

# ACADEMIC PLANNING FOR SEVENTH GRADE



# Goals/Overview for Academic Planning



*This presentation will give you the information to make an informed decision regarding your child's 4-6 year academic plan.*

*The goals include:*

- *Review Academic Planning/Graduation Requirements*
  - *Understanding high school credit classes*
  - *Elective Choices/Course Selection*
  - *Course Request Forms (CRF)*
    - *Advanced Academics*

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# Graduation Requirements

Class of 2032



# Virginia Diploma Types/Graduation Requirements



## Advanced Diploma

26 Total Course Credits\*

- 4 English
- 4 Math
- 4 Science
- 4 History & Social Sciences
- 2 Health/PE (+ First Aid/CPR/AED Training)
- 1 Economics & Personal Finance
- 3 World Languages (or 2 of 2 languages)
- 1 Fine Art or CTE
- 3 Electives (including two sequential)

## Standard Diploma

22 Total Course Credits\*



- 4 English
- 3 Math
- 3 Science
- 3 History & Social Sciences
- 2 Health/PE (+ First Aid/CPR/AED Training)
- 1 Economics & Personal Finance
- (2) World Languages (WL), Fine Arts (FA) OR Career & Technical Education (CTE)
  - 1 has to be FA or CTE and one has to be WL, FA, or CTE
- 4 Electives (including two sequential)

## Verified Credits (SOLs): 5 Total

- 2 English (Reading & Writing)
- 1 Math
- 1 Science
- 1 History or Social Science

## Additional Requirements

- 1 Virtual course (APS students complete this requirement through Economics and Personal Finance or AP/IB Economics)
- 1 Honors/AP/IB/DE Course or 1 CTE Credential or 1 HQWBL experience

# High School Courses for Credit

- A High School credit is earned by taking and passing a High School level class
- Students may begin earning High School credits in 7<sup>th</sup> Grade
- High School level courses which may be taken in Middle School include:
  - High School World Languages beginning in 7<sup>th</sup> Grade
  - High School level math starting with Algebra I
  - World Geography (the 8<sup>th</sup> Grade Social Studies course)
  - Technology of Robotic Design (8<sup>th</sup> Grade only)
  - Computer Programming MS (Coding)

# High School Courses for Credit

You will have the option at the end of each year to decline high school credits earned in middle school AND the grade so that it is not included on the High School transcript or in the GPA

Students planning to pursue an IB Diploma at W&L should consider starting a language in 7<sup>th</sup> grade (Spanish, French, Chinese, or Latin)

A verified credit is earned by passing the End of Course (EOC) SOL test. EOC SOLs are taken upon completion of certain High School credit core courses

# HIGH SCHOOL SPECIAL PROGRAM OPTIONS

- ***Washington & Liberty High School International Baccalaureate (IB) Program***
  - IB coursework begins in 11th grade. However, pre-IB coursework begins for 9th graders.
  - Application requirements:
    - Strong A's & B's in all subjects
    - Successful completion of Algebra I by end of 8th grade
    - Successful completion of Level 1 World Language by 8th grade.
      - ***Note: If a student has not completed level 2 by the end of 8th grade, additional coursework will need to be taken to complete 4 years before 11th grade.***
  - Can earn IB diploma and/or certificate through program, which is recognized internationally
- ***HB Woodlawn***
  - Application required
    - No neighborhood boundary zones or specific application requirements
  - Student motivated program - emphasis on self-starting and executive functioning skills

# HIGH SCHOOL SPECIAL PROGRAM OPTIONS

- *Arlington Tech Governor's STEM Academy*
  - Application required
    - No neighborhood boundary zones
    - Passed the Math 7 SOL
  - STEM oriented, Project-Based Learning (PBL) curriculum
  - Dual Enrollment courses → opportunity to graduate with high school and college credits
- *Thomas Jefferson High School for Science & Technology*
  - Algebra I Intensified or higher in 8th grade
  - **Must be enrolled in the highest level of 8th grade coursework and 3.5 or higher GPA**
  - Enrolled in Intensified level of English 8 and Science 8

*\*\* Please visit the websites for each school for more information\*\**





# WMS Courses & Course Selection

# 7th Grade Classes

- Seventh graders take **five** core subjects:
  - Grade 7 English or Grade 7 English Intensified
  - Grade 7 Life Science or Grade 7 Life Science Intensified
  - Civics and Economics or Civics and Economics Intensified
  - Math
    - Math 7
    - Pre-Algebra for 7<sup>th</sup> Graders
    - Intensified Algebra I

