

# ARTICULATION AGREEMENT    BENEFITS PAGE

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Mission College and CCOC staff, representing their respective educational programs, have met, analyzed, and compared the content and exit competencies of their course of instruction. They have agreed that the CCOC class **BEHAVIORS IN HEALTH** articulates with Mission College's **H.ED 002 HEALTH AND LIFESTYLE**.

The attached Articulation Agreement shall be placed into effect on this date. **This agreement will remain in effect for one school year, ending in June 2008**. Appropriate instructional and administrative **staff must meet face-to-face** at the annual Tech-Prep Articulation Day to **review and update this agreement**.

**The Ultimate Goal Of This Articulation Agreement Is To Help The Student To Succeed In Their Chosen Program Of Study/Career Pathway:**

## ***Benefits to the Students:***

- Provides incentives for students to continue their education.
- Allows students to receive college credit and/or advanced placement through effort and achievement at the secondary schools, reducing duplication of effort and time, thus lowering costs.
- Provides students with assessment, placement, orientation and counseling services to ease the transition from secondary school to the college.
- Enhances job opportunities by helping students quickly acquire specific marketable job skills.

## ***Benefits to Secondary Schools/Mission College:***

- Supports matriculation by preparing students for an identified Program of Study/Career Pathways.
- Goal oriented, better prepared students increases retention.
- Provides the opportunity for the college to focus on higher-end courses within the Program of Study/Career Pathways.

## ***Benefit to the Community and Industry:***

- Tech Prep program allows industry and community opportunities for direct input into the curriculum.
- Tech Prep consortia improves communication with other educational entities and prospective employers.
- Provides employees with relevant competencies for career applications.

## ***Benefits to Faculty:***

- Secondary school instructors gain first-hand information about community college programs and services.
- Community college faculty gain information about secondary school programs and capabilities.
- Helps faculty understand how their courses fit into the overall Program of Study/Career Pathway.
- Connects faculty to their role as economic and workforce development leaders and stewards within their community, assisting them to counsel students in Programs of Study/Career Pathways.



## ARTICULATION AGREEMENT COURSE OVERVIEW PAGE

### MISSION COLLEGE Career Agreement Pathways (CAP) Articulation Form School Year: 2007-09

College	<b>Mission College</b>	High School District/ ROP	<b>CCOC</b>
Course Name/#	<b>H.ED 002 HEALTH AND LIFESTYLE</b>	Course Name/#	<b>BEHAVIORS IN HEALTH</b>
Program	<b>HEALTH EDUCATION</b>	Program	<b>HEALTH CAREER CLUSTER Health Occupations Medical Assisting</b>
Units	3.0; 54.4 hours	Hours	140
Textbooks/ Software/Etc.		Textbooks/ Software/Etc.	<u>Medical Assisting</u> <u>Administrative and Clinical Competencies</u> ; 5 <sup>th</sup> Edition; Keir, Wise, and Krebs 2003

Mission College Course Description:	HS/ROP District Course Description
<p>This course is designed to provide the student with learning experiences that will lead to a better understanding of the concept of a healthy lifestyle. The emphasis is on changing unhealthy behaviors to healthy ones. Major topics covered in the class are: understanding behavior and change, relationships, cardiovascular health, fitness, nutrition and weight control, stress management, drug and alcohol abuse, reproductive issues, self-care and the use of the health care system.</p>	<p>This course is designed to help the student to gain understanding on the significance of DIET, EXERCISE, WEIGHT CONTROL, SLEEP, AND how the ways of PERSONAL BEHAVIORS INFLUENCE HEALTH.</p>

