



GRADE 10 COURSE PLANNING SHEET 2025-2026

FIRST NAME: \_\_\_\_\_ LAST NAME \_\_\_\_\_

MANDATORY COURSES		
<b>All students choose one of:</b> <ul style="list-style-type: none"><li>English First Peoples 10 (Writing &amp; Lit)</li><li>English 10 (Lit &amp; Composition 10)</li></ul>	<b>All students choose:</b> <ul style="list-style-type: none"><li>Science 10</li></ul>	<b>All students choose one of:</b> <ul style="list-style-type: none"><li>Foundations and Precalculus 10</li><li>Workplace Math 10</li></ul>
<b>All students choose one of:</b> <ul style="list-style-type: none"><li>Physical Education 10 Male</li><li>Physical Education 10 Female</li><li>Physical Education/Outdoor Ed 10 (Co-ed)</li></ul>	<b>English Students (choose both):</b> <ul style="list-style-type: none"><li>Career Life Education 10</li><li>Social Studies 10</li></ul>	<b>French Immersion students select all 3:</b> <ul style="list-style-type: none"><li>Éducation au choix de carrière et de vie 10</li><li>Français langue 10</li><li>Sciences humaines 10</li></ul>
ELECTIVE COURSES (English students choose 2, French students choose 1)		
<b>Modern Languages:</b> <ul style="list-style-type: none"><li>French 10*</li><li>Intro Spanish 11*</li><li>Spanish 11*</li></ul>	<b>Business and Information Technology:</b> <ul style="list-style-type: none"><li>Accounting 11</li><li>Computer Programming 11</li><li>Entrepreneurship &amp; Marketing 10</li><li>Media Design 10</li></ul>	
<b>Other:</b> <ul style="list-style-type: none"><li>Fitness &amp; Conditioning 10 Female*</li><li>Fitness &amp; Conditioning 10 Co-ed*</li><li>Sports Specialized PE 10*<ul style="list-style-type: none"><li>Basketball</li><li>Football</li><li>Rugby</li><li>Soccer</li><li>Volleyball</li></ul></li></ul> <p>**these choices DO NOT satisfy your PE 10 graduation requirement, but they do give you 4 credits.</p>		
<b>Applied Design, Skills and Technology:</b> <ul style="list-style-type: none"><li>Art Metal Jewelry 10</li><li>Drafting 10</li><li>Electronics &amp; Robotics 10</li><li>Food Studies 10</li><li>Media Design 10</li><li>Metalwork 10</li><li>Power Technology 10</li><li>Skills Exploration 10</li><li>Textiles 10</li><li>Women in Trades 10</li><li>Woodwork 10</li></ul>	<b>Fine Arts</b> <ul style="list-style-type: none"><li>Art 10</li><li>Art Metal Jewelry 10</li><li>Ceramics and Sculpture 10 (3D Studio Art)</li><li>Band 10</li><li>Digital Photography 11</li><li>Drama 10</li><li>Drawing and Painting 10 (2D Studio Art)</li><li>Musical Theatre 10</li><li>Photography 10 (Dark Room)</li><li>Musical Production and Recording Arts 11</li><li>TV and Film 11</li></ul>	
<b>Extended Day Courses: (offered before or after school and taken in addition to your 8 classes)</b> <ul style="list-style-type: none"><li>Choir 10</li><li>Extreme Outdoor Education 10*</li><li>Fitness &amp; Conditioning 10 (Sports Performance) *</li><li>Jazz Band 10</li><li>PE Leadership 10*</li><li>Student Leadership – Indigenous 10*</li><li>Studio Arts 10*</li><li>Yearbook and Journalism 10*</li></ul>		
<b>Alternative Choices: All students list two choices.</b>  First Choice: _____ Second Choice: _____		

Interest based courses with a \* after them do not qualify for a Fine Art or an Applied Skills credit, but they do give you 4 credits like all other classes.

How do I learn more about the courses I can take?

Visit our school’s website: <https://wjmouat.abbyschools.ca> -click on Parents & Students then Student Services then Course Planning  
On this page you can view and open the 2025/26 course selection guide which lists and describes all the courses.