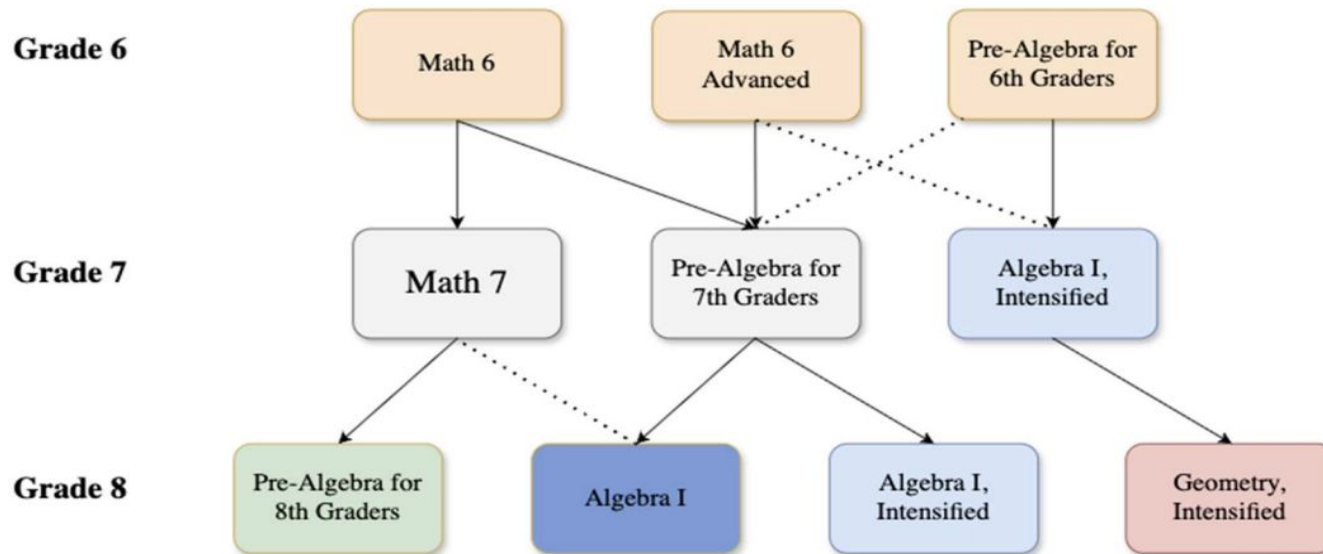


\*Students will receive their recommended math course from the APS Math Office in the summer. This placement is based on several end of year data points.

- All students will take Grade 7 PE/Health

# Middle School Math Progression

## Arlington Public Schools Middle School Mathematics Progression, SY 2025 - 2026



- Students needing additional support may be concurrently enrolled in Math 6, Math 7, or Pre-Algebra 8 along with an associated Math Strategies course, where available.