# ARTICULATION AGREEMENT COURSE COMPARISON PAGE

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

Course: \_\_\_\_\_

Mission College Course Content	High School District Course Content
<p>A. Overview of health of health, concept of wellness</p> <p>B. Mental Health and depression</p> <p>C. Personality</p> <p>D. Sexuality and relationships</p> <p>E. Conception and reproduction-----</p> <p>--</p> <p>F. Cardiovascular diseases-----</p> <p>-</p> <p>G. Physical Fitness</p> <p>H. Nutrition</p> <p>I. Communicable and infectious diseases---</p> <p>J. Drug and alcohol abuse</p> <p>K. Tobacco and cancer</p> <p>L. Healthcare system</p> <p>M. Safety and accidents-----</p> <p>N. Environment health</p> <p>O. Long-term behavior</p>	<p>1. Nutrition, Exercise, Weight Control</p> <p>A &amp; P Reproductive System</p> <p>A &amp; P Cardiovascular unit</p> <p>Discussed in our Infection control unit</p> <p>Discussed in our Guidelines for the Personal safety and Well-being of staff and Patients unit</p>
<p>P. The Recent Food guide pyramid.</p> <p>Q. How to check food product content labels</p>	<p>2. Health concerns in Adolescents</p> <p>a) Anorexia Nervosa</p> <p>b) Bulimia nervosa</p> <p>c) Fad Diets</p> <p>d) Obesity</p> <p>e) The importance of sleep</p>
<p>R.</p>	<p>3. Habit-forming Substances</p> <p>a) Discuss the signs and stages of alcohol/drug abuse</p> <p>b) Discuss organizations and facilities for rehabilitation</p> <p>c) Know the differences between the alcohol-dependent drinker and the alcoholic and research regarding alcoholism</p>
<p>S. Sexuality and relationships</p>	<p>4. Abusive behaviors</p> <p>a) Substance abuse and violence</p> <p>b) Drugs</p> <p>c) The Date Rape Drugs</p> <p>d) Smoking and the cancers of many types common to smokers</p>
<p>T.</p>	<p>5. Stress and Time Management</p> <p>a) Discuss good and bad stress</p> <p>b) Describe stress-related illnesses</p> <p>c) Discuss the basic human physical and</p> <p>d) Developmental needs</p>
<p>U.</p>	<p>6. Discuss the importance of time</p>

<p><b>V. Writing Assignments:</b></p> <ol style="list-style-type: none"> <li>1. Long-term contract - behavior modification of health lifestyle habits a more positive one</li> <li>2. Weekly assignments on tasks covering topics in chapter.</li> <li>3. Responses to self-inventories and action plans in each chapter.</li> </ol> <p>NOTE: Weekly assignments require analysis of a particular health habit and will be a short essay</p> <p><b>W. Outside Assignments</b></p> <ol style="list-style-type: none"> <li>1. Visit a nursing home</li> <li>2. Attend an Alcoholic Anonymous or similar self-help group meeting</li> <li>3. Attend a consumer oriented group meeting</li> </ol> <p>NOTE: In each instance, students will be required to write a short essay/analysis of his/her visit.</p> <p><b>X. Critical Thinking Assignments</b></p> <ol style="list-style-type: none"> <li>1. Work on a semester-long behavior modification project which will include the following:       <ol style="list-style-type: none"> <li>a. identification of the health behavior desiring to modify.</li> <li>b. listing of objective to accomplish that goal.</li> <li>c. identification of "stumbling blocks" or factors that may impede progress towards that goal.</li> <li>d. listing of ways to avoid or work around "stumbling blocks" if and when they occur.</li> <li>e. log of behavior and progress towards goal with periodic evaluations involving analysis and explanations involving why or why not he/she has been successful or unsuccessful.</li> <li>f. final analysis on whether goal was achieved and, if not, what occurred to prevent the goal from being achieved.</li> </ol> </li> </ol> <p>These reports and logs will be essay.</p>	<p>management and how it can help reduce stress</p> <p>7.</p>
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# ARTICULATION AGREEMENT COURSE COMPARISON PAGE

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

Course: \_\_\_\_\_

Mission College Course Student Learning Outcomes	H.S. District/ROP Course Student Learning Outcomes
A. Describe the concepts of healthy lifestyle, wellness and holistic health	1. Understands the role of nutrition, rest, vitamins, minerals, herbs and flexibility exercise in maintaining optimum health
B. Recognize basic facts about health and disease protection	2. Discusses smoking, how one can stop, 2 <sup>nd</sup> hand smoke & disease related to smoking. Explain the action that tar, nicotine & Co2 have on the body.
C. Identify factors which promote health and well-being	3. The DO'S and DON'TS---Guidelines to good health
D. Analyze and assess his/her own health and lifestyle patterns	4. Discuss health concern in adolescents in groups where they have to pick one topic to present to the class
E. Learn the process of behavior modification and how to apply it to his/her healthy lifestyle	5. ( see course Content)
F. Write a contract for changing lifestyle patterns that interfere with health and well-being	6. A discussion of various supplemental and alternative methods of a health care is included to give basic understanding of the vast amount of options that are available to patients who are searching non-traditional methods.
G. Develop a philosophy of health and learn how to live more within that philosophy.	7.
H.	8.
I.	9.
J.	10.
K.	11.
L.	12.
M.	13.
N.	14.
O.	15.
P.	16.
Q.	17.
R.	18.
S.	19.
T.	20.

