

inspire



empower

THOUSAND OAKS HIGH SCHOOL

Welcome to the Home of the Lancers where students take pride in academics by creating their own businesses in ETHOS, conducting original research in The Center, and discovering their passion through our Majors or Career Pathways.

We also know how to have fun. Our Lancer school spirit is legendary. Come to a game and witness the Green Hole student cheering section or an ASB rally and you'll truly understand what we mean when we say, "We Bleed Green!"

So, what is it like to be a student at Thousand Oaks High School? We thought we'd let our students and faculty share their insights.

challenge

Dear Families,

We thank you for expressing interest in joining our community. Deciding where to attend high school is an important decision and I strongly encourage you to explore all your options. In my opinion, the right high school offers the best fit in terms of academic interests, extracurricular options, social connections, and a place to safely grow and find joy in the high school experience. I believe Thousand Oaks High School is a school where students from all walks of life can come and feel connected and challenged.

We proudly adhere to the notion that our daily goal is to involve, accept and inspire all students. Many students participate in one or more of our athletic teams. Many others get involved in one of our arts programs. We have traditional experiences like Student Government, but we also have many unique and highly decorated programs like our Peer Mentor program. We have nearly 80 clubs that allow students to dive into their passions while at the same time making lasting friendships.

One aspect of our school that many believe is our greatest strength is our campus culture. All students who walk onto this campus feel accepted, they feel like they belong. They are all Lancers who take great delight in celebrating one another's successes, while being quick to support when one of us falls short.

Finally, our school offers a variety of academic programs that leave students feeling inspired — variety being the key word. We offer programs like The Center for Advanced Studies and Research which introduces students to the world of college-level research; like EThOS, a program designed to teach students the fundamentals of entrepreneurship; and our Majors program, which allows students to focus on an academic pathway such as Health Science, Engineering and Design or Arts, Media and Entertainment. We are also the only public high school in Ventura County with an Anatomage 3D and Virtual Dissection table.

What should ultimately guide you through this decision-making process is finding a fit between your student and the school. Given our ardent belief that there is a place for everyone at Thousand Oaks High School, we are confident you will consider becoming part of the Lancer family.

Again, thank you for your interest and we look forward to seeing your student on campus in the near future.

Dr. Eric Bergmann
Principal, Thousand Oaks High School
#BleedGreen

welcome

ASPIRE

As one of only four entrepreneurship California Partnership Academies, ETHOS targets learners whose creativity and gifts aren't necessarily fostered in the traditional classroom. ETHOS is a school-within-a-school, offering UC a-g approved courses including core English, history and math classes with a focus on business and entrepreneurship. In this three-year program, students take electives in Entrepreneurship, Sports and Entertainment Marketing, and Virtual Enterprise that utilize project-based learning and business models to drive curriculum.

Students experience real-world marketing and networking with local and regional business owners and learn how to create and run a business. As seniors, students take their business plan, mock-ups, sales team, and management staff to the California Virtual Enterprise Trade Show competition. ETHOS students have created and marketed products such as survival bracelets for the outdoorsman, a phone case with amplified speaker components, and a rescue UAV — all before leaving high school.

ETHOS has allowed me to express my interests through the projects we work on throughout the year and given me the opportunity to collaborate with other people, which has opened my eyes to what it means to work as a team.

—Cooper Goyette '20

ETHOS is important because it teaches students how to responsibly manage themselves in business. I've learned how to read and understand marketing and financial terms.

—Chase Cosgrove '21

My favorite part of Virtual Enterprise was getting a taste of what it takes to start a business and further perfecting the skills ETHOS taught us prior to our senior year. It was so cool seeing a team work hard and put their brilliant minds together to create something awesome. Our Chief Operating Officer really grasped the financial aspect of creating an app and the software that went along with it, which she can use in the future.

—Edith Tacen '19



The Center's rigorous, research-based, academic program sets students apart in the competitive college admissions process. Center graduates excel at MIT, Dartmouth, UC Berkeley, UCLA as well as other top-tier universities.

Students must apply as freshmen and commit to a three-year course of study with a minimum unweighted grade point average of 3.6 at the end of each semester. Students complete the College Board's AP Capstone courses and complete in the Regeneration Science Talent Search &/or Science Fair to tie together their three years in the program together.

Working with experts in their fields of research and using our on-campus Center of Research Excellence (CoRE) Innovation Lab or our wet lab, which includes two High-Performance Liquid Chromatography (HPLC) machines, seniors have an opportunity to submit their research for publication to national competitions.

All students learn literature review and meta-analysis and adhere to the International Science and Engineering Fair (ISEF) standards. Each research paper and project is submitted to an Institutional Review Board (IRB) or Scientific Review Committee (SRC) before moving forward. Students produce original research equivalent to an upper-division college level course which more than prepares them for the rigors



During my sophomore year in The Center, I had the opportunity to research gentrification, a topic I knew little about. This paper alone led me in the direction of my current studies in college, political science and public policy, as well as my current internship. Just one week into freshman year of college I was hired at The National Housing Trust. The research I performed my first year in The Center set me up for my future success in college.