Certificate of Graduation, or Dogwood Diploma, is awarded to students who successfully complete the provincial graduation requirements. To graduate, students require at least 80 credits total. Of these 80 credits they must earn:

- 52 credits are required from the following:
  - Physical and Health Education 10 (4 credits).
  - Science 10 (4 credits), and a Science 11 or 12 (4 credits).
  - Social Studies 10 (4 credits) and a Social Studies 11 or 12 (4 credits).
  - A Math 10 (4 credits) and a Math 11 or 12 course (4 credits).
  - A Language Arts 10, 11 and a required 12 course (4 credits required at each grade, 12 credits total).
  - An Arts Education 10, 11, or 12 or an Applied Design Skills, and Technologies 10, 11 or 12 (4 credits total)
  - Career-Life Education 10 (4 credits) and Career-Life Connections 12 (4 credits).
- At least 28 credits must be elective course credits.
  - At least 16 credits must be at the Grade 12 level, including a Language Arts 12 course.

In addition, ALL students must complete Provincial Graduation Assessments: Lit10, Num10 and Lit12. Students must also complete **ONE** Indigenous focused course in grades 10, 11 or 12

For French Immersion Dual Dogwood

French Immersion students can earn both a British Columbia Certificate of Graduation (Dogwood Diploma) and a Diplôme de fin d’études secondaires en Colombie-Britannique. To graduate with both diplomas, French Immersion students must meet the graduation requirements for the Dogwood Diploma listed above and, of those 80 credits, they must take:

- In grade 9: Éducation physique et santé 9, Français langue 9, Mathématiques 9 and Sciences humaines 9
- In grade 10: Sciences humaines 10, Éducation au choix de carrière et de vie 10 and Français langue 10
- In grade 11: Études du cinéma et de la littérature francophones 11 and Histoire du monde au XXe siècle 12
- In grade 12: Français langue 12 and Communication orale/Liens avec la vie personnelle et professionnelle 12

In addition, French Immersion students must also complete the LTF12 (French Assessment)

Post Secondary Admission Requirements

All post-secondary institutions and their faculties have a variety of prerequisites. *Taking the time to ensure that you are meeting the entrance requirements for your school and program of interest is your responsibility.* Counsellors and our career advisor, Ms. Solgaard, are here to help you, but you will have to do some research on your own as well.

Below are the courses that the post-secondary institutions *typically* accept on their “approved courses” list. You will need to take English Studies 12 or English First Peoples 12 plus a certain combination and number of these Mouat offered courses:

Anatomy and Physiology 12, BC First Peoples 12, Calculus 12, Chemistry 12, Comparative Cultures 12, Contemporary Indigenous Studies 12, Economics 12, Foundations of Math 12, French 12, Français langue 12, Physical Geography 12, Geology 12, 20<sup>th</sup> Century History 12, Law Studies 12, Physics 12, Precalculus 12, Social Justice 12 , Philosophy 12

MYEDUCATION INSTRUCTIONS

Grade 9 MyEd Login Instructions	Grades 10, 11 & 12 MyEd Login Instructions
<ul style="list-style-type: none"><li>• Go to <a href="https://myeducation.gov.bc.ca/aspen.....or google myed login">https://myeducation.gov.bc.ca/aspen.....or google myed login</a></li><li>• Login ID – your Pupil # (usually 7 digits)</li><li>• Password: - Hawks34\$ You will be prompted to create a new password. Make sure to remember your new password! WRITE it down or put it in your phone!!!!</li><li>• Go to: MyInfo (top left), Requests, and choose your courses</li><li>• Choose Courses – you must toggle, no scrolling feature</li><li>• Post – when finished click on Post to save</li><li>• MyEd Student Portal open</li></ul>	<ul style="list-style-type: none"><li>• Go to <a href="https://myeducation.gov.bc.ca/aspen .....or google myed login">https://myeducation.gov.bc.ca/aspen .....or google myed login</a></li><li>• Login ID – your Pupil # (usually 7 digits)</li><li>• Password- Enter the password you had created. You may be asked to create a new one. If you forgot your password, click on “Forgot my password”.</li><li>• Go to: MyInfo (top left), Requests, and choose your courses</li><li>• Choose Courses – you must toggle, no scrolling feature</li><li>• Post – when finished click on Post to save</li><li>• MyEd Student Portal open – February 10</li></ul>