



January Term Course Guide

Wahlert Catholic High School

January 2025



Introduction

The staff at Wahlert Catholic High School has developed this course guide to provide information about the courses offered during January Term (J-Term). This guide will help students and their parents / guardians become better acquainted with the content of specific courses and will aid students in the course selection process.

Note: Students must successfully participate every academic school year in J-Term.

Students missing days for illness, personal reasons, etc., are still expected to participate in J-Term. Successful participation will be left to the discretion of instructors and Wahlert Catholic High School's administration. Credit will be assigned based on the mastery of essential learnings in the J-Term course and determined by the instructors.

J-Term courses are evaluated on a Pass/Fail basis.

One J-Term course is equivalent to all courses offered during a traditional semester. Missing one day for illness or personal reasons during J-Term is equivalent to missing seven class periods during a semester-long course. We value your attendance during J-Term.

Please keep in mind...

- **All 9th grade students** are automatically enrolled in the required "New Year, New You!" J-Term course offering.
- **All 10th grade students** are automatically enrolled in the required "Prepare to Launch | ACT Prep & College and Career Exploration" J-Term course offering.

J-Term Schedule | Wahlert Catholic High School

January 6, 2025 – January 17, 2025

7:40 a.m. – 2:45 p.m.



- **AM Block:** 7:40 a.m. - 11:00 / 11:30 a.m.
- **A Lunch:** 11:05 a.m. - 11:25 a.m.
- **B Lunch:** 11:30 a.m. - 11:55 a.m.
- **PM Block:** 11:30 a.m. / 12:00 p.m. - 2:45 p.m.

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New Year, New You!

J-Term Course – 5 credits

(Grade 9 only.)

Throughout this course, students will assess their own well-being and focus on ways they might grow and improve in this area. The class will focus on the components of spiritual, emotional, intellectual, environmental, physical and social wellness.

Prepare to Launch

ACT Prep College & Career Exploration

J-Term Course – 5 credits

(Grade 10 only.)

This course will help students acquire the skills necessary to be prepared for postsecondary life. Through a rotation of different exploratory activities - such as learning about two and four year colleges, a panel of local union representatives, a social innovation project, college campus tours, a service project, job shadow opportunities, and ACT preparations - students will be better prepared for life after high school. This course includes ACT prep, college and industry visits, career exploration and planning, growing in faith, mindfulness and movement, team building, and developing a better understanding of self.

Mindfulness & Movement for Maximizing Your Health

J-Term Course – 5 credits

Approximate costs: \$45 (Possible additional costs for downhill skiing)

This course will connect physical and mental wellness. Participants will engage in a variety of activities that will support the connection between our physical and mental health. For example, when we do physical activities that get us moving, our brains activate and release endorphins. On another level, when we engage in intentional, mindful activities, such as meditative stretching and deep breathing, our brains trigger the release of hormones and neurotransmitters that bring us feelings of deep calm and peace. In this course, through activities such as hiking, snowshoeing, cross country skiing, sledding, journaling, meditative stretching, and mindfulness strategies, students will explore this connection between our physical movement and mental well-being. By the end of the course, they will gain the skills that will enable them to engage in the life-long practice of being able to recognize how they are

feeling at any given moment and implement movement/mindful-based strategies to maximize their mood and health.

Colorado Service Trip

J-Term Course – 5 credits

Approximate costs: \$200.00 per student

The Colorado Service Retreat is comprised of two parts. The first part of the course focuses on the importance of service to a community or mission in need. This year's service will assist a Catholic youth and family camp in the Rocky Mountains called Annunciation Heights located in Estes Park, Colorado. Students will assist in various projects to better the camp by repainting cabins, cleaning, building and fixing furniture and other needs. The second part of the course will focus on the teachings and Rule of St. Benedict, Ora Et Labora (Work and Pray). Students will have the opportunity to treat this course as a retreat as they take time away to reflect on how God is calling them to serve the people and community around them.

Finding Jesus

J-Term Course – 5 credits

What makes Jesus the Messiah and not simply a historical figure? In this course, students will read the book *Seeking Allah Finding Jesus* by Nabeel Qureshi, which will be supplemented by small group discussions, guest speaker testimonials, and participation in Mass liturgies. Through the course, Finding Jesus, students will be given...

