



Seminar of the Human Person

Description

This Seminar is designed to give students the self-knowledge, skills and confidence necessary to impact and shape their world before and after graduation. Each year the student will learn about specific skills and abilities that flow from her dignity and are pertinent to her current growth and development. Over the course of her four years here, she will gain a deeper understanding about herself, the dignity of the human person, and how she is called by God to impact the world in which she lives.

Themes and Topics for Freshman Seminar

Successful Transitions
Technology Orientation and Ethical Use
Learning Styles and Skills
Academic Integrity??
Development of the Human Person
Friendships and Relationships

Themes and Topics for Sophomore Seminar

Difficult Decision Making
Communication Skills
Character Development and Self Knowledge
Academic Readiness – and Integrity
Serving Others

Themes and Topics for Junior Seminar

Academic Balance and Stress Management
Professional Character Development – Part 1
Introduction to the College Process
Virtuous Living
Leadership Development

Themes and Topics for Senior Seminar

Difficult Decisions
Professional Character Development – Part 2
Life Skills
Self-worth, Self-Reliance

FRESHMAN SEMINAR

Course Outline

Successful Transitions

- Welcome to High School
- Being a Sailor Sister; The History and Heritage of Mount de Sales
- Chapel Etiquette

Technology Orientation and Ethical Use

- Orientation to MDSA Technology
- Ethical Use; Public and Permanent

Learning Styles and Skills

- Time Management and Organization
- Testing (Standardized Testing, Exams)
- Naviance Interest Inventory
- Discovering my learning style and what works well for me
- Developing my four-year plan

Development of the Human Person

- Source of a person's dignity = God
 - Self-esteem
 - Body image
- Happiness – what is it, how will I find it, what is its source
- Body and Soul
 - Integrated and United
- Image of God
 - Gift of my intellect
 - Learning through senses, imagination and intellect
 - Habits and Virtues
 - Emotions, Passion, Will
 - Ability to initiate and create
 - Relationships and communication; protagonist in my life
- Dignity of the human person – responding to another human person
 - Friendships and Relationships
 - What a healthy relationship looks like
 - Bullying and Aggression
 - Cyber-bullying

SOPHOMORE SEMINAR

Course Outline

Communication Skills

- Self-Advocacy – I feel...
- Social Etiquette
 - Social media Etiquette
- Professional emailing
- Effective Presentation Tools
- Microsoft Word/Office

Character Development: Self-Knowledge, Making Good Choices

- Knowing my gifts and my limitations
 - Academic Balance – introduction
 - Spring Course Selection
- Aristotle's four levels of friendship
 - Dating Relationships
 - Friend and Group choices
- Safety in Relationships
 - Setting Boundaries
 - Predators and Safety
- Accepting the dignity within myself and others
 - Kindness in speech
 - How to apologize appropriately
 - Dressing with Dignity
- Substance Abuse

Academic Readiness

- PSAT Readiness
- Road trip Nation in Naviance
- Identifying my skills and putting them to use
- Cheating and Academic Integrity; Online 'borrowing'
- AP – what it's all about

Serving Others

- Using my gifts to bring dignity to another
- The importance of Empathy
- The importance of Curtesy

JUNIOR SEMINAR

Course Outline

Academic Balance and Stress Management

- Realistic Expectations
- My worth is...
 - more than my GPA
 - More than the college I choose
 -
- Taming Stress
- Academic Integrity

Professional Character Development – Part 1

- Professional online profile
- Professional Email and Phone Call
- Career Exploration

Introduction to the College Process

- Naviance
 - Using the College Search
 - Matching me with the right school
- College Search – best match for me
 - 4-year schools
 - Community College
 - Gap year
 - Practice Interviewing
 - Dealing with uncertainty
- Standardized Testing

Virtuous Living

- Linking God with my day to day life
- Chastity and dating
- Relationships
- Social Life

Leadership Development

- Temperaments - Understanding mine
- Taking the Lead - Using my gifts
- Encouraging and motivating others
- Self-esteem *review*
 - Body Image

SENIOR SEMINAR

Course Outline

Difficult Decisions

- Where am I going? Life after Mount de Sales
- How to make a college choice
- **Cognitive and Developmental process of decision-making**
- **Practicing Temperance and exercising wisdom in celebrating**

Professional Character Development – Part 2

- Professional Communication
- Essay Writing

Life Skills for Independence

- Budgeting and Finances
- Communication
- Common Sense and Safety
 - Parties - Alcohol and Drugs
 - Dating - Sexual promiscuity
- Successful transition to college life
 - Freedom is not anarchy

Self-worth, Self-Reliance

- Linking the dignity of the human person to my knowledge of God
 - Alcohol and Drugs
 - Sexual promiscuity
- Culmination of my High School experience
 - What to take with me when I leave
- Making decisions in college
 - Applying what I've learned
 - Staying true to myself

Leadership Development – *Part II*

- Serving by doing what I enjoy and sharing it with others