# ARTICULATION AGREEMENT MEASUREMENT PAGE

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

Course: \_\_\_\_\_

Measurement Method (industry certification or licensure)	Measurement Method (industry certification or licensure)
A. 1. Written exams and quizzes 2. Successful completion of long-term contract 3. Successful completion of weekly assignments/tasks 4. Attendance	1. Test with each unit of book (company test)
B.	2.
C.	3.
D.	4.
E.	5.

**Credit for the course listed will be granted if the following criteria are met:**

- Stipulated grade of **B or better**
- Credit-by-Examination administered by ( ) Secondary School ( ) Mission College
- Demonstration/Portfolio
- Certification of specific competencies
- Other \_\_\_\_\_

# ARTICULATION AGREEMENT SIGNATURE PAGE

## College Instructor

Signature: Marsha Oliver  
 Type Name: Marsha Oliver  
 Date: 11/11/08  
 Phone: 408/855/5427  
 Email: marsha\_oliver@wvm.edu

## College Department Faculty Chair

Signature: Marsha Oliver  
 Type Name: Marsha Oliver  
 Date: 11/11/08  
 Phone: 408/855/5427  
 Email: marsha\_oliver@wvm.edu

## College Instructional Dean/Designee

Signature: Christina Oborn  
 Type Name: Christina Oborn  
 Date: 11/06/08  
 Phone: 408 855 5203  
 Email: christina-oborn@wvm.edu

## High School Teacher

Signature: Nancy Boriny, Ed  
 Type Name: Nancy Boriny  
 Date: 11/1/08  
 Phone: 408/723/6498  
 Email: nboring@metroed.net

## High School Principal/Designee

Signature: John Fox  
 Type Name: JOHN FOX  
 Date: 11/4/08  
 Phone: 408/723/6413  
 Email: JOHNFOX@METROED.NET

## High School Assistant Superintendent of Instruction/Designee

Signature: Pamela Watson  
 Type Name: Pamela Watson  
 Date: 11/14/08  
 Phone: 408/723/6722  
 Email: pwatson@metroed.net

*Collette Betters*  
*Victoria Straubinger*  
*Victoria Straubinger*

**Please Attach Official Mission College/HS-ROP Course Outlines/Syllabi And Any Other Pertinent Documentation**

This **Articulation Agreement** is in effect between **MISSION COLLEGE** and **CCOC**. It affirms the commitment that each has with respect to program articulation.

Mission College and CCOC staff, representing their respective educational programs, have met, analyzed, and compared the content and exit competencies of their course of instruction. They have agreed that the CCOC class **GRAPHIC DESIGN** articulates with Mission College's **035 • INTRODUCTION TO COMPUTER GRAPHIC DESIGN**.

The attached Articulation Agreement shall be placed into effect on this date. **This agreement will remain in effect for one school year, ending in June 2009.** Appropriate instructional and administrative **staff must meet face-to-face** at the annual Tech-Prep Articulation Day to **review and update this agreement.**

**The Ultimate Goal Of This Articulation Agreement Is To Help The Student To Succeed In Their Chosen Program Of Study/Career Pathway:**

### ***Benefits to the Students:***

- Provides incentives for students to continue their education.
- Allows students to receive college credit and/or advanced placement through effort and achievement at the secondary schools, reducing duplication of effort and time, thus lowering costs.
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### ***Benefits to Secondary Schools/Mission College:***

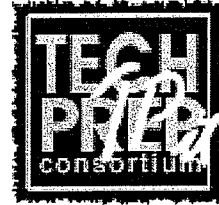
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- Tech Prep program allows industry and community opportunities for direct input into the curriculum.
- Tech Prep consortia improves communication with other educational entities and prospective employers.
- Provides employees with relevant competencies for career applications.

### ***Benefits to Faculty:***

- Secondary school instructors gain first-hand information about community college programs and services.
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## ARTICULATION AGREEMENT    COURSE OVERVIEW PAGE

### MISSION COLLEGE Career Agreement Pathways (CAP) Articulation Form School Year: 2007-09

College	Mission College	High School District/ ROP	CCOC
Course Name/#	<b>GDES 035 - INTRO TO COMPUTER GRAPHIC DESIGN</b>	Course Name/#	<b>GRAPHIC DESIGN</b>
Program	<b>Graphic Design &amp; Multimedia</b>	Program	Communications Arts
Units	3 Units: Total lecture 36.8 hours; Total lab 54.4 hours.	Hours	170 hours
Textbooks/ Software/Etc.		Textbooks/ Software/Etc.	<ul style="list-style-type: none"> <li>• Non-Designer's Design Book: Illustrator, Photoshop &amp; InDesign</li> <li>• Adobe Creative Suite</li> </ul>

