Established in 1974, Mt. Carmel High School lies in the suburban neighborhood of Rancho Peñasquitos in the northernmost inland area of the City of San Diego, and is fully accredited by the Schools Commission of the Western Association of Schools and Colleges (WASC). It was the second comprehensive high school opened in the district and draws students from the communities of Rancho Peñasquitos, Sabre Springs, Scripps Ranch and Carmel Mountain Ranch. While Mt. Carmel offers many of the same courses as other high schools within the Poway Unified School District, it is unique with its combination of the trimester system, the diversity of its student body, open enrollment status, open access to AP courses as well as award-winning programs.

The school is home to 2,000 students of varied backgrounds and is the most diverse high school within the Poway Unified School District. Over 30% of the students speak another language at home and over 40 languages are represented on the campus. Mt. Carmel boasts the only Fire Science program in the school district that is articulated with a local community college. Mt. Carmel has added PLTW Engineering and Computer Science Pathways in the last year and has a Sports Medicine program that includes internship experience. Our trimester system allows students to accelerate through Spanish, math and science and explore more courses over the four years of high school. Mt. Carmel has been named a California Distinguished School three times over three different decades and a National Blue Ribbon School in 2005. Mt. Carmel was named a CA Gold Ribbon School in 2017. In both 2015 and 2016 Mt. Carmel was named a Scholar Honor Roll School by the Educational Results Partnership and CBEE Foundation.

THE CURRICULUM AND GRADING

The Mt. Carmel curriculum is an academically challenging college preparatory program. Mt. Carmel students can take up to five classes each of three trimesters, earning five credits per course for a maximum of 75 credits in one school year. Two trimesters are equivalent to a full year of coursework. Graduation requirements: Students must complete a minimum of 230 credits that include the following requirements:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>40 credits</td>
</tr>
<tr>
<td>Mathematics</td>
<td>20 credits</td>
</tr>
<tr>
<td>Social Science</td>
<td>30 credits</td>
</tr>
<tr>
<td>Biological/Life Science</td>
<td>10 credits</td>
</tr>
<tr>
<td>Physical Science</td>
<td>10 credits</td>
</tr>
<tr>
<td>Physical Education (PE)</td>
<td>20 credits</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>10 credits</td>
</tr>
<tr>
<td>Health</td>
<td>5 credits</td>
</tr>
<tr>
<td>Electives</td>
<td>85 credits</td>
</tr>
</tbody>
</table>

Courses identified as college preparatory are coded “P.” Honors classes are coded “H,” Advanced Placement classes are graded on a 5 point scale and coded “HH” and “AH” respectively on student transcripts.

Mt. Carmel HS calculates grade point average on a weighted 4.0 scale that includes all subjects taken from the freshman year through the senior year, except physical education, school services, and planning and leadership grades. The following breakdown is used: A=4.00, B=3.00, C=2.00, D=1.00, F=0. Add an additional point for AP grades A, B, C (e.g. A=5.00) , (±/+ not included in weight). Poway Unified School District/Mt Carmel High School does NOT RANK students. Mt. Carmel does NOT change course grades to reflect AP test scores.

ATHLETICS

The Class of 2018 had 116 Senior Scholar Athletes who maintained GPAs of 3.00 to 4.49 and includes 10 tri-sport Scholar Athletes. MCHS holds 105 CIF Championships. League Championships in 2018 include Girls Gymnastics. MCHS holds 187 League Championships over the course of the school’s history.
EXCELLENCE, PROGRAMS AND AWARDS

Mt. Carmel High School programs that are consistently recognized for excellence are the Grammy Award-winning music department, drama education and journalism education. The music department includes the Marching Sundevils Band, the MCHS Orchestra, the MCHS Jazz Band and vocal music programs. Instrumental music has won numerous unanimous superior awards and sweepstakes awards at band tournaments and field shows all over Southern California, as well as four appearances in the prestigious Tournament of Roses Parade. The Marching Sundevils & Color Guard are the defending three time (Southern California School Band and Orchestra Association) SCSBOA Gold Medal Champions. The choral music program’s reputation for excellence includes performances at Carnegie Hall, the Golden State Festival, and the Holiday Bowl in San Diego. Both Classical and Women’s Ensemble groups have traveled the United States extensively receiving superior ratings at local, regional and national festivals. In 2003, the music department was recognized by the Grammy Foundation as the number three program in the United States, followed by another Grammy in 2005 and 2008. The Mt. Carmel Sun Newspaper is a high-quality student newspaper that has won local and national journalism education recognition and is currently in the National Top Ten of School News websites for 2016 and 2017 JEA (Journalism Education Association). The Drama program has won distinction at the CETA (CA Educational Theatre Association) Festival and recognition for excellence in Drama education. ASB (the Associated Student Body) received the 2016 Outstanding Leadership Program Award at the California Association of Student Leaders conference.

