Valkeakoski Tietotie Upper Secondary School
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**Ordinance**

This ordinance is meant to advance the internal structure of the school, the unprohibited advancement of studies, and the safety and comfort of the school community. The following points must be taken into consideration:

1. You must see to your studies independently, punctually, and actively, in accordance with your study plan, course goals and the instructions laid out in this study guide. Make sure to adhere to the attendance requirement (General Upper Secondary Schools Act 25 §).

2. Foster a healthy lifestyle to enable proper conditions for studying. Do not use drugs or other intoxicating substances. Do not smoke on school premises or school-related situations.

3. Foster a nice and safe learning environment with your own behaviour. Take care of your belongings and return borrowed items on time. Be careful with school property and leave your vehicles only in marked areas. Act appropriately and politely, with consideration to others.

Remember to follow any other instructions given by a teacher or the headmaster, and adhere to other collective agreements. If you encounter a problem, turn to your teacher, tutor, guidance counsellor, school nurse, or headmaster. Also know that:

a) A student who does not meet the attendance requirement, or who has not completed the syllabus in the legislated time (without being granted an exemption), will be marked as having quit the school (General Upper Secondary Schools Act 24 §),

b) A student who violates safety, is deceitful in their studies, or behaves inappropriately may be disciplined. Disciplinary methods include a written warning and suspension from the school for no more than 1 year, according to the General Upper Secondary Schools Act 26 §. Any breaking of law will be reported to the police.

**Applications:**
*Cheating and other deceitful action.* If a student is caught cheating or in other deceitful activity, their course is terminated. If the same student is caught twice, in addition to the course termination a written warning is given. If the same violation occurs a third time, the student will be suspended.

*Recording a class is forbidden.*

*Smoking and snuff.* If a student continues to smoke or use snuff in school premises, despite it being forbidden, the teacher or other member of staff who discovers it will give the student a talking and report the incident to their tutor and guardian (if the student is under 18). If the student gets caught twice, their tutor directs them to the headmaster. If the infringement continues to occur, the headmaster gives the student a written remark, and if still continued, a written warning. The student is heard from before the written warning. If the student is under 18, a guardian is informed of all the measures.

According to the Tobacco Act (32§1. & 4. mom.) a student who, despite a remark from the head of the institution, continues to break the rules on smoking, may be subject to a fixed fine. The fine is written after a notification from the head the institution.

**Planning your studies**

Making a personal study plan is essential in the classless upper secondary school system. It requires initiative, active interest in your studies, and being responsible. A personal study plan makes it possible for you to determine the time you will graduate in. Although the general upper secondary school syllabus is planned to be completed in 3 years, you can also complete it in 2 years. You can take a maximum of 4 years to complete your studies.

Your studies comprise of courses (kurssi) and periods (jakso). One course equals approximately 38 hours of lessons. To get a general upper secondary education certificate, you must complete at least 75 courses. There is no upper limit on how many courses you can complete. There are 47 compulsory courses, if you choose the basic syllabus in mathematics, and 51 courses, if you choose the advanced syllabus in mathematics. In addition, you must complete 10 nationwide advanced courses. The rest of the courses you can choose freely. A course should primarily be completed in a single period. In Valkeakoski Tietotie Upper Secondary School, the school year is divided in 5 equally long periods. In the table below, the different options on how to complete your studies are depicted.
The recommended (and most common) option is to plan your studies in the 3 year schedule. In this plan, you begin your matriculation exams usually in the Autumn of the 3rd year, and complete them in the following Spring. According to the 3 year schedule, you should complete on average 6 courses per period. Then you will have completed approximately 30 courses after the 1st year, and 60 after the 2nd year. There would be 15 courses left for the third year, which means 5 courses per period.

In the next section, some factors, which are crucial to making a study plan are presented. Their objective is to clarify different study paths and possible restrictions.

**Study plan**

Each student will make a study plan for the entire duration of their studies, as well as a periodic plan each year. Making a study plan is essential, even when you’re not sure about the final duration of your studies when starting. However, remember that you can only change your periodic and/or complete study plan with the approval of your guidance counsellor.

The final course choices are made based on your personal preferences and interests, the planned timing of your matriculation exams, any plans on further studies, and the supply of courses to choose from. You may also choose to orient your studies. Different orientation options are presented on the next page.

As a student, one option is to orient your studies to mathematics and natural sciences. In this option, you focus on deepening your knowledge on mathematics, physics, chemistry, biology, geography, and information and communications technology (ICT). Tietotie also offers a wide variety of languages. In addition to Finnish and Swedish (B1), you can choose courses in English (A1), German (A1, B2, B3), French (B2, B3), Russian (B3), and Spanish (B3). An increasingly international Finland needs people who are proficient in many different languages.

Another possible orientation is human and social studies. In this option you focus on ethics, philosophy, history, psychology, health education, religion, and social studies. These subjects are focused on examining humanity, world views, and societal phenomena.

You can also orient your studies towards visual arts, music, and physical education. In addition to those, you can focus on dance or performing arts. For those doing competitive sports, applied courses have been planned to enable practices in the mornings.
Sports Academy

Valkeakoski Sports Academy (Valkeakosken urheiluakatemia) offers aspiring athletes support with combining studying, coaching and competing. Athletes in the academy can take school-specific training courses, on which you can find further information under the course descriptions. The academy also offers a variety of services, from guidance counselling to medical services. To learn more about the Valkeakoski Sports Academy, visit the academy’s website at www.valkeakoski.fi.

Combining upper secondary school and vocational education

Valkeakoski upper secondary school in collaboration with Valkeakoski Vocational College (VAAO) offers study modules that combine the two qualifications. You can do this two different ways. One option is to complete the entire upper secondary school syllabus, matriculation exam, and the vocational upper secondary qualification. The second option is to focus on the subject you will do the matriculation exam on, complete the matriculation exam, and complete the vocational upper secondary qualification. To learn more about combining the studies, go to the school’s website at www.valkeakoski.fi.

The Päivölä Mathematics Programme

Our school offers some courses in the Päivölä folk high school (Päivöläns kansanopisto). These courses are meant for students in the Päivölä Mathematics Programme. In a two-year programme, they complete ICT and folk high school courses that have an emphasis on mathematics and natural sciences, in addition to their upper secondary school studies. They also do student projects in different companies.

The International Programme

Valkeakoski Tietotie Upper Secondary School is starting an international programme in the Autumn of 2018 (you can find it in Opintopolku under englanninkielinen linja).
What do you study in the programme?

- Upper secondary school courses according to the Finnish curriculum, but taught mainly in English. (The last year is mostly preparation for the matriculation examination, which will be done mostly in Finnish.)
- A variety of languages: you have the opportunity to study Russian, French, German and Spanish, in addition to English and Swedish.
- The international programme has its own home room, and most of the courses are taken together as a group.
- Some courses from the International Baccalaureate (IB) programme, which you get a separate certificate of.
- Students have the option to take 30 credits worth of either International Business or Automation and Engineering courses, which will ensure a GUARANTEED ADMISSION in higher education in the Valkeakoski campus of HAMK (Häme University of Applied Sciences).

How is the programme international?

- There is close collaboration with other schools in the European School Network, including student exchange, seminars, and projects.
- Study trips abroad are done with the help of corporate sponsors.
- An Intercultural Communication course is offered in HAMK, for all students in the programme.
- Hosting international visitors and going on visits to multinational companies.

Who can apply?

- The required GPA (grade point average) is 7,2. An English grade of 8 or higher is preferred.
- A maximum of 25 students are admitted to the programme.
The Matriculation Examination

The timing and order of subjects of your matriculation examination affect your course choices significantly. You can learn more about the official guidelines and directives on the Ylioppilaslautakunta’s website (www.ylioppilastutkinto.fi).

The examination is becoming digital as follows:

**Autumn 2016**: German, geography, philosophy
**Spring 2017**: French, social studies, psychology
**Autumn 2017**: Swedish, religion, ethics, health education, history
**Spring 2018**: English, Spanish, Italian, Latin, biology
**Autumn 2018**: Finnish, Finnish as a second language, Russian, physics, chemistry
**Spring 2019**: mathematics

The following list contains general information about the examination that you should take into consideration when planning your studies:

- The matriculation examination is a nationwide examination.
- It is held twice per year, simultaneously and nationwide.
- You can do all your tests at one time, or spread them out in no more than three consecutive examination times (for example: spring - autumn - spring). The examination is considered begun when you enroll for the first time.
- You must take tests in minimum 4 subjects, of which your mother tongue is compulsory. You can choose the other 3 from the following 4 subjects:
  - second national language
  - 1 foreign language
  - mathematics
  - 1 subject of humanities and natural sciences (reaalilaine, e.g. history, biology, social studies)
- You can also include one or more additional tests.
- At least one of the 3 compulsory subjects has to be of an advanced syllabus level (e.g. an A-level language or advanced syllabus mathematics).
- Before enrolling in the examination, you must have completed all the compulsory courses in that subject. In basic syllabus languages with no compulsory courses, you must have completed at least 3 courses.
- Exam questions are based on the contents of the compulsory courses and the nationwide advanced studies courses.
- You must enroll in the examination in writing.
- Your enrollment is binding. It will count as a used examination time, even if you fail to attend.
- You receive the matriculation examination certificate when you have passed the compulsory tests - on the condition that you have also completed the upper secondary school syllabus according to the curriculum.
- You may retake a failed compulsory subject twice, within the next three possible examination times. You may retake a failed additional test twice, without a time limit.
- You may try to raise a passing grade once, without a time limit.
- You may supplement your examination at a later time.
- You are responsible for knowing the rules and regulations concerning the matriculation examination, and for complying with them.
- Two dates are set for the humanities and natural sciences subjects each examination time, with approximately one week between the two dates.
  - Day 1: psychology, philosophy, history, physics, biology
  - Day 2: religion, ethics, social studies, chemistry, geography, health education
- You can only take the test for 1 subject per day.
- Each humanities and natural sciences test contains 1 to 4 cross-curricular questions. The likely combinations are depicted in the table below:
Instructions for the matriculation examination

Listening comprehension

- The listening comprehension test is done in conjunction with the written test in languages with an electronic test.
- In spring 2018, a separate listening comprehension test will be held only for Russian (both advanced and basic syllabus); all other languages have a digital test.
- The Russian listening comprehension test is held in the language classrooms. You must arrive on time.
- You enter the classrooms in the order given by a monitor (teacher), to places assigned randomly in advance.
- Pencils and erasers have been placed on the desks in advance.
- Paper is also provided by the school, as well as tissues.
- You are not allowed to bring a bag into the classroom. Wallets should be left in your own locker, or a table at the front of the classroom.
- Mobile phones, watches, and other strapped devices are forbidden in the classroom! You should leave them switched off in your locker.
- In case of an illness, you must notify the headmaster or school offices immediately.
- Absence due to an illness always requires a certificate from a doctor.
- The lessons prior to the exam are free. After the exam classes will be attended as usual.