Mission College Course Description:	HS/ROP District Course Description
<p>This course introduces the student to the history, the roles and application of computer graphics in visual communication. Practical design projects will examine the interaction of form and message, with emphasis on fundamentals of several applicable painting and illustration software packages.</p>	<p>The student will study color theory, typography, illustration, layout, and design for desktop publishing and computer graphics.</p> <p>Students will do advanced work for packaging and print production, and more advanced methods of creating graphics and making samples for a portfolio are employed. These include computer graphics or desktop publication.</p>





# ARTICULATION AGREEMENT

# MEASUREMENT PAGE

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

Course: \_\_\_\_\_

Measurement Method (industry certification or licensure)	Measurement Method (industry certification or licensure)
A.	1. 1 <sup>st</sup> semester Vocabulary Exam
B.	2. 2 <sup>nd</sup> semester Practical: <ul style="list-style-type: none"> <li>• Portfolio presentation</li> <li>• Job interview and application process</li> </ul>
C.	3.
D.	4.
E.	5.

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ARTICULATION AGREEMENT

SIGNATURE PAGE

College Instructor

Signature: [Signature]  
Type Name: ANNA SZABADOS  
Date: 10/1/08  
Phone: 408,247,5960  
Email: anna.szabados@wvm.edu

College Department Faculty Chair

Signature: [Signature]  
Type Name: ANNA SZABADOS  
Date: 10/1/08  
Phone: 408,247,5960  
Email: anna-szabados@wvm.edu

College Instructional Dean/Designee

Signature: [Signature]  
Type Name: CHRISTINA OBORN  
Date: 11/01/2008  
Phone: 408,855,5203  
Email: CHRISTINA-OBORN@WVM.EDU

High School Teacher

Signature: [Signature]  
Type Name: Ken Schirle  
Date: 10/29/2008  
Phone: 408/723/6487  
Email: kschirle@metroed.net

High School Principal/Designee

Signature: [Signature]  
Type Name: John Fox  
Date: 10/29/2008  
Phone: 408/723/6413  
Email: JOHNFOX@METROED.NET

High School Assistant Superintendent of Instruction/Designee

Signature: [Signature]  
Type Name: Paul Hay  
Date: 10/29/08  
Phone: 408/723/6464  
Email: paulhay@metroed.net

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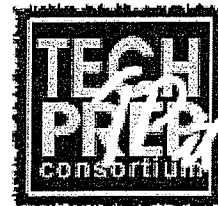
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College	Mission College	High School District/ ROP	CCOC
Course Name/#	<b>073 FUNDAMENTALS OF BAKING AND CONFECTIONERY</b>	Course Name/#	<b>BAKING</b>
Program	<b>Hospitality Management</b>	Program	<b>Applied Arts</b>
Units	2.0 credits: Lecture = 1 hour; Lab = 2 hours	Hours	525 hours: 3 hours daily for 2 semesters
Textbooks/ Software/Etc.	<u>Professional Baking by Wayne Gisslen 2nd ed.</u>	Textbooks/ Software/Etc.	About Professional Baking by Gail Sokol

Mission College Course Description:	HS/ROP District Course Description
This course will introduce baking and confectionery work.	<p>Learn all aspects of commercial baking, preparing cookies, donuts, muffins, pies, pastries, breads, and decorated cakes.</p> <p>Prepare students for entry-level positions in commercial bakeries, hotels and restaurants.</p>

**ARTICULATION AGREEMENT**

**COURSE COMPARISON PAGE**

Mission College Course Content	High School District Course Content
A. Observe baking and decorating demonstrations and	1. Students will operate all aspects of a commercial bakery, gaining hands-on experience preparing large quantity:
1) Preparation of cakes	a) Cakes and cake decorating
2) Preparation of pies	b) Pies
3) Preparation of pastries	c) Pastries
4) Preparation of desserts	d) Donuts
B.	e) Cookies
C.	f) Muffins
D.	g) Breads
E.	
F.	2.
G.	3.
H.	4.
I.	5.
J.	6.
K.	7.
L.	8.
M.	9.
N.	10.
O.	11.
P.	12.
Mission College Course Student Learning Outcomes: Lab	H.S. District/ROP Course Student Learning Outcomes
A. Use basic tools for baking i.e. mixers, food processors, blenders, rolling, forming and cutting tools.	1. Basic commercial baking techniques
B. Follow safe and sanitary procedures for baking and storing pastry items.	2. How to apply industry safety and sanitation standards
C. Prepare one end product from each of the above doughs 1. Prepare fillings, icings and sauces 2. Perform simple decoration of baked goods 3. Prepare basic cookies	3. Procedures for multiple levels of cake decorating (borders, flowers, assembly, etc.)
D.	4. Prepare products for retail sales and catering
E.	5. Understanding cost of analysis
F. Prepare the following basic doughs: 1. Yeast Bread 2. Yeast Pastry 3. Quick Bread and Muffin 4. Pie and Short 5. Cake and Sponge 6. Cream Puff/ Eclair	6. a. Yeast Breads & Dough b. Yeast Pastries c. Quick Bread including muffins d. Pies e. Cakes f. Cream Puffs/Éclairs
G. Prepare basic candies	7. Basic candies fudges
Mission College Student Learning Outcomes: Lecture	
H. Understanding Weights and Measurements	8. Food weights volume measurements &