..... *Note:*

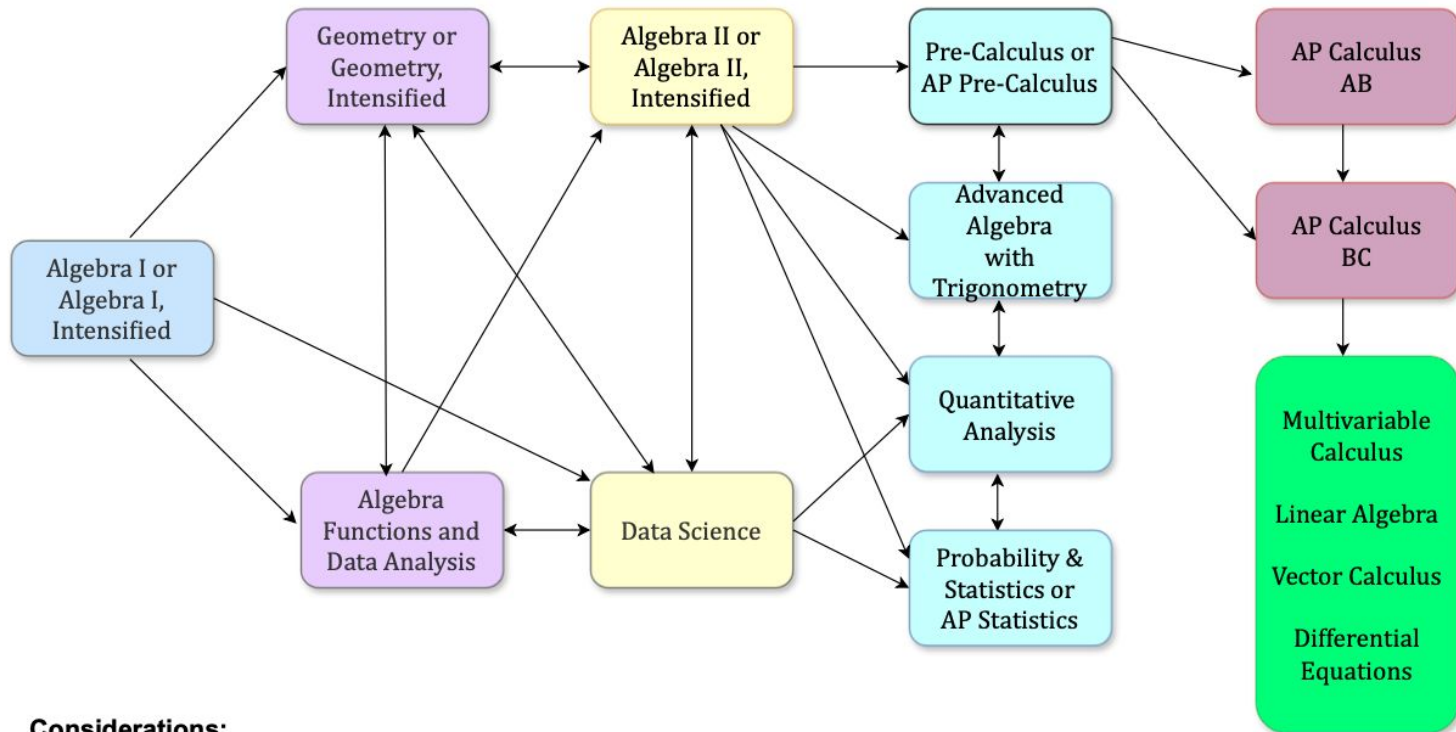
*Dotted line progressions indicate that these instances are less common.*

*Standard progression of coursework is denoted by the solid line.*

*Math Coach: Ms. Palermo, [jennifer.palermo@ansva.us](mailto:jennifer.palermo@ansva.us)*