Written exam

- Written exams are held in the gymnasium, entrance through the Colosseum door. Conversation with other student in the test hall is forbidden.
- You must arrive to a digital test by 8:00 AM, for a pen-and-paper test by 8:30 AM (except for the humanities and natural sciences tests in the spring, which you must arrive for by 8:20 AM).
- You can leave at 12 PM at earliest.
- Seats are assigned and have been randomly selected beforehand. The seating changes between tests. You can see the seating plan on a list in the entrance hall.
- You must have socks or soft shoes on in the test hall. Footwear with hard soles must be left outside the hall. You must watch out for electrical cords in the hall and are forbidden to walk on them.
- Bringing bags, boxes or tissues into the test hall is forbidden. Wallets must be left in your locker or on an assigned table in the hall.
- You are not allowed to bring mobile phones, watches or other similar strapped devices into the test hall!
- Clothes and water bottles are forbidden to have any text on them; you must remove any labels.
- In the Forum, next to the coat-rack, there are baskets you can use for holding snacks. You can attach them to the side of your table.
- All food/snacks must be in see-through and open containers.
- You must be careful not to get any food on the keyboard of your laptop in digital tests.
- All paper is provided by the school, you are not allowed to bring your own paper.
- For digital tests, you use your own laptop, or a back-up computer provided by the school (limited numbers).
- For digital tests, you must bring your own headphones, which should not let out excess sound.
- For written pen-and-paper tests, you use your own writing equipment (including dividers and rulers). A suitable pencil is provided on the table for optical forms (HB or no 2).
- Your calculators and charts for mathematics will be already placed in the test hall (for mathematics, physics, chemistry, geology). You must leave them in the offices for inspection by 12 PM the previous day.
- The headmaster or head monitor will announce the start and end of the test.
- You are not allowed to write, draw, or make any markings in the question or answer sheets either before or after the exam time (even writing you name).
- Once the test has started, all sheets of paper (papers with test answers as well as with scribbles) must be marked with:
  - your individual candidate number
  - your signature
  - your full name in text
- After the test, all papers and the note with your individual candidate number must be taken to the head monitor.
- In a pen-and-paper test, you must sort out all papers (in your own seat) according to the list below, and take them to their assigned return stations.
- Separate the answer sheets, draft sheets, scribble sheets (cross over the page), blank sheets, and question sheets - all in separate piles.
- In a digital test, you will hand in your USB drive and draft sheets. School laptops will be left on the table, you take your own laptop with you.
- If you need to go to the bathroom, you may do so with an escorting monitor. You are not allowed to lock the bathroom door, nor change the lighting.
- Your work must be covered with a blank piece of paper when leave to go to the bathroom. In a digital test, your computer screen must be switched off with a lock-button in the upper right corner of the screen. The lid should not be closed.
- With any other issue (e.g. you run out of paper, you have problems with the electronics etc.), you must stand up in your seat and wait for a monitor to come to you. This way you can also ask for tissues, water, or medication that the school has to offer.
- In case of an illness, you must notify the headmaster or school offices immediately.
- Absence from a test due to an illness always requires a certificate from a doctor.
- You do not have to attend lessons on the day of the test. On the days between the tests attendance is required, except on a preparation day.
Study practices

Your teacher will inform you of the requirements and practices related to each individual course at the start of that course.

Course assessment

A student’s performance is assessed by the teacher (or teachers) of that subject. Courses will be graded independent of each other, on a scale of 4 to 10 (unless otherwise stipulated in the curriculum, related to that specific course). Grade 4 means you have failed the course. Suoritusmerkintä means that the course will be assessed as passed (hyväksytty, S) or failed (hylätty, H). A discontinued course is marked in the registry as K. It can be marked a lowercase k, if the course has parts of it incomplete, or an uppercase O, if the course has partly passed. A course assessment is based not only on (possible) written tests, but also on continuous observation of the student’s progress and their work. The student’s self-assessment can be taken into consideration as well. A student has the right to know what the basis for the assessment is and how it is applied.

Re-doing a passed course

You may try to get a better grade on a course you have passed, either by enrolling in the class again, or by taking the test again at a re-examination date in the August of the following semester. On that day you can only take the test for 1 course. The better of the 2 grades will be the final one.

Re-doing a failed course

You may re-do a course you have failed by enrolling in the course again. You may also try (once) to pass the course by retaking the course exam, either with a different group or on a re-examination date. Signing up for the exam of a different group, you must make arrangements with the teacher of that course. You must sign up for the re-examination according to the following instructions:

See the schedules for the re-examinations in Moodle, under Opinto-opas → Uusintakokeet. You must sign up before 12 PM the previous Monday. You sign up in writing, by filling out a form you can get from the school offices. The sign-up is binding after the sign-up time has gone. If a student is absent from the re-examination without a valid excuse, they lose their re-examination privileges, or if it’s the first time for that exam, the course is discontinued. If the student has permission to be absent, they must agree on another date with the teacher in question. If that new date is another re-examination date, the student must sign up for that as well. A re-examination must be done within a year of the first examination date.

Advancing in your studies

There are no subjects that require specific courses to be completed before advancing. However, it is recommended that if you have two successive failing grades in any subject, that you raise at least one of those failing grades before advancing to other courses in that subject. You must also see to it that you don’t have too many failing grades in any subjects.

Completing a course and the subject syllabus

A subject syllabus consists of the courses you have chosen to have in your study plan. A course is completed once you get a grade on it. You must complete, with a passing grade, at least ⅔ of the compulsory and advanced courses in the subject syllabus. In subjects that only have applied courses, you must also complete ⅔ of courses in the subject syllabus with a passing grade.

Plagiarism

Citing or referencing thoughts or text without a properly marked reference of the source is plagiarism. In the context of upper secondary school, this mainly means that in written work where the source is of consequence, you must make the reference explicit and clearly separate from your own text. Direct quotes (e.g. using entire sentences without altering them; copy/paste) must be indicated with quotation marks and the source made clear. Indirect quotes (significantly altered text) must have a reference when and how it is stated in the assignment. If these rules are not adhered to, a student will be considered as having cheated (see Ordinance, page 4).

Final grade

The final grade for each subject is determined by calculating the mathematical average of the course grades from compulsory and nationwide advanced courses. For these courses, you may have some failing grades, as shown in the table below:
Total number of completed courses on the student’s study plan (per subject): | Maximum number of failing grades allowed:
---|---
1-2 | 0
3-5 | 1
6-8 | 2
9 (or more) | 3

Any additional courses may improve your final grade. Of the school-specific advanced and applied courses, only courses with a passing grade can be included in the syllabus.
If you did not receive a passing grade in a syllabus subject, or you wish to improve a passing grade, an additional exam can be arranged for you. The contents of the syllabus tested in that exam is determined by your study plan.
Upon request, you are entitled to have your final grade marked as “pass” in physical education, or in a subject you only took 1 course of (ATK, FY, KE, PS, FI, TE, KU, MU), or a language you only took no more than 2 courses of.

Accreditation of studies completed elsewhere
You are entitled to have credits awarded for studies completed elsewhere to count towards the general upper secondary school syllabus, if these studies comply with the upper secondary school curriculum in terms of their objectives and core contents. The decision of accreditation for studies completed elsewhere is made upon request, and must be done before said studies begin in the new school. The decision on the compliance of objectives and core contents will be made by the headmaster, after possible consultation with the relevant teachers. An individual course may also be completed in general upper secondary school for adults (aiikuislukio). This must be arranged with your guidance counsellor. Studies completed abroad may also be accredited. If they are accredited as nationwide compulsory or advanced courses, they must be graded numerically.

Completing two courses concurrently
You may, for a justifiable reason, concurrently do two courses that have classes occurring simultaneously. This must be agreed upon with the teachers of the two courses, with whom you must make arrangement on which classes you will attend and what work is required to complete the courses.

Discontinuation of a course
A course will be discontinued if a student does not meet the requirements set for that course. If this happens, or if a student drops out of a course without telling the guidance counsellor in advance, the student may be barred from entering that course again within that academic year.

Independent studies
Students have the right to complete some courses independently. If you wish to do so, you must contact the subject teacher and agree upon the required work, schedules, and other details. In addition, you must notify the guidance counsellor of the choice. Courses which cannot be completed independently are marked so in the curriculum. You cannot take an already completed course independently.

Voluntary preparation day for the Matriculation Examination
A student may choose to be absent from school for 1 day to prepare for the matriculation examination. You may only be absent the day preceding the test, unless the test is on exam week or on a Monday. Each student may have only 1 preparation day for each test. You must request a permission for the preparation day from your tutor.

Remedial support
If you are in need of remedial support, you can contact either the subject teacher in question or the guidance counsellor. Absences due to a holiday are not grounds for remedial support.
A laptop computer required

Students starting in Tietotie Upper Secondary School in the autumn of 2018 need to have a laptop computer, due to the digitalisation of study methods and the matriculation examination. The laptop must have the qualities determined by the The Matriculation Examination Board. See the instructions on their website (www.ylioppilastutkinto.fi).

Absences

Attendance requirement

A student must attend lessons, unless they've been granted an exemption. According to the attendance requirement, you must complete a minimum of 4 courses per period, and a minimum of 20 courses per year. Accordingly, you should have at least 20 courses completed after the first year, 40 courses after the second year, and 60 courses after the third year. The requirement does not apply to the academic year when the upper secondary school syllabus is completed, nor the period when a student does their matriculation examination. Courses with a failed grade (4 or H) count as attended courses. Discontinued courses do not count as attended. A student will lose their right to study in the school if they do not meet the attendance requirement and have not been granted an exemption.