CURRENT 2018-19 HONORS & ADVANCED PLACEMENT COURSES

All students are strongly encouraged to take honors and Advanced Placement courses in all academic areas. As an open access campus, our goal is that every student will attempt at least one AP class.

Honors Courses:
Honors High School English, Honors Humanities, Honors Pre-Calculus

Advanced Placement (AP) Courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>AP or Honors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art History</td>
<td></td>
</tr>
<tr>
<td>Biology</td>
<td></td>
</tr>
<tr>
<td>Calculus A/B</td>
<td></td>
</tr>
<tr>
<td>Calculus BC</td>
<td></td>
</tr>
<tr>
<td>Chemistry</td>
<td></td>
</tr>
<tr>
<td>Computer Science</td>
<td></td>
</tr>
<tr>
<td>English Language</td>
<td></td>
</tr>
<tr>
<td>English Literature</td>
<td></td>
</tr>
<tr>
<td>Environmental Science</td>
<td></td>
</tr>
<tr>
<td>European History</td>
<td></td>
</tr>
<tr>
<td>Physics 1A-1B</td>
<td></td>
</tr>
<tr>
<td>Physics C Electricity &amp; Magnetism</td>
<td></td>
</tr>
<tr>
<td>Physics C Mechanics</td>
<td></td>
</tr>
<tr>
<td>Psychology</td>
<td></td>
</tr>
<tr>
<td>Spanish</td>
<td></td>
</tr>
<tr>
<td>Statistics</td>
<td></td>
</tr>
<tr>
<td>Studio Art 2D</td>
<td></td>
</tr>
<tr>
<td>Studio Art 3D</td>
<td></td>
</tr>
<tr>
<td>Studio Art Drawing &amp; Painting</td>
<td></td>
</tr>
<tr>
<td>US Government &amp; Economics</td>
<td></td>
</tr>
<tr>
<td>US History</td>
<td></td>
</tr>
</tbody>
</table>

CURRENT 2018-19 ELECTIVES

<table>
<thead>
<tr>
<th>Course</th>
<th>AP or Honors</th>
</tr>
</thead>
<tbody>
<tr>
<td>3D Computer Animation</td>
<td>French</td>
</tr>
<tr>
<td>Art Appreciation</td>
<td>Internship</td>
</tr>
<tr>
<td>ASB Planning &amp; Leadership</td>
<td>Intro to Computer Science</td>
</tr>
<tr>
<td>Athletic Training/ Sports Medicine</td>
<td>Intro to Engineering</td>
</tr>
<tr>
<td>Automotive Technology</td>
<td>Design (PLTW)*</td>
</tr>
<tr>
<td>AVID</td>
<td>Journalism</td>
</tr>
<tr>
<td>Band</td>
<td>Orchestra</td>
</tr>
<tr>
<td>Biotech/ Biotech Internship</td>
<td>Photography*</td>
</tr>
<tr>
<td>Choir</td>
<td>Principles of Engineering (PLTW)*</td>
</tr>
<tr>
<td>Computer Programming</td>
<td>Psychology</td>
</tr>
<tr>
<td>Dance</td>
<td>Sociology</td>
</tr>
<tr>
<td>Design Mixed Media</td>
<td>Spanish</td>
</tr>
<tr>
<td>Digital Media Production</td>
<td>Tall Flags (Color Guard)</td>
</tr>
<tr>
<td>Drama</td>
<td>Theater Tech*</td>
</tr>
<tr>
<td>Drawing &amp; Painting</td>
<td>Work Experience</td>
</tr>
<tr>
<td>Filipino</td>
<td>Yearbook</td>
</tr>
<tr>
<td>Fire Science*</td>
<td></td>
</tr>
<tr>
<td>First Responder*</td>
<td></td>
</tr>
</tbody>
</table>