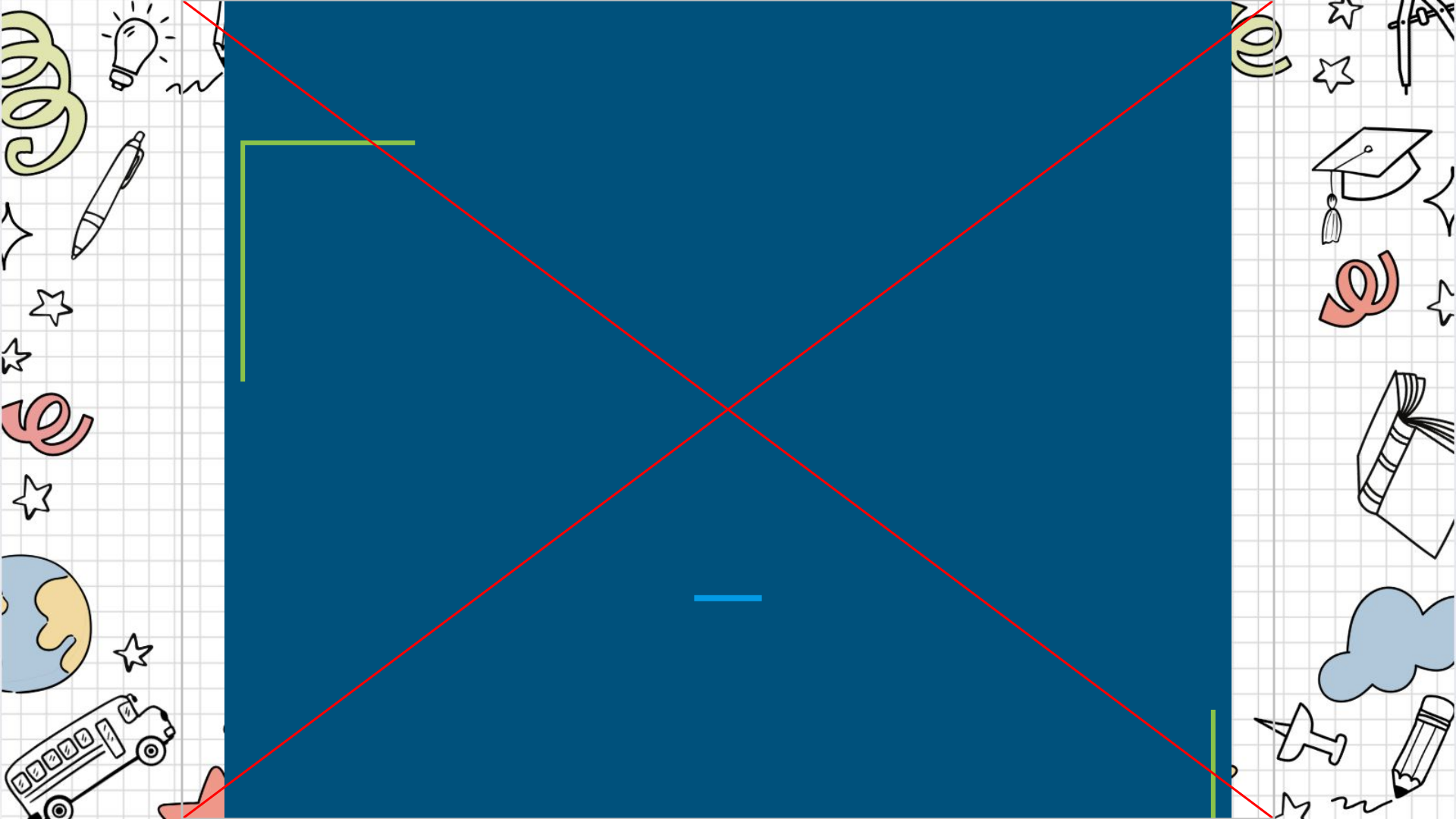
# High School Math Progression

## Arlington Public Schools High School Mathematics Progression, SY 2025 - 2026



### Considerations:









- For specific IB and Dual Enrollment courses not mentioned on this diagram, please see the index of courses offered at individual high schools.
- Students needing additional support may be concurrently enrolled in Algebra I, Geometry, or Algebra II along with an associated Strategies course.
- To earn an Advanced diploma, students must achieve a passing grade in Algebra II.



**Advanced Academics Information from  
Ms. Katie Willet, [katie.willet@apsva.us](mailto:katie.willet@apsva.us)**



# What are intensified courses, and what are they not?

Intensified Courses Are		Intensified Classes are Not	
	Intensified English, science, and social studies courses will <b>offer a chance to go deeper into content/standards.</b>		Intensified English, science, and social studies courses are <b>NOT accelerated courses</b> that go beyond grade level content.
	Intensified English, science, and social studies courses will <b>not require prerequisite</b> classes.		There will be <b>the flexibility to opt into</b> the intensified English, science, <b>and/or</b> social studies courses each school year in middle school without prerequisite requirements.
	Teachers will use resources designed for rigor and CCT strategies regularly to <b>add depth and complexity within the existing curriculum.</b>		Intensified courses will use the <b>same existing curriculum map</b> and have <b>built in extensions</b> to support going deeper into the standards
	Intensified Courses will be <b><u>open to all learners.</u></b>		Intensified courses are <b><u>NOT exclusionary</u></b> and will be offered in settings that support all types of advanced learners.

# Intensified Courses

## Intensified Classes:

- Require **intensive reading** and analytical skill **across all subject areas**.
- Students need to be able to **read complex texts and extract data independently**.
- Students will need to **think critically and analytically** while **applying concepts** to novel problems.
- Students should have the ability to **write and communicate complex thoughts** with clear communication.
- Students should be **building independent background** on a particular topic due to the **personal interest in that subject area**.
- Intensified classes **are not high school credit classes**.