Absences

The teacher will inform you of the absence policy of each course at the start of that course, e.g. the policy on absences without a valid reason. For an upcoming absence, you may request permission from the following people:
- for a single class, the subject teacher
- for several classes in the same day, any of the teachers
- 1-5 days, your own tutor
- 5+ days, the assistant headmaster
If you are absent for more than two days, you must inform the school offices (040 335 6251 / maija.kuivasto@valkeakoski.fi) or your own tutor (instant message in Wilma). If you are absent from an exam and have an valid reason, you may retake the exam. If the absence is unfounded, the teacher may view the course as discontinued.

Clearing absences

Guardians can clear absences in Wilma before the start of the next working day. Absences should be cleared as soon as possible. Uncleared absences become unfounded if they are not cleared by the course examination. A guardian must sign for absences if they occur due to illness, and unfounded absences for students under 18. Students over 18 clear unfounded absences themselves. In case of an illness, you must inform the subject teachers of that day in advance in Wilma. NOTE that absences during a test week may be purposely marked on the wrong date in Wilma, due to the restrictions of the program. In such cases, the right date will be marked under Comments. Students are still entitled to clear absences on paper, if a guardian does not have a computer.

Permission for tardiness or early departure

Students must be present before the start of a lesson or morning announcements. A student who is late might not be admitted to the lesson in question. If a student has trouble making their timetable work with the schedules of public transportation for example, they may request permission to come in late or leave early from the teacher in question.
Student services

“Focus”

The school library is called Focus and is open Wed-Fri 8:00-15:00. The library is meant as a work space, for students to work on their independent assignments, e.g. presentations or essays. It can also be used for a work space for an entire class or smaller groups. All books in the library’s collection can be found in the PIKI database for libraries in Pirkanmaa. You may also reserve books from the city library, from where they will be delivered to the school library. The multi-purpose printer is meant only for school work. The library staff is happy to help with any questions concerning finding information, printing, image editing etc. The computers in the library and IT rooms are meant for study-related activity, other use is prohibited. Computers in the library may be reserved in advance.

Please bear in mind that
- The library is a place of study, so peace and quiet must be provided for all.
- You may not take you books without permission from the librarian.
- Books and magazines must be returned in their assigned places.
- In addition to books, you may take you DVDs from the study material centre.
- The library is not a place meant for eating or drinking.
- The library is not meant for playing computer games.
- You can never go wrong by asking for help!

Purchasing textbooks

You should make sure that required textbooks are available in the bookstore before the period starts. By buying or ordering a book in advance, you avoid a situation where the book is sold out at the start of the period. The student association has a Book Market, where second-hand books are sold. You may take your old books to the library to be sold in the market. You fill out a sales form and include your account number, the staff will help you if needed. The books are sold on course feedback days. To get books for first period courses, ask the library staff. There aren’t enough second-hand books for everyone, so you may want to buy books for later periods as well, if you find them in the market. There will be a separate brochure with more information on the Book Market.

Student financial aid

Students attending upper secondary education are entitled to apply for student financial aid from Kela. Financial aid is available in the form of a study grant, housing supplement, and government loan guarantee. More information will be given to you at the start of the school year. For more information, go to the school offices or your guidance counsellor.

School transport subsidy

Kela will compensate you for the cost of your daily travel to and from school, provided that your one-way trip from home to school is at least 10 kilometres and the travel costs exceed 54€ per month (with some exceptions). You will be required to pay at least 43€ of the total monthly cost yourself. Travel exceeding 100 km one-way will not be compensated for. Submit an application to your school office, from where it will be forwarded to Kela.

Student discount

You can order a student card from Suomen Lukiolaisten Liitto (The Union of Upper Secondary School Students in Finland; tel. 09-5842 1500). The card costs 25/34€, and entitles you to benefits and discounts for public transportation, theatre, concerts etc. If you do not wish to get the student card but need to get a student price for something, you can get a certificate of attendance (which you can use with an ID) from the school office.

Healthcare

With matters relating to your health, you can contact the school nurse Minna Jussila during office hours, either in person or by phone (tel. 040 335 7796). Reception without an appointment is on Mondays, Wednesdays and Fridays 8:30-10:00. After 10 AM, the school nurse performs health inspections for students of Tietotie and HAMK. During office hours you can schedule an appointment with the nurse or the school doctor.
Dental care

Assessment and treatment within the dental services of Health Centres are free for student under 18. After this, normal rates apply. Students who need assessment or treatment must contact dental services on their own accord. Appointments can be made between 8:00-11:30 by calling (03) 5691 7511.

Break time and free periods

Break time can be spent either outside in the school yard or indoors. You will most likely have free periods between lessons, due to the nature of the course system and varying subject combinations. It is advised that you spend your free periods studying, to have less work to do at home.

Computer usage

The school has wireless internet for the whole building, which students may use freely. Students may use computers located in the library and Apiarium freely, all day. The computers are meant for study related activities, and if misuse is observed, access to them may be restricted. With any problems relating to your username or password, see the library staff.

Email

All students have a school email account for the duration of their studies, in the form of firstname.lastname@edu.valkeakoski.fi. With any problems concerning your email account or login, contact the school office.

Wilma

All students have a user account for Wilma, which is an application that allows you to see teachers’ timetables, your own report cards, and your course choices. Wilma is also useful for when you plan the timetables for the next year. Another main use of Wilma is communication. Check your messages and notifications frequently. If you don’t know your username or password for Wilma, contact the school office. You will be notified of a new instant message in your email; to view it, go to Lomakkeet and fill out your email address. Then go to Viestintäasetukset and under Välittömät ilmoitukset choose Uusi pikaviesti and Sähköpostilla.

The Student Council

Every student in the school is a part of the student body. At the beginning of the school year, the students choose from among themselves representatives, who will make up the Student Council. The council will meet approximately once a month. Its objective is to be a voice for the student body and comment on issues relating to the daily functions of the school. The council will name 3 to 5 representatives to represent them in meetings with the staff, meant to improve students’ voices in developing school practices. The student council’s responsibilities also include maintaining school spirit and comfort. They also coordinate the sales of second-hand book in the school, and give grants and benefits to students.

The student council is managed by a representative of the faculty. The student council will nominate 3 people from the staff, of which the faculty will choose their representative for one school year at a time. Lecturer Markku Milonoff will guide the student council on this.

Traditionally the student council has made a deal with a local bookstore to abstain from collaboration with other businesses selling books for upper secondary school courses. In return, the bookstore has made a donation to the school’s grants fund, as well as given the students of Valkeakoski Upper Secondary School a 5% discount on all purchases. To receive the discount, students must mention they go to the school and if requested, give proof of identification. The deal with the bookstore is made to help the business stay in the area. The deal is renewed each year. You can see the current members of the student council on the school’s website.
### Where to turn for help?

<table>
<thead>
<tr>
<th>Who is responsible / Who to ask?</th>
<th>Headmaster</th>
<th>Guidance counsellor</th>
<th>Tutor</th>
<th>Subject teacher</th>
<th>School welfare officer</th>
<th>School psychologist</th>
<th>School nurse</th>
<th>Special ed. teacher</th>
<th>School secretary</th>
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<tr>
<td>Changes in study plan</td>
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<td>Matriculation exam (subject specific instructions), verbal exams</td>
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<td>Permission for absence (single class → subject teacher; &lt;6 days → tutor)</td>
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Course descriptions

Guidance counselling

Guidance counselling encompasses all procedures and arrangements made to ensure an individual student’s success in upper secondary education, as well as supporting their career choice, further education, and individual development. Guidance counselling consists of lessons (large groups) and other counselling (individual meetings and small groups).

COMPULSORY COURSES

OP 1: I as a student
The course should be taken in the 1st year, in 2 periods.
Assessment: Pass/fail

OP 2: Further education and jobs
The course should be taken in the 2nd year and final year.
Assessment: Pass/fail

APPLIED COURSES

OP 3: Becoming a student tutor
Students will be trained to be student tutors, who introduce and guide new students to their studies, as well as give information about the school at its events.
Assessment: Pass/fail

OP 4: Electronic devices and digital applications essential to your studies
You get to know the electronic devices and digital applications that will be used for studying, in exams, and in the matriculation examination. You will practice writing test answers and essays on the applications. You will need these skills in a variety of courses, and there may not be time to focus on the technicalities during the actual courses. You should have the basic skills acquired beforehand. This course should be taken in the 1st period of your 1st year.
Assessment: Pass/fail
A person’s mother tongue is an important part of their identity, and a crucial tool in life. Learning, social interactions, and culture are based on it. The goal of studying your mother tongue is to have cultural literacy, as well as adequate language skills to function in society. The goal of the teaching is to facilitate the best possible internal integration of the subject, in areas such as listening, speaking, reading, and writing.

Methods and assessment
All compulsory courses include literature, exercises in written and spoken expression, and normative grammar. By nature the subject is process-based, and assignments are mainly multistage and creative. Studies consist mainly of producing your own work, which involves writing different types of texts, giving oral presentations, and working on different projects. These works are crucial in the assessment. The details of how assessment is done will be discussed at the start of each course.

COMPULSORY COURSES

ÄI 1: Text and interaction
You cannot do this course independently.

ÄI 2: Language, culture, and identity

ÄI 3: The means and interpretations of literature

ÄI 4: Text and influence
Prerequisite courses: ÄI 1, ÄI 2

ÄI 5: Text and context
Prerequisite courses: ÄI 1, ÄI 3

ÄI 6: Modern culture and tales
Prerequisite courses: ÄI 1-5

NATIONWIDE ADVANCED COURSES

ÄI 7: Advancing oral and interaction skills
A maximum of 20 students per group is recommended on this course. You will learn skills needed in speech communication: the ability to present things clearly and consistently, in a structured and appropriate way; the skills to adapt your communication to a group setting; the ability to interpret the communication of others. You will prepare to give various presentations, and deepen your group communication skills. Together you will explore the differences and similarities in output, depending on whether you’re alone or in a group.
The course cannot be done independently.

ÄI 8: Advancing written skills
Prerequisite courses: ÄI 1-6

ÄI 9: Advancing reading skills
Prerequisite courses: ÄI 1-6.