- Insight into the core areas of disagreement between the Christian faith and other world religions
- Tools for presenting the case for Jesus and the Christian faith to others
- Encouragement in your own faith and a deeper compassion for those who don't know Jesus as the Savior who takes away their sins

The History of Sitcoms

J-Term Course – 5 credits

We'll study the history of sitcoms starting with the 1950s with shows such as "I Love Lucy," and spanning throughout the decades up to modern-day sitcoms such as "The Good Place". As a class, we will watch and review different sitcoms throughout the decades and will review their impacts on not only comedy at the time, but society as a whole.

Eyes Wide Open: Discovering Dubuque

J-Term Course – 5 credits

A course that invites students to discover people and organizations who are in the front line of serving the place we call home. We will learn and engage in communities of different socio-economic paths, walks of life, cultures, and so much more. Anticipate off campus learning, serving, and the opportunity to love.

Sci-Fun

J-Term Course – 5 credits

Explore how people interact with science on a daily basis. Students will have the opportunity to explore different uses of science in and outside the classroom. Students will conduct a scientific experiment. After students have prepped, conducted, and completed their research, students will present their results to the class. The course will be offered for students grades 11-12.

“Play”-ing Around

J-Term Course – 5 credits

Explore all things theater while producing a public performance. Students will get exposure to the behind-the-scenes aspects of a theatre production including costuming, make-up, set design, auditioning, etc. Additionally, students will participate in bringing a performance to life. Students will be able to visit local theaters and tour around the backstage and staging areas. This course may see an optional professional performance on the weekend if one is available. This may require an additional cost.

Leadership in Life

J-Term Course – 5 credits

This class will explore leadership throughout any avenue. Students will engage in studies centered around leadership so that they can develop their own style of leadership. Likewise, students will hear from a multitude of local professionals, from coaches to business professionals, where they will share their experiences in leadership and how they work to grow leadership qualities in their peers. Students will embark on multiple domestic trips to visit different colleges and businesses to view how leadership styles and qualities function

throughout an organization. Students will end their time in this course with a capstone project on the concept of leadership.

Aventura en Costa Rica | Samara Beach, Costa Rica Immersion Trip

J-Term Course – 5 credits

Approximate Cost: \$2,400 per student

Students will embark on a transformative journey to Samara Beach, Costa Rica, designed specifically for junior and senior students seeking an unforgettable blend of education, cultural immersion, adventure, and service. This unique program allows participants to not only enhance their Spanish language skills, but also gain a deeper understanding of Spanish history and Costa Rican culture.

Program highlights include...

- Start your experience with a week of Spanish language and Spanish history classes at Wahlert, building a foundation for real-life language application in Costa Rica.
- Immerse yourself in authentic Costa Rican culture by living with local host families. Participate in traditional activities such as dancing and cooking, gaining firsthand experience of daily life and customs.
- Explore the stunning natural beauty of Samara Beach. Engage in exciting activities like kayaking, snorkeling in crystal-clear waters, and soaring through the jungle on canopy zip lines.
- Give back to the community by volunteering at a local art school, where you'll have the opportunity to work with young children, fostering creativity and connection through art.
- Build lifelong friendships with like-minded peers as you create unforgettable memories in a beautiful, culturally rich environment

Internship

J-Term Course – 5 credits

11th & 12th Grades

Internships provide real world experience to those looking to explore or gain the relevant knowledge and skills required to enter a particular career field. The Internship is a 10- day opportunity with the primary focus of getting some on the job training and taking what's learned in the classroom and applying it to the real world. Students can work with Mrs. Lenart to find an internship location.



Winterim College Course at Northeast Iowa Community College (NICC) J-Term Course – 5 credits

Course Dates: (approximate) December 20, 2023 – January 21, 2024

11th & 12th Grades

Students can enroll in a winterim course through Northeast Iowa Community College. These courses typically run from December 20 – January 21. This opportunity would stretch beyond the J-Term timeframe. Students are responsible for the cost of the course (free for students in DCSD) and book fees. All courses are 3 credits. NICC's winterim options are released in the fall. Interested students meet with Mrs. Lenart to enroll. Examples of winterim courses include – Introduction to Literature, Principles of Management, Principles of Marketing, Introduction to Ethics, Developmental Psychology, Introduction to Sociology, and Public Speaking. Paperwork is required and must be submitted by mid-December. Students must also meet with an NICC advisor to get into Brightspace and My Campus to access their online course. Students must meet with Mrs. Lenart, in-person, twice throughout the j-term.