# WOLF TIME

- 30 min block for intervention in reading, writing, and math
- Students choose enrichment activities
- Flex teachers available for support/makeup work

# 7th Grade Bell Schedule

## A/B Block Schedule

7th Grade		
	Start	End
TA	7:50 AM	8:08 AM
1A/2B	8:11:00 AM	9:37:00 AM
3A/4B	9:40:00 AM	11:06:00 AM
5	11:09:00 AM	11:52:00 AM
Wolf Time	11:54:00 AM	12:29:00 PM
Lunch	12:30:00 PM	1:05:00 PM
7A/8B	1:09:00 PM	2:35:00 PM

## Anchor Day Schedule

7th Grade Bell Schedule		
TA	7:50 AM	8:08 AM
Period 1	8:11 AM	8:58 AM
Period 2	9:01 AM	9:48 AM
Period 3	9:51 AM	10:38 AM
Period 4	10:41 AM	11:28 AM
Period 5	11:31 AM	12:18 PM
LUNCH	12:21 PM	12:56 PM
Period 6	12:58 PM	1:45 PM
Period 7	1:48 PM	2:35 PM

# CHOOSING CLASSES - ELECTIVES

Students will have 2 elective periods

Elective Options:

- 2 Year long classes

*or*

- 1 Year long class and  
2 semester classes

*or*

- 4 Semester classes



Videos of Elective Teachers talking about each course will be available to students on their grade level School Counseling Canvas Course



# CHOOSING CLASSES - ELECTIVES con't

## Scenario 1

Elective PD 1	Semester Choice 1	Semester Choice 2
Elective PD 2	Semester Choice 3	Semester Choice 4

## Scenario 2

Elective PD 1	Yearlong Choice	
Elective PD 2	Semester Choice 1	Semester Choice 2

## Scenario 3

Elective PD 1	Yearlong Choice 1
Elective PD 2	Yearlong Choice 2

# Full Year Elective Classes

Seventh grade courses that are offered for a YEAR include:

- World Languages \*\*HS Credit
- Chorus
- Orchestra
- Band
- MS Yearbook \*\**Application required*
- Computer Programming MS (Coding) \*\* HS Credit

*NOTE: Students will need to select an alternate elective in the event a class is over/under-enrolled*

# World Language Electives

## Languages Offered in MS:

Arabic

Chinese

French

Latin

Spanish

Spanish for Fluent Speakers (SFS)

**NOTE:** Courses may not be offered  
due to low enrollment

## Advanced Studies Diploma

Minimum World Language requirements for students to be eligible to earn an *Advanced Studies Diploma* upon graduation:

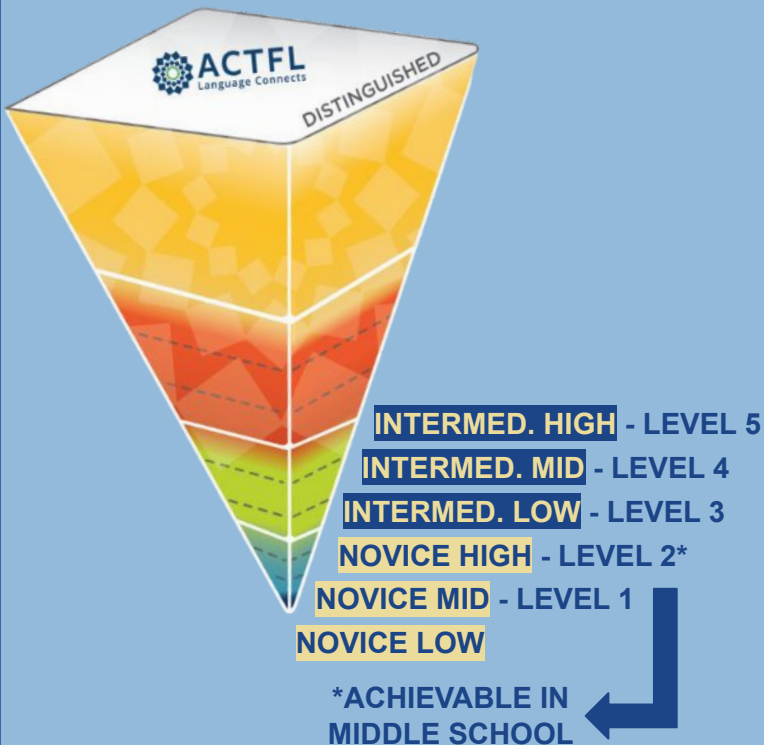
- Three years of one language
  - *Arabic 1, 2, & 3*
- OR**
- Two years of two languages
  - *Spanish 1 & 2 and French 1 & 2*



\* All full-year language courses are high school credit-bearing courses.

