Math Teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Due December 9**

**Self Directed Learner**

One of the most important things you need to learn as you enter adulthood is the importance of a healthy life style. Nutrition plays a significant role in your health. This project will help you understand how well you are using your time for exercise and what you are doing now to begin a healthy life style.

In this assignment, we suggest you find an app that will help you track exercise and food intake. Lose it! Is one app many people use.

Keep a log for one week of what you eat and what you do for exercise. This will be a total of 7 days. It will include all meals, all exercise, and all snacks etc.

Create a chart showing the number of calories consumed each day, what kind of exercise you did and how often, and the number of calories burned. Then, research the number of calories in one serving of your favorite food and how far you would have to run in order to burn off all of those calories.

Based on what you learn from these intakes and exercise logs, write an analysis of what you have learned about your nutrition and exercise. Then set a goal for yourself, (For example: I would like to lose ten pounds, I will exercise at least three times a week) .

This part of the project should take at least 4 pages and should have clearly displayed data that is easy to read and understand. It is due on Monday, December 9.

**Final Exam Week (Science Teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Due when your final is scheduled (December 9 to 13.)**

**Collaboration**

Collaboration in our global society is very important. We count on good collaboration to develop a positive school culture here at MHS. Our nests are a collaborative effort at team building and positive competition. We all need to learn how to get along with others and how to work together for a common goal.

This project should be worked on simultaneously with Quarter Two. Do not wait until December 3rd to get started.

For this project you need the following:

* Identify how you have contributed to your nest. Give specific examples of things you have done with pictures to support what you say.
* Display a chart showing the number of individual positive and negative points you have earned so far this year and how points were earned or lost. This can be accessed through the school website.
* How do you benefit your nest (what qualities do you possess that make you an asset?) How are you a detriment to your nest? (What do you do that hurts your nest?)
* How do you collaborate in your nest? Include pictures.
* Have you attended Saturday School? If so, what for? Has Saturday School changed the way you view nest points?
* What have you learned from your experiences with nest points this year?

This assignment is due on the day of your final for science. It should include at least four pages in your scrapbook.

**Quarter Three: (Spanish, ASL, or Elective Teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due February 24**

**Communication**

As young adults, we need to learn how to effectively present ideas in speeches and conversation.

For this assignment, you need to do the following:

* Identify a political or historical figure ( include a picture)
* Provide a transcription of a speech that person gave.
* Identify attributes the speaker had and why that speaker is an effective communicator.
* Identify what you need to do to become a better, more effective speaker and why. (Two paragraphs)

This part of the project should be at least 2-3 pages in your scrapbook. This project is due on Monday, February 24.

**Quarter Four: (World History Teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due May 16**

**Critical Thinking**

For this assignment, you are being asked to identify what you believe will be the largest problem your generation will be facing in the coming decade and why you believe that will be the greatest issue. (You need specific evidence and a very concrete problem) You need to use two slides to present your problem.

You then need to present your specific ideas for a solution to the problem you have identified.

Don’t be deceived by this assignment. It seems easy, but we believe it is the most difficult one for this year.

This section of your scrapbook should be at least 4 pages. It is due on Friday, May 16.

**Final (Drama, Art, Or Music teacher) Due on an assigned day from May 19 to May 22)**

**Putting it all together**

Your Scrapbook should be completed. You will make a presentation of no less than 3 minutes and no more than 8. The presentation will include:

1. A revision of your lowest scored section. If students score 100% on each section, the student does not need to complete the final section of the SWO project.
2. You will present your lowest SWO section as it was, and as a revision so that the class can see how you improved that section.
3. You will also show how you have completed 40 more hours of community service this year (you should have completed 100 hours by now!)

Each student will make this presentation in class. The presentation should be clear and concise.

**Keep this direction page. It will be essential for verification that you have successfully completed each part.**

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| Project part | Teacher | Due date | Grade |
| Citizenship |  | Sept 30 |  |
| Self Directed |  | Dec 9 |  |
| Collaborative |  | Finals week date: |  |
| Communication |  | Feb 24 |  |
| Critical thinking |  | May 16 |  |
| Putting it together |  | Finals week date: |  |