



# Bow High School - School Competencies

**School Competency: Self-Directed Learning**

**Area of Focus: Wellness**

**Level: Foundational**

**Competency Description:**

- Student can independently plan, organize, and execute a program of intellectual growth.

**Courses:**

- BEST
  - Strength Training I
- Business
- English
  - Film Making
  - Senior Seminar
  - Writing Fundamentals
- FACS
- Humanities
- Mathematics
- Performing Arts
- Science
- Social Studies
  - AP Psychology
  - Child Development
  - Sociology and Civilization
- Visual Arts
- World Language