## SAMPLE WORLD LANGUAGE PROGRESSION

	7th Grade	8th Grade	9th Grade	10th Grade	11th Grade	12th Grade
Start in 7th	Level 1	Level 2	Level 3	Level 4	Level 5/DE/IB 1	AP/IB 2
Start in 8th	-	Level 1	Level 2	Level 3	Level 4	Level 5/DE
Start in 9th	-	-	Level 1	Level 2	Level 3	Level 4



## WORLD LANGUAGE EXPECTATIONS & SUPPORTS

- Students should take a language in middle school with the **intent of reaching the highest level/most rigorous coursework** offered in high school *(Dual Enrollment, Advanced Placement, International Baccalaureate)*
- Students have an opportunity to test for and earn eligibility for the **Seal of Biliteracy** embedded in their upper-level coursework
- Aside from Virginia Advanced Studies Diploma requirements, many universities are looking to see **four years of language learning in high school** *(Building on work done in middle school; committing to the 2nd language if switching after two years)*

## BENEFITS OF LEARNING ANOTHER LANGUAGE

- Enhanced problem-solving & self-confidence
- Improved verbal and spatial abilities
- Improved memory function
- Increased standardized test scores
- Increased flexible and creative thinking
- Expanded vocabulary in native language
- Expanded perspective of associated culture

# Semester Elective Classes

Seventh grade exploratory courses that are offered for a SEMESTER include:

- Visual Arts I
- Theatre Arts
- Digital Input Technologies
- Inventions and Innovations
- Teen Living
- New Media Journalism



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# Course Selection Process

# What is Course Planner?

✓ A student-driven multi-year planning tool

A way to select courses aligned with graduation goals

✓ A system that supports counselor workflows and parent/guardian involvement

The screenshot displays the 'Course Planner' interface for a student named Denise Mendez at SchoolLinks High School. The main section shows the '2024 - 2025 Plan' which is marked as 'NOT SUBMITTED'. The plan is organized by grade level: 9th grade (4/5), 10th grade (4/5), 11th grade (4/5), and 12th grade. The courses are categorized into 'English' and 'Electives'. The 'English' section includes English I (ENG101), English II (ENG102), and English III (ENG103). The 'Electives' section includes US History (HIST400), AP US Government (HIST403), French I (FRE100), Algebra I (MATH200), Algebra II (MATH202), AP Biology (SCI300H), AP Chemistry (SCI301H), Psychology (HIST406), and AP Calculus AB (MATH205). The interface also shows a sidebar with navigation options: Home, Student, Explore, Plan, Engage, Career, and College. The top bar includes an 'Exit Student Demo' button, the user's name 'Denise Mendez', and various icons for notifications, settings, and help. The bottom bar shows the submission status 'Credits: 20/20 planned' and 'Requirements: 2/2 met', along with a 'Submit plan' button and a 'Due 08/21/25' date.

# SchoolLinks for Parents 101



1. Look at your student's course plan with them. Remind them that this is just a plan...Plans can change and that's ok!
2. Make sure your child has submitted their Course Plan by **2/27/26**.
3. After your child's counselor approves the plan, ***you will receive an email from SchoolLinks to approve the plan, too***.

*NOTE: All guardians have been enrolled in SchoolLinks with the email provided to the District. If you have a gmail account, you can select "Sign In with Google" to login to SchoolLinks, if not, you will just need to select "forgot password" and create a new password.*

More information about SchoolLinks can be found here: [SchoolLinks - Arlington Public Schools](#)

# Course Options

CRF Due: \_\_\_\_\_ Williamsburg Middle School

Name: \_\_\_\_\_ **ARLINGTON PUBLIC SCHOOL**  
2026-2027

School ID: \_\_\_\_\_

**Grade 7 Course Request Form (CRF)**

This Course Request Form (CRF) allows a student and their family to make course selections for the following year. *All Grade 7 students are required to take the following courses: English, Math, Science, Social Studies and Health and Physical Education (HPE).* Additional courses may also be required based upon the specific program in which the student is enrolled. Description of all courses can be found in the APS Middle School Program of Studies.