APPLIED COURSES

ÄI 10: Literary art
The objective of the course is to expand and deepen your knowledge of literary art, improve interpretive skills, and practice your writing skills for the matriculation examination.
Contents include:
- analysis of poems, plays, and short stories; interpreting them both independently and in discussion with others
- becoming familiar with current literary discussion
- practice writing about literature, for both the essay test and the textual skills test of the matriculation exam.
Prerequisite courses: ÄI1, ÄI3
Assessment: Numerical
Ä1 11: A reading diploma
You can choose between options A and B. The course will be completed in your own pace, during your upper secondary school studies.
Assessment: Pass/fail
A. Diploma for literary fiction
You will choose 20 books from about 60 authors to read and do assignments on. You can do either written or oral assignments. The objective of the course is to ignite and sustain a joy of reading - the work is not meant to be a test.
B. Diploma for non-fiction
You will choose 4-12 non-fiction books to read, relating to humanities and natural sciences, and do either written or oral assignments on them. The teachers have ranked the books by their level of difficulty, from 1 to 3 points. You must collect 12 points in all.

Ä1 13: Working as a journalist
The course consists of practical writing work: you will write articles, feature stories, columns, causeries, and opinion pieces to be published. You will practice and execute making layouts, for both digital and print media. The work of this course will be published as a yearbook on the school's website, as well as in print for final-year students. Some work will be published on the HAMK website as part of the campus collaboration. The work is supervised but independent.
Assessment: Pass/fail

Ä1 14: Creative writing
The course's objective is to encourage writing as an independent hobby. It consists of writing different types of texts (mainly fiction), editing the text, and giving and receiving feedback. You will meet 6-10 times in class.
Assessment: Pass/fail

NATIONWIDE APPLIED COURSE

MELD 5: Media diploma
The course entity consists of a basic course, 3 advanced and/or applied courses that you choose, and the media diploma course. The 3 courses you choose can be from the visual arts and/or humanities and natural sciences syllabi. You can do the basic course in part independently, in part instructed by the teacher. In the media diploma course, you will receive instruction for the planning, execution and finalizing of your diploma work. You will also do an essay test. The diploma work is an examination of a topic through the means of media. This, and a portfolio compiled of the process of making it, will be assessed numerically, on a scale of 1 to 5.
Assessment: Pass/fail + a diploma
Second national language: Swedish (B1 language)

It is recommended that you take the Swedish language courses in order, but you may take one course out of order. If you wish to do a course independently, consult the subject teacher. You make do a maximum of 2 courses of RUB 2 - RUB 6 independently.

COMPULSORY COURSES

RUB 1: My Swedish
RUB 2: Wellbeing and relationships
RUB 3: Culture and media
RUB 4: Our different environments
RUB 5: Studying and working

NATIONWIDE ADVANCED COURSES

RUB 6: Communicating and influencing through speech
On this course, you advance your skills of speaking, understanding, and building a dialogue in Swedish. You build confidence in verbal expression, and practice producing speech that requires preparation. You revise subject areas from compulsory courses or add to them according to the group’s needs. In addition to a numerical grade, you receive a separate certificate for verbal proficiency.

RUB 7: A sustainable lifestyle
On this course, you advance your ability to understand and produce language in Swedish, within various interactional situations and for different audiences. You learn more about different types of text, such as fictitious, factual, narrative, descriptive, contemplative, directive, and opinionative. You continue with themes of previous compulsory courses, from the point of view of an ecological, economical, socially and culturally sustainable lifestyle, with special attention to students’ own interests and needs.

APPLIED COURSES

RUB 0. Revision course
A connective course, where you can revise basic vocabulary and grammar. Recommended to be taken before RUB 1.
Assessment: Pass/fail

RUB 9: Listening comprehension
You will practice listening comprehension and strategies for it, through listening exercises, films, and TV/radio programmes. You can take this course after RUB 5. Course extent: ½ course.
Assessment: Pass/fail

RUB 10: Writing
The objective of the course is to improve your written expression. You practice producing, refining, and editing written text. The objective is to improve skills needed in the matriculation examination. You can take the course in your 2nd or 3rd year.
Assessment: Pass/fail

RUB 11: Eximia course
A preparatory course for the matriculation examination. The objective is to practice the essentials and to become familiar with the types of questions the exam will have. Prerequisite courses: All compulsory courses.
Assessment: Pass/fail
Foreign languages and cultures

Knowing foreign languages is an important part of a student’s general knowledge, as well as a valuable tool in expanding that knowledge. Different languages are important in being able to communicate, both in professional life and life in general. Varied language skills enable participation in international cooperation and working in international environments. In Tietotie Upper Secondary School, you can study German, French, Russian, and Spanish as optional languages. Assessment in advanced courses is largely based on your active participation and studiousness.

The language programme:

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>CODE</th>
<th>LEVEL</th>
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<tbody>
<tr>
<td>English</td>
<td>EN</td>
<td>A1</td>
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<tr>
<td>Swedish</td>
<td>RU</td>
<td>B1</td>
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<tr>
<td>German</td>
<td>SA</td>
<td>A1, B2, B3</td>
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<tr>
<td>French</td>
<td>RA</td>
<td>A1, B2, B3</td>
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<tr>
<td>Russian</td>
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<td>B2, B3</td>
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<tr>
<td>Spanish</td>
<td>EA</td>
<td>B3</td>
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</tbody>
</table>

**A1 languages: English, German, French**

**COMPULSORY COURSES**

Courses in A-level languages can be done independently only under special circumstances.

ENA1: English and my world
SAA1, RAA1: The language and my world
ENA1 2, SAA1 2, RAA1 2: People in networks
ENA1 3, SAA1 3, RAA1 3: Cultural phenomena

**NATIONWIDE ADVANCED COURSES**

ENA1 7, SAA1 7, RAA1 7: The natural world and sustainable development
This course centers around the natural world and its condition, conservation, natural catastrophes, and recycling. You are introduced to the types of questions used in the matriculation examination.

ENA1 8, SAA1 8, RAA1 8: Speaking and understanding
You will practice different strategies in verbal communication, around topical events and themes from previous courses. In addition to a numerical grade, you receive a separate certificate for verbal proficiency. You can take these courses after courses number 5 in the language. In English, the courses in the 2nd and 3rd periods are for final year students; the courses in the 4th and 5th periods for beginning students.

**SCHOOL-SPECIFIC ADVANCED COURSE (ENGLISH)**

ENA1 9: A shared world
The course centers around current events and global developments. You improve skills needed for the matriculation examination.

**APPLIED COURSES (ENGLISH)**

ENA1 0: Revising basic structures
The course focuses on revision of the structures and vocabulary of the English language, through verbal and written exercises. The objective is to improve confidence in using the language and learning to take responsibility for your own learning. This course is recommended for those with an English grade of 8 or less in their basic education certificate.

Assessment: Pass/fail
ENA1 10: Writing in English
The objective of this course is to improve your written skills. You will practice writing, refining, and editing different types of texts. The objective is to improve skills needed in the matriculation exam. An integral part of the course is receiving individual feedback from the teacher. Recommended to be taken in the 3rd year.
Assessment: Pass/fail

ENA1 11: Eximia course
A preparatory course for the matriculation examination. You will practice on test questions from previous years, become familiar with different types of texts, and revise grammatical issues according to the group's wishes. All compulsory courses must be completed before taking this course. It is recommended that you take this course in the 1st period if you plan on taking the test in autumn, or in the 3rd period if you plan on taking it in the spring. 50 % of the course is executed as class and 50 % independently.
Assessment: Pass/fail

ENA1 13: Language diploma
You choose a minimum of 10 books by 5 authors to read, from a list compiled by the language teachers. The books can all be in the same language, or different languages, the language options being English, German, Swedish, French, and Russian. You will do assignments on the books. However, the objective of the assignments is not to be a test. The objective of the whole course is to encourage you to read literature in different languages. You will complete the course in your own pace during your studies.

ENA1 14: Travelling in Europe
On this course, you will take a trip to one or more European countries and get to know their culture and schools. The participants must contribute to the cost of the trip.
Assessment: Pass/fail

ENA1 15: Structures in order
The objective is to strengthen your control of the language's structural elements and improve your ability to form sentences. In addition, you will practice hearing comprehension. You may take the course after completing course 5.
Assessment: Pass/fail

ENA1 16: Partner course
Students of Tietotie Upper Secondary School and VAAO will form partnerships with foreign students in HAMK. The objective is to promote collaboration between Finnish and foreign students, and to encourage Finnish students to use a foreign language in real-life situations. The course provides a unique opportunity to get to know different cultures. A teacher will guide the partners/groups, but the actual work is done at times agreed on by the participants.
Assessment: Pass/fail

APPLIED COURSES (GERMAN)

SAA1 9: Vor dem Abitur
A preparatory course for the matriculation examination. You will practice on test questions from previous years, become familiar with different types of texts in the test, and revise grammatical issues according to the group's wishes. A joint course with SAB2 10 and SAB3 11.
Assessment: Pass/fail

SAA1 10: Besser schreiben
The objective of this course is improving your written skills. You will practice writing, refining, and editing different types of texts. An integral part of the course is receiving individual feedback from the teacher. Recommended to be taken in the 3rd year. A joint course with SAB2 11 and SAB3 12.
Assessment: Pass/fail

SAA1 11: Multicultural Berlin
A school-specific joint course of German and religion. The objective is to get to know Berlin's history and present day in a versatile way. Execution: A trip to Berlin, advance assignments, writing a learning diary and a report. You must have completed UE 1 and 2 before this course, UE 8 is recommended. You cannot take this course independently.
Assessment: Pass/fail
**B2 and B3 languages: Spanish, French, German, Russian**

Students taking a B3-level language will study the first two courses as their own group. After that, the B2 and B3 groups will merge.

**NATIONWIDE ADVANCED COURSES**

RAB3 1, SAB3 1, VEB3 1, EAB3 1: You will get to know each other and the new language. You will practice interactions in everyday situations and learn complimentary expressions.

RAB3 2, SAB3 2, VEB3 2, EAB3 2: Travelling the world
You will practice a variety of situation relating to travel and using different services.

RAB2 1, SAB2 1: The important things in life
RAB3 3, SAB3 3, VEB3 3, EAB3 3: The important things in life
You will diversify your communication skills using different mediums. Subject areas and situations are related to the everyday life of young people.