*Indicates Career Technical Education (CTE) courses. PLTW: Project Lead the Way
# COLLEGES OF ATTENDANCE 2016-18

- Abilene Christian University
- Allegheny College
- Arizona State University
- Azusa Pacific University
- Biola University
- Boise State University
- Bradley University
- Brigham Young University
- Brigham Young University, Idaho
- Brigham Young University-Hawaii
- California Baptist University
- California Lutheran University
- California Poly, San Luis Obispo
- California Poly - Pomona
- California State University, Channel Islands
- California State University, Chico
- California State University, East Bay
- California State University, Fullerton
- California State University, Long Beach
- California State University, Los Angeles
- California State University, Monterey Bay
- California State University, Northridge
- California State University, Sacramento
- California State University, San Marcos
- California State University, Stanislaus
- Calvin College
- Carnegie Mellon University
- Case Western Reserve University
- Chapman University
- Charleston Southern University
- Claremont McKenna College
- Clemson University
- Coe College
- College of St. Joseph
- Colorado Mesa University
- Colorado State University
- Columbia College
- Concordia University - Irvine
- Cornell University
- Cornish College of the Arts
- Doane College
- Duke University
- Florida Atlantic University
- Gettysburg College
- Gonzaga University
- Grambling State University
- Grand Canyon University
- Grossmont College
- Harvey Mudd College
- Humboldt State University
- John Jay College of Criminal Justice CUNY
- Lehigh University
- Lewis & Clark College
- Loyola Marymount University
- Marquette University
- Maryville University
- Miami Dade College - All Campuses
- Miami University, Oxford
- Mira Costa College
- Molloy College
- New York University
- New School of Architecture & Design
- Northern Arizona University
- Oklahoma State University
- Oregon State University
- Otterbein University
- Pace University, New York City
- Palomar College
- Pennsylvania State University
- Pepperdine University
- Point Loma Nazarene University
- Princeton University
- Purdue University
- Reed College
- Rhodes College
- Rutgers University-New Brunswick
- Saint Louis University
- Saint Mary's College of California
- San Diego Mesa College
- San Diego Miramar College
- San Diego State University
- San Francisco State University
- San Jose State University
- Santa Barbara City College
- Santa Clara University
- School of the Art Institute of Chicago
- Seattle Pacific University
- Seattle University
- Sierra Nevada College
- Sonoma State University
- Stanford University
- Suffolk University
- SUNY College at Cortland
- Texas A&M University, Corpus Christi
- Texas Christian University
- The Art Institute of California - San Diego
- The New School - All Divisions
- The Ohio State University
- The University of Alabama
- The University of Arizona
- The University of Montana, Missoula
- The University of Texas, Austin
- The University of Texas, Dallas
- United States Air Force Academy
- United States Coast Guard Academy
- United States Naval Academy
- University at Buffalo The State U of New York
- University of California, Berkeley
- University of California, Davis
- University of California, Irvine
- University of California, Los Angeles
- University of California, Merced
- University of California, Riverside
- University of California, San Diego
- University of California, Santa Barbara
- University of California, Santa Cruz
- University of Chicago
- University of Colorado at Boulder
- University of Colorado Colorado Springs
- University of Denver
- University of Florida
- University of Hawaii at Manoa
- University of Idaho
- University of La Verne
- University of Maryland, Baltimore County
- University of Massachusetts, Amherst
- University of Michigan
- University of Nebraska at Lincoln
- University of Nevada, Reno
- University of New Mexico
- University of Notre Dame
- University of Oregon
- University of Pennsylvania
- University of Portland
- University of Redlands
- University of San Diego
- University of San Francisco
- University of Southern California
- University of Tennessee, Knoxville
- University of Vermont
- University of Virginia
- University of Washington
- University of West Florida
- Utah State University
- Vassar College
- Virginia Commonwealth University
- Washington State University
- Western Washington University
- Westmont College
- Wichita State University
- Williamette University
- Winona State University
- Xavier University