<b>Directions for Selecting Courses:</b> The left column indicates courses you will be enrolled in. In the right column, please select the level of the listed courses. There is no prerequisite for intensified courses.	
<b>7th Grade Core Courses:</b> <ul style="list-style-type: none"> <li>Grade 7 TA</li> <li>Math: Math 7, Pre-Algebra or Algebra 1 Intensified             <ul style="list-style-type: none"> <li>(Students will receive their recommended math course from the APS Math Department in the summer. This placement is based on several end of year data points)</li> </ul> </li> <li>Grade 7 Health and Physical Education</li> </ul>	<b>7th Grade Core Course Selections:</b> <ul style="list-style-type: none"> <li>English Course:             <ul style="list-style-type: none"> <li>English 7 (11110/10029)</li> <li>English 7, Intensified (11117)</li> </ul> </li> <li>Science Course:             <ul style="list-style-type: none"> <li>Life Science 7 (14115/10019)</li> <li>Life Science 7, Intensified (14117)</li> </ul> </li> <li>Social Studies Course:             <ul style="list-style-type: none"> <li>Civics and Economics (12355/10037)</li> <li>Civics and Economics, Intensified (12357)</li> </ul> </li> </ul>
<b>Support Courses:</b> Math Strategies and Structured Literacy courses are by recommendation only. These courses will replace an elective option.  Notification of recommendation for support courses occurs at the end of the school year. <b>Parents must notify the school in order to opt out of these courses.</b>	<b>ACT II Classes:</b> Students will receive reminders via announcements in the morning and during lunch regarding which classes will be offered, sign up and deadlines.

Please sign below to acknowledge that you have discussed and reviewed your students' course choices.

Print Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

CRF Due: \_\_\_\_\_ Williamsburg Middle School

**Grade 7 Elective Course Selection**

**Directions:** From the course selection below, students will select courses by making a checkmark next to courses for two open periods of the day. *These two periods can be comprised of the following possible combinations:*

- Four semester classes where two semesters are taken for each period of the day (total of four choices should be checked off)
- Two semester classes and one year-long course (total of three choices should be checked off)
- Two year-long classes (total of two choices should be checked off)

<b>Semester Choices:</b> <ul style="list-style-type: none"> <li>Theater Arts (11392)</li> <li>Teen Living - FACS (18207)</li> <li>Inventions and Innovations (18433)</li> <li>Visual Arts I (19041)</li> <li>Digital Input Technologies (16617)</li> <li>Media Journalism (11204)</li> </ul>	<b>Year-Long Choices:</b> <p><u>Music:</u></p> <ul style="list-style-type: none"> <li>Band (19201/19228) **students will be placed by instrument and ability</li> <li>Instrument: _____</li> <li>Intermediate Chorus (19274)</li> <li>Intermediate Orchestra (19242)</li> <li>MS Yearbook (11209) **Application required</li> </ul> <p><u>High School Credit:</u></p> <ul style="list-style-type: none"> <li>Spanish I (15510)</li> <li>Spanish for Fluent Speakers I (15517)</li> <li>**must be fluent in Spanish</li> <li>French I (15110)</li> <li>Latin I (15310)</li> <li>Chinese I (15615)</li> <li>Arabic I (15800)</li> <li>MS Computer Programming (16640)</li> </ul>
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**Course Alternates**

**Directions:** For each ELECTIVE course you selected, please list an alternate if you are not able to be scheduled in that course. \*\*Do not list alternates that you have already selected as your first picks.  
*Note: Alternates do not have to be a "like for like" course (ex: you do not need to choose another language for an alternate to a language).*  
**Example:**  
**Course Selection: Spanish I      Alternate: Visual Arts/Teen Living (2 semester courses OR 1 year long course)**

1. Course Selected:	Alternate:
2. Course Selected:	Alternate:
3. Course Selected:	Alternate:
4. Course Selected:	Alternate:

Students can access a Course Options Worksheet on Canvas

# Advanced Academics and Talent Development



## Advanced Academics:

- **Differentiation** occurs within the regular and intensified classroom setting
- Classroom teachers receive training in gifted strategies. The Advanced Academics Coach (Ms. Willet) **collaborates** with teachers to incorporate higher level thinking strategies throughout their curriculum
- Students identified as gifted are **clustered** within intensified courses



# Advanced Academics and Talent Development



## Talent Development Opportunities:

- **After School Activities** : Sports, ACT II Classes, and Clubs (i.e: Chess, Robotics, Inked, Model UN, Math Counts, TAB, Jazz Band, etc).
- **Wolftime** enrichment choices
- **Competitions:** Science Fair, AMC 8, Spelling Bee, & Geo Bee

Websites for more detailed information on the identification process, delivery of services, and how differentiation looks within APS at the secondary level:

- ▶ <https://williamsburg.apsva.us/advanced-academics-williamsburg/>
- ▶ <https://www.apsva.us/gifted-services/>



# WMS Special Education

The WMS continuum of services:

- Includes the Integrated Co-taught Classroom
- The Special Education Classroom
- The countywide programs of Interlude and Multi-Intervention Program for Autism (MIPA)
- Is decided by an IEP team

Please contact our Student Support Coordinator, Madison Wilson, at [madison.wilson@apsva.us](mailto:madison.wilson@apsva.us) for any further questions.