RAB2 2, SAB2 2: A diverse life
RAB3 4, SAB3 4, VEB3 4, EAB3 4: A diverse life
The course centers on cultural differences, in Finland and abroad. You will practice simple written communication.

RAB2 3, SAB2 3, RAB3 5, SAB3 5, VEB3 5, EAB3 5: Then and now
You examine life then and now, from the perspective of an individual as well as society.

RAB2 4, SAB2 4, RAB3 6, SAB3 6, VEB3 6, EAB3 6: Studying and future plans
The central topics of the course are plans for the future, school, and further studies.

RAB2 5, SAB2 5, RAB3 7, SAB3 7, VEB3 7, EAB3 7: Culture
You get to know the different aspects of culture in countries your language is spoken in.

RAB2 6, SAB2 6, RAB3 8, SAB3 8, VEB3 8, EAB3 8: Our shared globe
The central topics of the course include society, the current condition of the Earth, and the future.

RAB2 7, SAB2 7, RAB3 9, SAB3 9, VEB3 9: Science and technology
You focus on different texts in areas of science, technology, and communications. **This course is a school-specific advanced course for B3 level students, and will be assessed numerically.**

RAB2 8, SAB2 8, RAB3 10, SAB3 10, VEB3 10: Nature and sustainable development
The central topics are nature, natural phenomena, and humans in relation to nature. **This course is a school-specific advanced course for B3 level students, and will be assessed numerically.**

**APPLIED COURSE (SPANISH)**

EAB3 11: Eximia course for Spanish
A preparatory course for the matriculation examination. You will revise grammar and vocabulary, practice different types of test questions, write essays, and practice hearing comprehension.
Assessment: Pass/fail

**APPLIED COURSES (GERMAN)**

SAB2 9: Vor dem ersten Kurs
Revising basic vocabulary and key points of grammar before the first proper course. A shared course with A-level German.
Assessment: Pass/fail
SAB2 10, SAB3 11: Vor dem Abitur
A preparatory course for the matriculation examination. You will revise grammar and vocabulary, practice different types of exam questions, write essays, and practice hearing comprehension. A shared course with A-level German.
Assessment: Pass/fail

SAB2 11, SAB3 12: Besser schreiben
The objective of this course is improving your written skills. You will practice writing, refining, and editing different types of texts. An integral part of the course is receiving individual feedback from the teacher. Recommended to be taken in the 3rd year. A shared course with A-level German.
Assessment: Pass/fail

SAB2 12, SAB3 13: Multicultural Berlin
A school-specific shared course of German and religion. The objective is to get to know Berlin’s history and present day. Execution: A trip to Berlin, advance assignments, writing a learning diary and a report. You must have completed UE 1 and 2, UE 8 is recommended. You cannot take this course independently.
Assessment: Pass/fail
Mathematics and natural sciences

Mathematics, advanced syllabus

Taking advanced syllabus mathematics requires a persistent and active take on studying, as well as good knowledge of the basic education syllabus of mathematics. Studying advanced mathematics will be useful in many different fields, especially in higher education in the technical, scientific, and economic fields.

Course order:

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<th>Compulsory courses</th>
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COMPULSORY COURSES

| MAY 1: Numbers and sequences | MAA 6: Derivatives |
| MAA 2: Polynomial functions and equations | MAA 7: Trigonometric functions |
| MAA 3: Geometry              | MAA 8: Roots and logarithms   |
| MAA 4: Vectors               | MAA 9: Integral calculus      |
| MAA 5: Analytic geometry     | MAA 10: Probability and statistics |

NATIONWIDE ADVANCED COURSES

MAA 11: Number theory & mathematical proof
You learn about mathematical logic, practice proof, study the basic concepts of number theory (or arithmetic), get to know the properties of prime numbers, and study the divisibility of integers. Recommended to be taken in the 1st year. This course cannot be done independently.

MAA 12: Algorithms in mathematics
You study the divisibility of polynomials, factoring polynomials, solving a numerical equation, and numerical differentiation and integration.
This course cannot be done independently.

MAA 13: Advanced differential and integral calculus
You further your knowledge of differential and integral calculus.
This course cannot be done independently.
**SCHOOL-SPECIFIC ADVANCED COURSES**

**MAA 14: Economic math**  
Recommended to be taken in the 1st year.  
Assessment: Numerical

**MAA 15: Revision**  
This course cannot be done independently.  
Assessment: Numerical

**MAA16: Mathematics - the queen and the servant of the sciences**  
Recommended to be taken in the 3rd year. You further your knowledge of differential and integral calculus. You practice different ways of using your calculator, for the matriculation exam. You are introduced to matrix calculus and complex numbers. The course is designed to facilitate studies in higher education.  
This course cannot be done independently.  
Assessment: Numerical

**MAA17: Computer software in advanced mathematics**  
This course is meant for 3rd year students. With the help of computer software, you further your knowledge of analytic geometry, trigonometry, differential and integral calculus. You will use mainly the same software that is used in the matriculation exam.  
This course cannot be done independently.  
Assessment: Pass/fail

**APPLIED COURSE**

**MAA0/MAY0: Introduction to advanced mathematics**  
This course is meant for new students, who have chosen the advanced syllabus mathematics. The objective is for you to be prepared to study mathematics at a new level. Recommended to be taken in the autumn of the 1st year.  
This course cannot be done independently.  
Assessment: Pass/fail

**Mathematics, basic syllabus**

The basic syllabus in mathematics is meant to provide tools for acquiring, processing, and comprehending mathematical information, as well as for using math in different practical situations and further studies. The objective is also to provide you with an awareness of mathematics’ role in the development of society, as well as its applicative possibilities in everyday life and different fields of study.

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COMPULSORY COURSES

MAY 1: Numbers and sequences  MAB 4: Mathematical models
MAB 2: Formulas and equations  MAB 5: Statistics and probability
MAB 3: Geometry  MAB 6: Economic math

NATIONWIDE ADVANCED COURSES

MAB 7: Mathematical analysis  MAB 8: Statistics and probability II

SCHOOL-SPECIFIC ADVANCED COURSES

MAB 9: Revision
Assessment: Pass/fail

MAB 10: Computer software in basic mathematics
You advance your skills in using mathematics software. You will mainly use the same software that is used in the matriculation exam. The course is meant for 2nd and 3rd year students.
This course cannot be done independently.
Assessment: Pass/fail

APPLIED COURSE

MAB 0/MAY 0: Introduction to mathematics
You will revisit the central contents of basic education mathematics. The objective is for you to be prepared to study math at a new level. Recommended to be taken in the autumn of the 1st year.
This course cannot be done independently.
Assessment: Pass/fail

Physics

Physics is an experimental and exact natural science, which supports the development of scientific thinking and a general view of the world. Studying physics helps direct you to scientific thought, information acquisition, information analysis, assessment of reliability, and problem solving.
Studying physics gives you tools to study in the natural sciences, as well as other fields that apply natural sciences, such as the technical and medical fields.

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MANDATORY COURSE

FY 1: Physics as a natural science
NATIONWIDE ADVANCED COURSES

- FY 2: Thermal physics
- FY 3: Electricity
- FY 4: Force and motion
- FY 5: Sequential motion and waves
- FY 6: Electromagnetism
- FY 7: Matter and radiation

SCHOOL-SPECIFIC ADVANCED COURSE

- FY 9: A general view of upper secondary school physics
  Assessment: Numerical

APPLIED COURSE

- FY 8: Experimental physics
  On this course, you explore phenomena from different areas of physics by experimenting. If possible, the course will include visits to research and/or industrial facilities. You will write reports on some of your work. You will handle and analyse data using a computer, which will give you tools for the digital matriculation examination. The course cannot be done independently.
  Assessment: Pass/fail

Chemistry

As chemistry is an essential field in natural sciences, you will need it in many fields of higher education. You need the theoretical knowledge and practical skills of chemistry in e.g. medicine, pharmaceutics, various natural sciences, biosciences, technical fields, and agriculture & forestry. Studying chemistry also supports studies in biology.

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<td>KE 10</td>
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MANDATORY COURSE

- KE 1: Chemistry all around you

NATIONWIDE ADVANCED COURSES

KE2: Chemistry of man and his environments
Get to know organic compounds and how to model them through different means.

KE3: Reactions and energy
Learn how chemical reactions are portrayed, how reactions are balanced, and how organic and inorganic compounds react.

KE4: Materials and technology
Become familiar with metals and polymers; their uses and their life span. Learn about the core principles of electrochemistry: electrochemical series, standard electrode potential, electron pairs, and electrolysis.

KE5: Reactions and the steady state
Learn how homogeneous and heterogeneous steady states occur and how to affect a steady state. You also learn how to recognize strong and weak acids and bases, as well as buffer solutions.
SCHOOL-SPECIFIC ADVANCED COURSES

KE 6: Advanced organic chemistry
Assessment: Numerical

KE 7: A general view of upper secondary school chemistry
Assessment: Numerical

APPLIED COURSES

KE 8: Experimental chemistry
You get to know simple research and working methods, through different assignments. You will handle and analyse data on a computer, which will prepare you for the digital matriculation examination. The course cannot be done independently.
Assessment: Pass/fail

KE 9: Biochemistry
A joint course of chemistry and biology. The course introduces you to a variety of experimental methods, focusing mainly on the central biomolecular structures (fats, carbohydrates, proteins, DNA), their reactions, and their meaning in organisms’ metabolism. This course is available on academic years starting on an even numbered year.
Assessment: Pass/fail

KE 10: Industry and technology
You get to know local industry on visits (when possible), and by doing small scale laboratory work. You learn about businesses’ quality control, environmental certificates, occupational safety, and production in practice. The course cannot be done independently.
Assessment: Pass/fail

Information technology

No matter the field, studying and working in today’s day and age requires an extensive, high-level knowledge of information technology. These courses offer the opportunity to acquire basic skills in this area, as well as knowledge on how to best utilize information networks in your studies.
Assessment: Assessment in all information technology courses is pass/fail.

APPLIED COURSES

ATK 1: Information technology
Learn to use a word processor and data analysis software efficiently, and get to know database software and the principles of relational databases. Try out image editing and making graphic representations. Learn how to best utilize a computer and information networks in your studies. The course cannot be done independently.