–Sarah Cohen ('18), George Washington University

The Center introduced me to real science, real research and real education long before I got to college, and not only did it allow me to get in, but it allowed me to succeed at my first choice school.

–Chandler Witt ('18)
Colorado College

The Center's unique quality of personal learning gave me the opportunity to find and pursue my passions. I have investigated the use of evolutionary neural networks in optimizing aircraft designs with the guidance of an Aerospace Engineering graduate researcher at the University of Michigan.

–Will Metz (12)

COMPETE

With our long-standing history of athletic excellence, we are committed to helping students get the most out of their Lancer experience. Through guidance and training, we nurture our student athletes as they become role models, adhering to the codes of fairness and respect. This level of conduct brings credit to themselves and Thousand Oaks High School as they pursue opportunities for championship athletic participation.

In the last five years, we have held 11 League Titles, won CIF in Girls Basketball, been CIF Runner-up in Marmonte League Football and graduated the CIF Player of the Year.

Thousand Oaks High School is honored to have won:

- 4 State Championships
- 4 State Champion Runners-Up
- 25 CIF Championships
- 12 CIF Player of the Year
- 56 CIF Individual Champions
- 279 League Championships

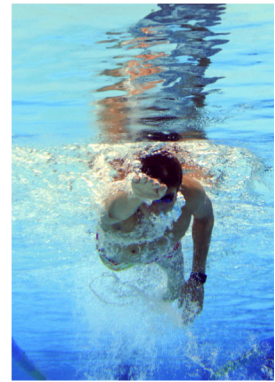
athletics

"Competing in games, tournaments or meets is so much fun. We always have the best cheering sections. Teams know when the Lancers show up!!"

-Makenna Bloom ('22), Swim

"As a student athlete there is a lot of pressure to excel. My teachers and coaches understand the difficulties with time management and provide extra help outside the traditional classroom hours. They make sure success is always attainable."

-Owen Birg ('21), Volleyball



"I try to improve their musicianship, and since every class is different, I just observe each one's weaknesses, improve upon them and accentuate the strengths."

-Ben Roberts, Orchestra Instructor

performing arts



The Lancer faculty offers students a wide array of tools and opportunities to further expand their knowledge and love for the performing arts.

Our two concert performance bands: Wind Ensemble and Wind Symphony consistently perform at the highest levels, receiving frequent honors in adjudicated concert settings. The Spring Drum Line is recognized as one of the best in California, receiving top honors in local and regional competitions. For the past 8 years, a Lancer has been nominated for and ultimately selected to the Army All-American Band.

Our 15-time USA National Champion dance team does more than compete. They host two annual dance concerts and the ever popular "Dancing with the TO Stars," where faculty and students take the stage paired with our dancers.

The award-winning, superior rated choral program offers both audition and non-audition choirs. Students perform in winter and spring concerts, competition festivals and the much-anticipated Singing Waiter Dinner and Solo Showcase.

Our newest additions to the performing arts program include Concert, Camerata and Chamber orchestras. Students learn classical standards as well as popular and folk music traditions. Under the direction of Mr. Ben Roberts, students compete in the SCSBOA and other festivals.

UNITE

The interests and goals of the entire Thousand Oaks High School campus fall into the capable hands of not only our Associated Student Body (ASB), but also our Peer Mentoring program. Although these are separate programs, each share the same goal — to make Thousand Oaks High School students feel connected.

To that end, the officers and appointed members of the ASB class focus on providing engaging activities that ensure a well-rounded high school experience where students also have fun.

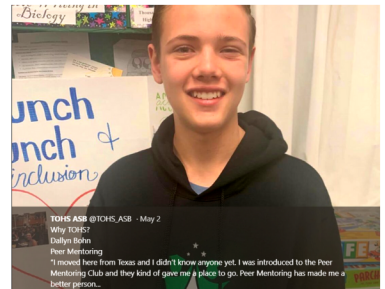
Students in ASB plan, organize, and participate in such activities as formal and informal dances, Homecoming, Spirit Week, grade-level competitions, community awareness projects, cultural events, and Staff Recognition throughout the year and, of course, our quarterly rallies.

Having a positive atmosphere during the school day where students feel included and empowered is a well-known aspect of the TO culture. Inspiring posters found throughout campus are created by our Peer Mentoring classes. Their most ambitious and successful project, to date, is Lunch Bunch, where students who may be new or may not have a place to each at lunch can enjoy games, activities and camaraderie.

Being a Lancer means being part of our community.



TOHS ASB @TOHS ASB - Apr 4
Dream Week for the special ed class wraps up tomorrow! This week was full of events like scavenger hunts, ASB for a day, and even a field trip with the varsity basketball team tomorrow. It's been an awesome week! @ThousandOaksHS



TOHS ASB @TOHS ASB - May 2
Why TOHS?
Daily Icons
Peer Mentoring
"I moved here from Texas and I didn't know anyone yet. I was introduced to the Peer Mentoring Club and they kind of gave me a place to go. Peer Mentoring has made me a better person."



activities

JOIN US



THOUSAND OAKS HIGH SCHOOL
INFORMATION
& INTEREST SURVEY



CVUSD
INTER-DISTRICT
TRANSFER INFORMATION



BY THE NUMBERS

82

FULL-TIME FACULTY

Hold Doctoral Degrees	4
Hold Master's Degrees	69

FOUR

The number of World Languages offered on campus.