	conversions
I. Understanding of Yeast Fermentation	9. Yeast Fermentation/ Wild Yeast Starters
J. Understanding of Bread Production and Types of Flours	10. Understanding of Bread Production and types of flowers
K. Understanding of Yeast Risen Pastries, Danish and Croissants	11. Understanding laminate dough production & uses
L. Understanding of Leavening Agents, Quick Breads and Muffins	12. Understanding of leavening agents. Quick Breads & Muffins & Cakes
M. Understanding of Puff Pastry and Filo Dough	13. Understanding of puff pastry
N. Understanding of Cake Batters	14. Understanding of cake batters
O. Understanding of Cake Decoration including Fillings and Frostings	15. Understanding of cake decorations including fillings, frostings & icings
P.	16. Understanding healthy baking & nutrition basics
Q.	17.
R.	18.
S.	19.
T.	20.

# ARTICULATION AGREEMENT

# MEASUREMENT PAGE

Measurement Method (industry certification or licensure)	Measurement Method (industry certification or licensure)
<p><b>A. <u>Student Evaluation:</u></b></p> <p>Midterm, Final, Project Presentation, and Homework 50% of grade.                      Lab Performance, Attendance, and Participation 50% of grade.</p>	<p>1. Section quizzes,                      Class presentations 50%                      Projects, Employability Skills</p> <p>Lab Performance, presentation and production 50%</p>
<p><b>B. <u>Project Presentations:</u></b> Each student will choose one of the following options for a final presentation.</p> <p>1. Demonstrate a recipe to the class. Provide the instructor and students with copies of the recipe. Give a brief history of the recipe. Have enough product for the class to sample.</p> <p>2. Prepare a recipe at home and bring in samples of the product to the class. Provide the instructor and students with copies of the recipe. Give a lecture on how to prepare the recipe, the history of the recipe and its nutritional value.</p> <p>3. Research a Pastry Chef, Baking Product, or Baking Company and give a 20 minute lecture on that topic. Provide the instructor with an outline of the talk and provide the class with handouts and recipes where possible.</p>	<p>2. Each student will</p> <p>Demonstrate a recipe to the class. Give a brief history of the recipe. Prepare recipe in lab. Class evaluation.</p>
C.	3.
D.	4.
E.	5.

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- Stipulated grade of **B** or better
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- Demonstration/Portfolio
- Certification of specific competencies
- Other \_\_\_\_\_

**ARTICULATION AGREEMENT**

**SIGNATURE PAGE**

**College Instructor**

Signature: Daniel Arias

Type Name: Daniel Arias

Date: 4/28/07

Phone: 408/420/7747

Email: JCRippy@SBCGlobal.net

**College Department Faculty Chair**

Signature: \_\_\_\_\_

Type Name: \_\_\_\_\_

Date:   /  /  

Phone:   /  /  

Email: \_\_\_\_\_

**College Instructional Dean/Designee**

Signature: John Williams

Type Name: John Williams

Date: 5/17/07

Phone: 408/855/5782

Email: \_\_\_\_\_

**High School Teacher**

Signature: Jan M. Joseph

Type Name: Jan M. Joseph

Date: 04/28/07

Phone: 408/723/4223

Email: jjoseph@metroed.net

**High School Principal/Designee**

Signature: Eileen N. Becker

Type Name: Eileen N. Becker

Date: 6/14/07

Phone: 408/723/6489

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**High School Assistant Superintendent of Instruction/Designee**

Signature: \_\_\_\_\_

Type Name: \_\_\_\_\_

Date:   /  /  

Phone:   /  /  

Email: \_\_\_\_\_

**Please Attach Official Mission College/HS-ROP Course Outlines/Syllabi  
And Any Other Pertinent Documentation**