ATK 2: Making a web publication
Take the first steps (or continue on your path) in web techniques. You will learn how to make websites using HTML code. The course includes designing, executing, and assessing your own website. The course cannot be done independently.

Biology

Biology is a central part of the modern scientific worldview, as well as the foundation for sustainable development. The advanced and even applied courses are of great benefit if you intend on applying to study biology, biochemistry, chemistry, physical education, medicine, geography, psychology, health sciences, environmental sciences, or forestry and farming. Biotechnology (e.g. gene technology) is one of the most rapidly evolving fields in science.

COMPULSORY COURSES

BI 1: Life and evolution
It is recommended you complete KE 1 before this course.

BI 2: Ecology and the environment
NATIONWIDE ADVANCED COURSES

BI 3: The cell and heredity
You expand your knowledge on the structure and function of a cell. You look at how the cell is controlled, how it procreates, and how things are inherited. Experimenting and conducting your own tests are key methods in this course.
Prerequisite course: BI 1.
The course is not recommended to be done independently.

BI 4: Human biology
You focus on human anatomy and physiology. Central areas include vital functions, reproduction, and the effects of genes & the environment on human health. You look at how the human body adapts to changes and defends itself against external threats.
Prerequisite course: BI 1.
It is recommended you also complete BI 3 before taking this course.

BI 5: Applied biology
The objective is to understand the meaning of biological research in solving the problems of the future. You look at different biological applications in medicine, industry, food production, and sustainable use of natural resources. Some central topics are applications in gene technology and microbiology. You will plan and execute an experiment or study related to applied biology.
Prerequisite courses: BI 1-3.
The course is not recommended to be done independently.

SCHOOL-SPECIFIC ADVANCED COURSE

BI 6: Biology revision
The objective of this course is to help you internalize the central, as well as more difficult principles of biology, to help you prepare for the matriculation examination.
Assessment: Pass/fail

APPLIED COURSE

BI 7: Biological research
You become familiar with the nature of scientific information, methods of biological research, and some topical fields in biology. The course includes laboratory work (e.g. gene technology), small-scale research, and possibly a study visit or a guest lecturer.
The course can be done independently in part.
This course will be available on academic years starting on an odd-numbered year.
Prerequisite courses: BI 1-3, BI 5 is recommended.
Assessment: Pass/fail

Geography

Studying geography helps you form a geographic world view. It provides you with an idea of global, regional, and local phenomena; both the problems and possible solutions. Geographical understanding helps you when applying to study in fields relating to biology, history, physical education, forestry and agriculture, politics, construction, economy, community planning, or environmental protection.

COMPULSORY COURSE

GE 1: A changing world

NATIONWIDE ADVANCED COURSES

GE 2: A blue planet
On this course you examine natural phenomena, and deepen your knowledge on the structures and functions of the geosphere, hydrosphere, and atmosphere. A central perspective is the processes and causalities of the natural world. You are introduced to research methods in geography, and practice understanding natural landscapes and how they came to be. You become familiar with utilizing geographic knowledge in society and everyday life.
Prerequisite course: GE 1
GE3: A shared world
On this course you examine different phenomena of human geography, and deepen your knowledge of the regional features of human influence. A central perspective is assessing natural resources and environmental possibilities from the point of view of human interference. You are introduced to research methods of human geography, and try to understand human activities on a global scale, utilizing geomedia. You become familiar with utilizing human geographic knowledge in society and everyday life.
Prerequisite courses: GE 1-2

GE 4: Geomedia – explore, take part, influence
On this course you practice applying geographical knowledge, acquired in previous courses, to writing a study or doing a project on participation and influence. Central perspectives include inclusive planning, global development trends, and using geomedia for research or influence.
Prerequisite courses: GE 1-3

APPLIED COURSE

GE 5: Geography revision
The objective of this course is to help you internalize the central, as well as more difficult principles of geography, to help you prepare for the matriculation examination. You will practice on test questions from previous years.
Course extent: ½ course.
Assessment: Pass/fail
Human and social studies

Religion (ev. lut.)

The objective of religion as a subject area is to support the formation of a general, well-rounded knowledge of different religions and worldviews. You will explore religions and the different forms they take, as well as non-religious beliefs.

You will learn about different religions and worldviews, which will help you understand discussion around them. Students are directed to view religions and worldviews analytically, from different perspectives. Studying religion will help you build and assess your own worldview, as well as take part in dialogue between religions. This subject supports a student’s growth into a responsible member of a democratic society. Different points of view are taken into consideration, and an individual’s conviction is respected.

The course utilizes research from theology and religious science, as well as from the fields of culture, social science and the arts. Source material is taken from the different religions and current topics in the media. Varying study environments, ICT, and an active approach are utilized in the studies.

COMPULSORY COURSES

UE 1: Religion as a phenomenon - tracking Christianity, Judaism, and Islam
This course must be completed before taking any other religion courses, and cannot be done independently.

UE 2: Global Christianity
Prerequisite course: UE 1. This course cannot be done independently.

NATIONWIDE ADVANCED COURSES

UE 3: World religions and religious movements
This course provides you with tools to operate in international environments. Course topics include: Hindu worldview, lifestyle, diversity, and influence in the Indian society then and now. Central traits of Jainism and Sikhism. Buddhism: teachings, different schools, lifestyle, and influence on Asian cultures. Central traits of Confucianism and Taoism, and their influence on Chinese thinking then and now. Central traits of Shintoism, and its influence on Japanese society and politics, then and now. Asian religions in the West. Central traits and prevalence of nature religions and Voodoo. The backgrounds and central traits of new religious movements.
Prerequisite courses: UE 1. Working methods: group conversation, presentations, videos, images, artifacts, texts.
The course is not recommended to be done independently.
Assessment: Numerical

UE 4: Religion in Finnish society
Objective of the course: to provide an in-depth look at the interaction between religion and society, and at freedom of religion, in modern day Finland. Course topics include: the state of religion in Finland, religious practices, and secularization. How religions have shaped Finnish society then and now. The meaning and visibility of religion in society and family life. Religious organizations in Finland. Freedom of religion, and equality in legislation. Working methods: group conversation, presentations, videos, images, texts, possible field visits.
Prerequisite courses: UE1, UE2. This course is not recommended to be done independently.
Assessment: Numerical

UE 5: Religion in science, art, and popular culture
Objective of the course: to gain knowledge on the scientific research of religion, religious buildings and art, religious symbolism. Central topics include: research in religious science and theology, and the interaction between religion and art. Architecture in religious buildings. Religious themes, myths, and symbolism in different art forms. The influence of the bible and paganism in Finnish cultural inheritance and art.
Working methods: group conversation, presentations, videos, images, texts, possible field visits.
Prerequisite courses: UE1, UE2, UE3. This course cannot be done independently.
Assessment: Pass/fail
UE 6: Religion and the media
Objective of the course: to view topical religious themes in the media, and analyze the relationship between religion and media. Learning to evaluate information and sources on religion critically. Taking part in producing and analyzing media content on religion. Becoming aware of how the media influences religious phenomena, attitudes, perceptions, conflicts, peace.
Prerequisite courses: UE1, UE2, UE3. Working methods: student-centered; presentations, videos, images, texts.
This course cannot be done independently.
Assessment: Pass/fail

APPLIED COURSES

UE 7: Multicultural Berlin
A school-specific joint course of German and religion. The objective is to get to know Berlin’s history and present day in a versatile way. Execution includes a trip to Berlin, advance assignments, keeping a study diary, and writing a report. You must have completed UE 1 and 2; UE 8 is recommended. This course cannot be done independently
Assessment: Pass/fail

UE 8: A history of oppression and persecution
A joint, school-specific applied course of history and religion. Objective of the course: to discuss topics such as slavery, segregation, and persecution of the Jewish people. To look into different religions’ stands on oppression and persecution, throughout history and in modern day.
Prerequisite courses: UE1, UE2. Methods of working: discussion in class, film, interpretive teaching, essays.
This course cannot be done independently.
Assessment: Pass/fail

UE 9: Revision course
Revising the contents of previous courses to prepare for the matriculation examination. You get to know different types of test questions and see old questions. You will practice answering utilizing digital material. You will write practice answers and score them. This course is not recommended to be done independently.
Assessment: Pass/fail

Ethics

All ethics courses can be done independently. Compulsory courses are offered alternately every other year.

COMPULSORY COURSES

ET1: Worldview and critical thinking
ET2: Person, identity, and a good life

NATIONWIDE ADVANCED COURSES

ET3: Individual and their community
On this course you consider the complex relationship between an individual and different communities: what does it mean to be an individual in a community, a citizen in a state, an actor in a financial system? How are the prerequisites of a good life realized in different kinds of societies? Other central themes include human rights and their actualization, sustainable development, and globalization.

ET4: Cultures as shapers of worldview
On this course you consider cultural inheritance as a starting point and measurement of a good life, but also as an ever-evolving phenomenon. You go deeper into the multicultural nature of the world, as well as into the modern Finnish society.

ET5: A world of views
You get to know different ways of explaining the world; from mythical, religious, and ethical traditions. You learn about the origins, history, and study of different worldviews.
Health education

Health education is a subject that is based on multi-disciplinary information. Its objective is to promote health, wellbeing, and safety. Health and safety related phenomena are examined through the different areas of competency: health information, abilities, self-knowledge, critical thinking, and ethical responsibilities.

COMPULSORY COURSE

TE 1: The basics of health

NATIONWIDE ADVANCED COURSES (meant especially for 2nd and 3rd year students)

TE2: People, their environments, and health
You examine health, wellbeing and safety as resources, and consider social sustainability as an objective of sustainable development in the future. You learn about the connection of genes vs. environment to a person’s health and abilities.

TE3: Studying health
You will get an idea of historical developments, as well as future challenges, of health promotion and disease prevention. You gain a better understanding of acquiring and assessing health-related research and general information. You learn how to better apply your own knowledge as an active member of society, and how to take a critical approach to health-related facts. You consider the possibilities of research and political decision-making in promoting health within communities, societies, and globally.