45

AP CAPSTONE DIPLOMA

Recipients passed 6 AP Course exams, including AP Seminar and AP Research

17

MAJORS

Students apply in the fall to one of 17 majors and can change their major each year. While in the program, students complete a 30-hour internship, attend monthly meetings with guest speakers in their field of interest, participate in field trips, job shadows and an annual conference while learning to be proactive about planning their future.

- AGRICULTURE, NATURAL RESOURCES AND ANIMAL SCIENCE
- ARCHITECTURE, ENVIRONMENT, BUILDING AND CONSTRUCTION
- BUSINESS AND FINANCE, HOSPITALITY, TOURISM
- EDUCATION
- ENGINEERING
- HEALTH SCIENCES
- INFORMATION & COMMUNICATION TECHNOLOGIES
- FASHION AND INTERIOR DESIGN

- ARTS, MEDIA & ENTERTAINMENT
 - FILM & TELEVISION PRODUCTION
 - VISUAL ARTS
 - PERFORMANCE
 - WRITING
- PUBLIC SERVICE
 - HUMAN SERVICES
 - PUBLIC SAFETY
 - LEGAL AND GOVERNMENT SERVICES

111 AP SCHOLAR
-score of 3 or higher on three or more AP exams

52 AP SCHOLAR WITH HONOR
-score 3 or higher on min. four exam and average +3.25 on all AP exams

75 AP SCHOLAR WITH DISTINCTION
-score 3 or higher on five or more exams and average 3.5 on all exams

11 NATIONAL AP SCHOLAR
-score 4 or higher on eight or more exams and average +4 on all exams

80

STUDENT-RUN CLUBS

Each year students have the opportunity to petition ASB to continue their existing clubs or even start new ones

Class of 2023 SAT SCORE DISTRIBUTION

SCORE RANGE	# OF STUDENTS
1590-1500	15
1490-1400	36
1390-1300	65
1290-1200	94
1190-1100	80
1090-1000	53
990-800	36
800 & below	1

112

CALIFORNIA SEALS OF BILITERACY

Awarded to seniors who completed four years of a world language or 3 years plus received a score of 3 or higher on an Advanced Placement exam. Students maintained a 3.0 gpa or higher to receive the seal on their diploma.

22

 ADVANCED PLACEMENT CLASSES OFFERED

BLEED GREEN



I would never have thought it at the time I was a student in the early 80's, but I have grown so grateful for all of the ways that the high expectations, spirit, and warmth of the TOHS community shaped me as a young person. It has been a joy to continue that tradition as a teacher here.

-Dr. Krister Swanson,
Social Science Teacher

Theater at TO is such a friendly and inclusive experience. I have only participated in one musical but through that I have found such a supportive group of friends and people I can be my true self around. The arts are so important because they encourage students to express themselves in new ways as well as cultivate lifelong friendships.

-Kate Waksman '21

As a teacher, there's nothing more inspiring than getting to work with creative and innovative peers and colleagues. Whether within the department or among other disciplines or schools, we're constantly growing and learning from one another. It's what keeps us passionate and striving to be the best.

-Brinden Wohlstattar,
English Teacher

Academics at TOHS are the best because of the amazing teachers and staff. No matter what classes you take, the teachers are all incredible and always readily available to help. They make your education their priority everyday.

-Katie Daniels '21

I like TOHS because I feel free to be who I am and the students and faculty are very accepting.

-Amee Davis '21

Being a part of the band and choir allows me to escape the stress I build during the school year through a musical outlet of enjoyment that I can share with others.

-Eaden Dury '20

I feel like TOHS gives students so many opportunities to differentiate themselves better academically, and there is such a sense of community at the school.

-Peter Liu '18,
US Air Force Academy

I would say that the teachers and staff are really great at TO, especially the counselors, They're available at almost all points of the day and they help with most, if not every school-related problem.

-Andrew Peterson '22

My experience has been special because of the dedication and support of my teachers. Throughout my time here, almost every one of my teachers has been genuinely invested in the success of their students and has consistently gone above and beyond to provide us with extra resources, whether that be through lunch help or after-school review sessions to make sure we understand the material.

-Braden Padberg '20

The amount of help that teachers offer sets TO apart. If you are struggling with anything socially, the staff make it clear that they are there to help and are a safe zone no matter what.

-Rose Tuveesson '20

I really enjoy art classes at TO because, as an artist, it's hard to find time at home to focus on my art due to all my other school work. So, a class specifically dedicated to learning and improving my art is advantageous. The overall art program is a great place for students to try something new and express themselves through creativity in an educational manner.

-Zoe Rubin '21