# FINAL THOUGHTS



The WMS Middle School Program Of Studies (POS)  
can be found on the WMS and APS website

MIDDLE SCHOOL PROGRAM OF STUDIES CATALOG 2026-2027

Course selection should be submitted via SchoolLinks

**NO LATER** than **Feb 27th , 2026**

Help your middle schooler's superpowers grow! Join us:



WILLIAMSBURG PARENT COFFEE  
HOSTED BY THE STUDENT SERVICES TEAM

GROWING STRONG:  
SUPPORTING MIDDLE  
SCHOOLERS THROUGH  
CHANGE

LEARN STRATEGIES TO HELP YOUR CHILD

- BUILD CONFIDENCE
- NAVIGATE SOCIAL DRAMA
- OVERCOME CHALLENGES
- DEVELOP THEIR GOALS


Rescheduled:  
to Feb 9th!

MONDAY, ~~JAN 26~~, 2026

9:00 AM - 10:00 AM

WMS Library

RSVP HERE:



QUESTIONS? EMAIL: [SUSAN.RUSSO@APSV.A.US](mailto:SUSAN.RUSSO@APSV.A.US)



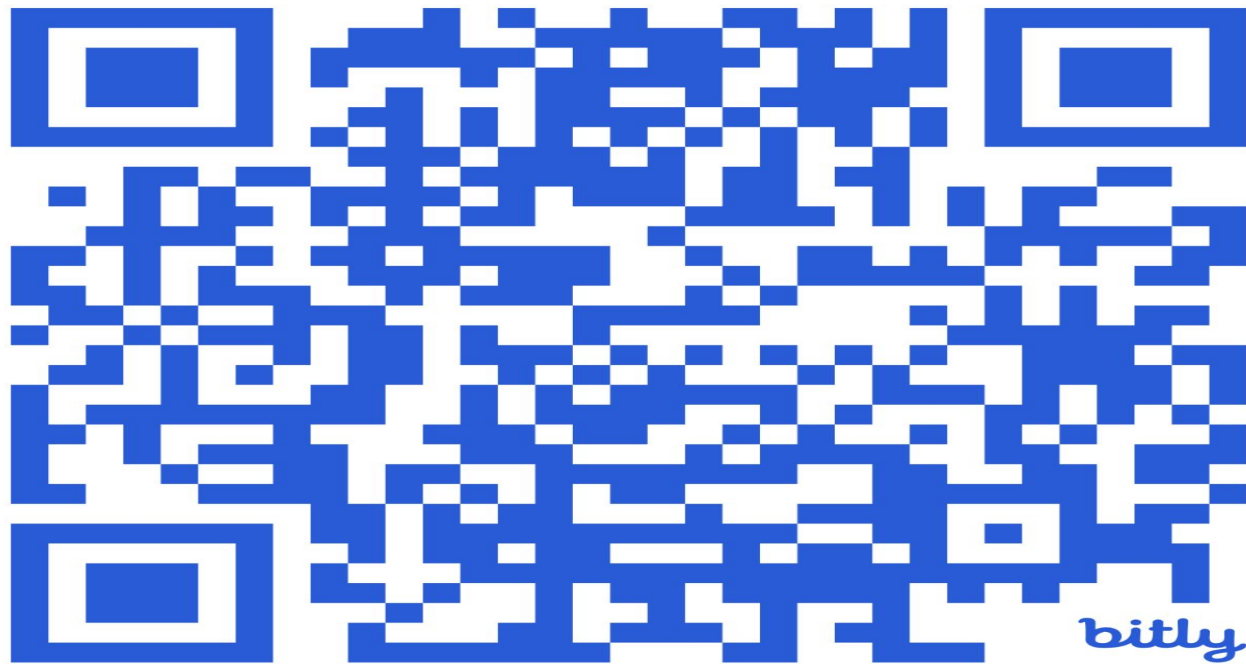
# QUESTIONS?

Thank You For Coming!

*Please contact Ms. Bleakley with any  
questions:*

*[ashley.bleakley@apsva.us](mailto:ashley.bleakley@apsva.us)*

# Exit Ticket



SCAN ME