APPLIED COURSE

TE 4: Revision course
Meant for final year students, this course revisits the contents of previous courses (TE1-3). You focus on different factors affecting health promotion, from the points of view of an individual and society, and from the different aspects of health.
Course extent: ½ course

Psychology

Studying psychology helps improve self-knowledge, as well as knowledge on human nature in general. Psychology is helpful if you plan on applying to study in teacher training or healthcare and social services, for example. Courses in psychology should mainly be taken in numerical order, but different options are available if needed. Learning methods include discussion in class, pair and group work, video material, student presentations, and small experiments and tests in class.

COMPULSORY COURSE

PS 1: Psychological functioning and learning
This course cannot be done independently.

NATIONWIDE ADVANCED COURSES

PS 2: A developing person
You become familiar with the psychological development of a person, and the different factors that contribute to it. Emphasis on childhood and adolescent developmental psychology.
Prerequisite course: PS 1

PS 3: Processing information
You learn how information processing works; observations, attentiveness, memory, and the nervous system beneath them.
Prerequisite course: PS 1

PS 4: Emotions, psychological wellbeing, and mental health
You learn how emotions come to be and what they mean. You consider different factors that affect wellbeing and mental health. You get to know the most common mental health disorders and how they are treated.
Prerequisite course: PS 1
PS 5: An individual and social person
You study personality and the different aspects of it, through theories and research of personality psychology. Social psychology also comes into play in the social aspects of a person.
Prerequisite courses: PS 1, PS 2

APPLIED COURSES

PS 6: Managing stress & interpersonal skills
On this course, you will learn tools on how to manage stress and maintain your wellbeing. You look at ways of improving self-knowledge, identity, survival mechanisms and interpersonal skills. Students’ needs and wished affect the course content. You examine and practice self-knowledge (e.g. strengths), social skills (e.g. relationships), problem solving, mindfulness skills, and relaxation. Functional methods are often utilized. The course is executed intensively, over a single weekend.
Prerequisite course: PS 1. This course is recommended for 2nd or 3rd year students, and cannot be done independently.
Assessment: Pass/fail

PS 7: The basics of social psychology
On this course, you get to know social psychology as a science. You learn about social interaction, the laws of interpersonal relationships, and the dynamics of a group. You can apply information from this course in the matriculation examination, as well as in practical situations. Social psychology helps you better understand yourself, others, and the world as a whole. Prerequisite course: PS 1.
Assessment: Numerical

PS 8: Psychology revision
The objective of this course is to help you prepare for the matriculation examination. You revise central contents of psychology, become familiar with topical information in psychology, look at old test questions and practice answering them. The contents and methods students request are given priority. This course is meant for final year students, and those who have completed courses PS 1 - PS 5.
Assessment: Pass/fail

PS 11: Free yourself of anxiety
This course is for students who wish to learn about nerves and how to relieve and accept anxiety. You will get tools for how to relieve anxiety in stressful situations, e.g. when performing in front of people. Functional methods and group discussion are utilized. The group will decide on when to meet, for example on two weekend days, or once per week. This course cannot be done independently.
Assessment: Pass/fail

Philosophy

All philosophy courses can be done independently.

COMPULSORY COURSES

FI1: Introduction to philosophical thinking
FI2: Ethics and morality

NATIONWIDE ADVANCED COURSES

FI3: Social & political philosophy
You learn about central concepts and schools of social and political philosophy. You consider their effects and actuality in modern day societies, here and elsewhere.
Prerequisite course: FI 1.

FI4: Knowledge, science, and reality
Through discussion and presentations, you consider the nature of knowledge, and how to acquire reliable knowledge. You also think about what “the being” in our universe is. Prerequisite course: FI 1.
History

The order of compulsory, advanced and applied courses in history is free. However, it is recommended you do compulsory courses in order.

COMPULSORY COURSES

HI 1: People in environmental and societal transformation
HI 2: International relations
HI 3: The history of an independent Finland

NATIONWIDE ADVANCED COURSES

HI 4: The evolution of a European worldview
You learn about the cultural area of the antiquity, medieval culture, the breaking of a new era, the age of enlightenment and industry, and the modern era.

HI 5: From Swedish rule into Finland
You go through the main events of Finnish history under Swedish rule: inhabiting Finland, ancient Finnish society, being a part of Sweden, and becoming part of Russia.

HI 6: Cultures come together
You study the main characteristics of a cultural area (or areas) and the interaction between different cultures. Understand culture as a comprehensive term. You choose your cultural area(s) outside of Europe, from the following: Africa, India, Islamic world, Japan, China, Korea, Latin America, or the native cultures of North America.

SCHOOL-SPECIFIC ADVANCED COURSES

HI 7: Roots of Western culture
You study the central cultures of ancient times; Mesopotamia, Egypt, Greece, and Rome.
Assessment: Pass/fail

HI 12: History revision
The objective of this course is to help you prepare for the matriculation examination, by revising the central contents of previous courses. This course cannot be done independently.
Assessment: Pass/fail

APPLIED COURSES

HI 9 - 11: Finland and the world today
This course focuses on following current events, in Finland and globally, through the press, television, and radio. Students will make reports, essays, and reviews on topical political events. Due to the nature of this course, you can take it more than once.
Assessment: Pass/fail

HI 8: A history of oppression and persecution
A joint, school-specific applied course of history and religion. You learn about topics such as slavery, segregation, and persecution of the Jewish people. You look into different religions’ stands on oppression and persecution, throughout history and in modern day. Methods include discussion in class, film, interpretive teaching, and writing essays. Prerequisite courses: UE1, UE2. This course cannot be done independently.
Assessment: Pass/fail
Social studies

COMPULSORY COURSES

YH 1: The Finnish society
YH 2: Economics
YH 3: Finland, Europe, and a changing world

NATIONWIDE ADVANCED COURSE

YH 4: A citizen’s legal knowledge
This course focuses on legal topics such as: crime and punishment, trial, marriage, employment, inheritance, buying and selling a house, rental contracts, and debt. This course cannot be done independently.

SCHOOL-SPECIFIC ADVANCED COURSE

YH 9: Social studies revision
The objective of this course is to help you prepare for the matriculation examination, by revising the central contents of previous courses. This course cannot be done independently.
Assessment: Pass/fail

SCHOOL-SPECIFIC APPLIED COURSES

YH 5-7: Finland and the world today
This course focuses on following current events, in Finland and globally, through the press, television, and radio. Students will write reports, essays, and reviews on topical political events. Due to the nature of this course, you can take it more than once.
Assessment: Pass/fail

YH 8: A year as an entrepreneur
The course program follows nationwide guidelines drawn by Nuori yrittäjyys ry. You will practice group work, problem solving, and other skills needed in working life. You will set up a real miniature business, that provides goods or services and runs on real money. Course extent: 1-2 courses, according to the extent of the project.
This course cannot be done independently.
Assessment: Pass/fail
Art and physical education

You must choose at least 1 compulsory course from the syllabi of both music and visual arts. You must then choose at least 1 additional course from one of them, to make your total of compulsory courses from music and visual arts 3.

Music

Compulsory and advanced courses will be assessed numerically, whereas applied courses are pass/fail. For the final grade, a student’s work in applied courses may also be taken into consideration.

COMPULSORY COURSES

You may choose between courses 1 and 2, or take both of them.

MU 1: Music and I
MU 2: The many voices of Finland

NATIONWIDE ADVANCED COURSES

MU 3: Open the door to music
The objective of this course is for you to get to know new musical genres, musical styles, and musical cultures, as well as understand the connection between music and culture in general. You learn in-depth about some genres or musical cultures. You improve your information acquisition skills, as well as musical skills. You can complete this course as a project.

MU 4: Music as communication and influence
The objective is for you to learn about music’s role in cinema, on stage, in mass media, online etc., and look at music’s connection to text, images and movement. You examine the effect of music by analyzing existing material, or by producing it yourself. You can choose to execute this course as an inter-art or multi-disciplinary project.

SCHOOL-SPECIFIC ADVANCED COURSE

MU 6: African-American music
You become familiar with the evolution of African-American music, from the start of the 20th century to this day. Methods include making music together, listening to music, group work, and presentations. Students’ areas of interests can be emphasized when choosing different genres to focus on. Genres include rock, folk, progressive rock, disco, pop, punk, metal, hip hop, rap, and electronic music.
Assessment: Numerical

APPLIED COURSES

MU 7: Band course
You practice playing in a band, by trying out different band instruments and singing in a microphone, with a varied repertoire. You try out making arrangements and putting your own musical ideas into practice. Songs from this course can be put together into a concert.
Assessment: Pass/fail

MU 8: Learn how to sing, solo or in a group
You get to know healthy voice control. Through various exercises and different songs, you try out different singing and performance styles, including phrasing and rhythmic. You can choose to sing on your own, or together in a group. Students can form a singing group, which can perform in school events or have a small concert. This course cannot be done independently.
Assessment: Pass/fail

MU 9: Accompaniment on a guitar or piano
On this course, you get to choose your instrument (piano or guitar), and learn the basics of that instrument by practicing to accompany simple songs. The objective is for you to learn a few simple songs, and acquire the tools to keep practicing on your own.

MU 14: Basics of audio and light technics
On this course you try out mixing the audio of a band, and working the school lighting console. The objective is to know how to operate the school’s audio system in a concert setting. Students will handle the audio for school celebrations etc. This course will be held in parts, and you can receive a certificate of it.
Course extent: 1-2 courses
Assessment: Pass/fail
MU 15: Working in a studio
You learn to operate studio equipment and music software available at the school. You learn the basic skills of recording music, and try out saving and making music with Cubase. The objective is to give you tools to record your own music, or record musical activities at the school.

NATIONWIDE APPLIED COURSE

MULD 6: Upper secondary school music diploma
The music diploma is proof of musical ability and special interest. You will evaluate your own development as a musician and your relationship to music. You will compile a portfolio, and any performances you give will be recorded. The music teacher will assess your performance with a professional musician. For more information, ask your music teacher.
Assessment: Pass/fail & a diploma

Visual arts

Visual arts studies in upper secondary school give you the opportunity to learn about visual language, visual expression, culture, and art.

COMPULSORY COURSES

You must choose at least 1 of the 2 compulsory courses. If you only choose 1 compulsory course in music, you must choose 2 in visual arts.

KU 1: Images and cultures
KU 2: Designing and building environments

NATIONWIDE ADVANCED COURSES

KU 3: Influencing media
You explore influence in different kinds of media (news, art, advertisement) through images. Primarily you will make your own media messages, using established tools in visual communication: a camera, video camera, image editing and publishing platforms. Through producing media messages, you learn basic graphic design and video editing. You are required to have a laptop for this course.

KU 4: The various worlds of art
You explore the many forms of visual art, from cave paintings to contemporary art. You learn how to see your own visual expression as a part of a larger visual culture. You view images through past and present styles, and works of famous artists. You advance your knowledge through your own work, while trying out different techniques.

SCHOOL-SPECIFIC ADVANCED COURSE

KU 5: Contemporary art workshop
You learn about different means of expression in contemporary art. You explore the world through the eyes of a contemporary artist and make your own project, your own work of art. You can choose from different contemporary art methods, for example environmental art, photography, installation art, video art, or media art.
Assessment: Pass/fail

APPLIED COURSES

KU 6: Sculpture, ceramics, and 3D structures
You make three dimensional work using different materials, e.g. sculpture, ceramics, or small-scale models.
Assessment: Pass/fail

KU 7: Video, photography, cartoons
On this course, you can choose what to focus on: photography, video, or cartoons. If you wish to work on photography or video, you must have a laptop with you.
Assessment: Pass/fail
KU 8: Graphic art and digital fantasy graphics
You can try out different methods of graphic art, e.g. line engraving, aquatint, or monotype. You can also choose to focus on computer graphics, or make fantasy art using image editing (in which case you must have a laptop with you).
Assessment: Pass/fail

KU 9: Drawing
You study different methods of drawing: pencil, marker, charcoal, coloured pencil, wax pastel, oil pastel. Assessment: Pass/fail

KU 10: Painting techniques
You explore different methods of painting: watercolor, acrylic, oil, gouache, tempera.
Assessment: Pass/fail

KU 11: Free art and art therapy
If you wish to be creative with your art in a stress-free environment, or need a therapeutic experience through art, this course is for trying out different things and experimenting to get you there.
Assessment: Pass/fail

KU 12: Preparation course for visual studies
If you are interested in design, architecture, artisanal handicraft, or otherwise interested in studying/working in visual arts, this course is for you. You can practice on entrance examination questions/assignments for different visual fields, or acquire skills for the Visual arts diploma.
Assessment: Pass/fail

KU 13: Media group
You shoot video and take photographs of school events for the school website and yearbook.
Assessment: Pass/fail

NATIONWIDE APPLIED COURSE

KULD 2: Visual arts upper secondary school diploma
On this course, you do an examination for a nationwide visual arts diploma, in the form of a portfolio. The portfolio includes a work of your own art, and a process description and self-assessment. For the work, you are expected to have the ability to apply art theory, and be able to compare your work with the larger field of visual arts and visual culture. A teacher will instruct you beforehand, but the actual examination must be done independently. You must complete at least 4 courses of visual arts before taking this course.
Assessment: Pass/fail & a diploma

Performing arts

APPLIED COURSE

IL 1: Performing arts basics
All students, no matter what year they are in, can take this course.
The objective of this course is to give you an opportunity to rehearse some basic aspects of self-expression and interaction: concentration, listening, observing; self-expression in the form of gestures, expressions, movement, voice and speech. The central contents include different habits of self-expression, practicing collaboration, being responsible for your work (as well as those of the group), and active participation in the work.

Physical education

Physical education gives you balance in the theoretical upper secondary school studies. It encourages you to be in charge of your own health, physical activity, and the ability to study. Physical education advocates for the equality of students, participation, a sustainable lifestyle, group skills, and consideration for others. The compulsory syllabus includes two physical education courses. In addition you can take advanced and applied courses.
You cannot do physical education courses independently.
Assessment: The assessment is based on how the goals for physical, social and psychological abilities are achieved. Physical fitness is not a factor in the assessment. Your individual needs and health situation is taken into consideration in teaching and assessment.
The compulsory and advanced courses are assessed numerically. Applied courses are pass/fail. All physical education courses affect the final grade. If you wish, your final grade can be marked as “pass”. You will need a numerical grade if you plan on applying to study in institutions of physical education.

**COMPULSORY COURSES**

LI 1: Energy from physical activities  
LI 2: An active lifestyle

It is recommended you take the 2 compulsory courses in the first 2 years.

**NATIONWIDE ADVANCED COURSES**

LI 3: Health from exercise  
You advance your knowledge and skills on physical ability. The objective is to promote regular exercise, as well as keeping track of and advancing your physical abilities. The teacher will instruct the planning and execution of an exercise plan. You will follow the plan with the help of technology.

LI 4: Playing sports together  
This course is for all students, regardless of what year you are in.  
You will play different sports, e.g. Finnish baseball, football, basketball, volleyball, floorball, handball, tennis, and badminton. You get to know the rules of the games and how to apply them in a school environment; you will learn the basic skills needed for different games, and to apply those skills by playing together, in good spirit.

LI 5: Wellbeing from physical activity  
This course expands your knowledge of functional abilities, especially in a psychological sense. The objective is to support your wellbeing and increase alertness through relaxing and invigorating physical experiences. A variety of experiences will help you feel included and physically competent.

**SCHOOL-SPECIFIC APPLIED COURSES**

LI 6: Ballroom dancing  
The objective of this course is to further students’ sense of social solidarity. It promotes social abilities.  
**Working methods** are heavily based on active participation and cooperation on the students’ part. The practical content is to get ready for the *Wanhojen päivä* dance.  
**Assessment:** Pass/fail

LI 7: Sports as a hobby  
The objective is to advance students’ physical activity as a part of their studies, as well as at home. The course is part attending lessons at school; part attending other groups/training that promotes physical activity; part doing independent exercises. The “other” groups/training can be  
- athletic clubs’ practices  
- exercise classes at gyms  
- training (individual or group)  
You can take this course twice during your studies.  
**Assessment:** Pass/fail

LI 8: Trekking  
On this course, you will learn how to move and operate in nature. Central to the course are the different aspects of physical, psychological and social activity: endurance, resilience, cooperation. The course includes an overnight, cross-country trek. If possible, an adventure experience will also be included. The cost of this course depends on the number of participants and what the destination is. The course is held in the 1st period, over a weekend.

LI 9: Physical education instructor  
This course offers a look into the basic skills of a physical education instructor. You will learn to instruct exercise classes for upper secondary school students and primary school students. The central themes include motivational skills and how to instruct and control a group. You get a certificate at the end of the course.  
**Assessment:** Pass/fail
LI 10-16: Training for competitive sports
A student who (1) is in the national team in their own age group of their sport; in training for the national team; or in the national representative team, OR (2) has ranked in the national championships in places 1-8 within the last year, OR (3) does not meet the previous criteria, but is a determined competitive athlete in a major sport, can take applied courses for competitive sports. A prerequisite (in addition to the aforementioned) is that they are a good student and have moderate success in their academic studies. The headmaster grants the right to attend these courses, one academic year at a time.

Moderate success in academic studies means that you must complete all other courses with a passing grade. Should you not be able to accomplish this, you will lose the right to accredit training courses. You regain that right if/when you receive a passing grade on the failed courses. However, your right to participate in training courses remains, as do any previous course completions that have already been accredited.

Training courses are executed by participating in the morning practice of your team/club, or doing a separate training plan. In your upper secondary school studies, you may do a maximum of 8 training courses. In a single academic year you may do 3, except for the final year, when you may do 2.

Assessment: Pass/fail
To learn more about the training courses, go to www.valkeakoski.fi → Urheiluakatemia.

LI 18: Get active
On this course, you are active in a variety of ways, with many different sports. You also have the opportunity to practice your own sport.
Assessment: Pass/fail

LI 19: Fitness
This course includes doing workouts at the gym, running, ball sports, and getting your physical fitness tested. You will also make a personalized exercise plan.
Assessment: Pass/fail

NATIONWIDE APPLIED COURSE

LILD 4: Upper secondary school diploma in physical education
On this course, you will demonstrate competence and special interest in the field of physical education, to receive a diploma. The objective is for you to consider the meaning of physical activity/sports in your life, while enhancing your physical ability, knowledge, interest, and cooperation skills. You will do an examination and make a portfolio. The physical education diploma consists of demonstrating your physical ability, theoretical knowledge, special interest, cooperation skills, plus evaluating yourself in the form of a portfolio.
Assessment: Pass/fail + a diploma

Themed studies

NATIONWIDE ADVANCED COURSES

Multidisciplinary thinking (TO1)
The course’s objective is to offer opportunities to enhance your thinking in a multidisciplinary, cross-curricular way. You learn to see the connections between different subject areas and fields, and see their core principles and concepts as part of a larger entity. During this course, you will evolve your skills of critical and creative thinking, in a group as well as individually. You will analyze and assess different conceptual systems and points of view, and try to make conclusions and reach solutions. The core contents of this course come from combining at least two different school subjects/subject areas. The contents are similar to the Theory of Knowledge module in the IB curriculum.
Assessment: Pass/fail

Investigative work with technology (TO2)
You will perform different exercises and a major project of your own choice, using information and communications technology. The skills you learn on this course can be used in the matriculation examination, as well as further studies. You can take this course in the 2nd (or later) year.
Assessment: Pass/fail
Everyday skills (TO3)
At our school, you have to opportunity to
- do volunteer work
- get acquainted with work life
- get involved in international activities.
Each of these areas can cover ½ - 1 courses. In addition, a driver’s licence can be accredited for ½ course.
To complete a TO3 course, you must always complete the equivalent of 1 course, either by doing half a course in two areas, or
by doing a whole course in one area. You can complete this course in your own time, during your upper secondary school
studies. The contents are similar to the Creativity, Activity, Service modules in the IB curriculum.
Assessment: Pass/fail

Collaboration with art schools

The following principles have been agreed upon with the Valkeakoski Youth Art School, Music School, Theatre School,
Käsitököoulu, Sanataidetköoulu, and Baletti- ja liikuntaköoulu. Basic studies in art can be accredited in the upper secondary school
syllabus, if they are completed during those studies, and are in accordance with the national curriculum of visual arts.
Studies related to the basic curriculum can be accredited for a maximum of 3 courses (2 in one academic year). With studies
related to the advanced curriculum, a maximum of 6 courses can be accredited (3 in one academic year). Accreditation will be
done after the completion of those studies, based on a certificate you receive.