COURSE GUIDE
MAY TERM

WAHLERT CATHOLIC HIGH SCHOOL



MAY 2027

INTRODUCTION

Wahlert Catholic High School developed this course guide to provide information about the courses offered during May Term.
This guide assists families in becoming better acquainted with the content of specific courses and aids students in the course selection process.

Students **must** successfully participate every academic school year in May Term. Students missing days for illness, personal reasons, etc., are still expected to participate in May 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 May Term course and determined by the instructors. May Term courses are evaluated on a Pass/Fail basis. One May Term course is equivalent to all courses offered during a traditional semester. Missing one day for illness or personal reasons during May Term is equivalent to missing seven class periods during a semester-long course. We value your attendance during May Term.

9th Grade
May Term Course Requirements

- **All 9th grade students** are automatically enrolled in the required "Prepare to Launch | ACT Prep & College and Career Exploration" May Term course offering.



May Term Schedule
May 17, 2027 - May 26, 2027
7:40 a.m. - 2:45 p.m.

AM Block: 7:40 a.m. - 11:00 a.m./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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Internship

Leadership in Life

Mindfulness & Movement for Maximizing Your Health

Prepare to Launch *(9th grade only)*

Reading is FUNdamental

Sci-Fun

The Argument for America: Washington D.C.
May Term Course – 5 credits

Travel to Washington, D.C., to explore the ideas and arguments that have shaped the United States. This course pairs visits to museums, memorials, and historic sites with a classical approach to education, using close reading, logical reasoning, and Socratic discussion to explore the ideas that shaped our nation. Students will use the tools of logic to examine those arguments, question assumptions, weigh evidence, and explain their own conclusions. Conversations sparked by the places we visit will connect historical debates to questions about citizenship today. Our Catholic faith will guide the experience, with participation in Mass and reflection on conscience, human dignity, and moral responsibility informing our study of American history and civic life.

Eyes Wide Open: Discovering Dubuque
May Term Course – 5 credits

This course invites students to discover local people and organizations who are in the front line of serving the place we call home. Students learn and engage in communities of different socioeconomic paths, walks of life, cultures, and more through off campus learning, acts of service, and the opportunity to love.

Finding Jesus
May Term Course – 5 credits

This course will allow students to become more aware of how God is present in everyone and in everything. Not just when we make time for him, not when we have success, or when it's convenient for us to make time for Him, but rather He is present in all moments. Recognizing this, each day of the course will have a theme of where we'll seek Him. Finding Jesus in the youth, nature, art, less fortunate, Mass, Adoration, Religious life, others, and yourself. Each day will allow students to seek God in all phases of life, hopefully reframing their mindset and perspective of how God is working in their lives whether they were aware of it or not. By the end of the course, students will be able to recognize the importance of mindset, perspective, and ways they can be vessels of God's love to others.

Golfing with God
May Term Course – 5 credits

"Sport contributes to the love of life, teaches sacrifice, respect and responsibility, leading to the full development of every human person." ~St. John Paul II

Golfing with God invites students to experience the game of golf through the lens of Catholic spirituality, service, personal growth, and community. Students spend time playing and serving alongside the grounds crew at Bunker Hill Golf Course while exploring themes such as patience, humility, perseverance, friendship, stewardship, and vocation through prayer, spiritual reading, discussion, and personal journaling. The course also includes a pilgrimage to the Shrine of Our Lady of Guadalupe in La Crosse, Wisconsin, for a day of prayer, reflection, and encounter. Through these experiences, students are invited to discover how recreation, work, creation, relationships, and even the challenges of the game can become opportunities to grow in virtue and become more attentive to the presence of God in everyday life.

**Previous golf experience is required. This is not a beginner golf instruction course. Students should have a basic level of golfing ability and be familiar with standard golf course etiquette.*

Hands on Human Performance
May Term Course – 5 credits

Explore how the human body moves, performs, adapts, and recovers in sport and throughout life. Students will investigate whole-person wellness and performance through anatomy and physiology, kinesiology, nutrition, strength and conditioning, athletic training, physical therapy, and mental performance. Through hands-on activities, physical challenges, field experiences, and interactions with professionals, students will connect scientific principles to practical applications in health, fitness, athletics, and everyday life. Students will apply their learning by designing a comprehensive human performance and lifelong health plan for themselves that incorporates movement, nutrition, training, recovery, mental well-being, and personal purpose.

Internship
May Term Course – 5 credits

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 receiving on the job training while implementing lessons from the classroom and applying it to the real world. Students work with Mrs. Katie Lenart, College & Career Coordinator to find an internship location.

Leadership in Life
May Term Course – 5 credits

This course explores leadership throughout any avenue. Students engage in studies centered around leadership to develop their own style of leadership. Students hear from a multitude of local professionals, from coaches to business professionals, where experiences in leadership are shared, as well as how to grow leadership qualities in their peers. Students embark on multiple domestic trips to visit different colleges and businesses to view how leadership styles and qualities function throughout an organization. Students end their time in this course with a capstone project on the concept of leadership.

Mindfulness & Movement for Maximizing Your Health
May Term Course – 5 credits

This course explores the connection between physical activity and mental well-being while incorporating the Catholic understanding of caring for the whole person. Through activities such as hiking, canoeing, bike riding, and fishing, students will experience the benefits of movement and spending time in nature while reflecting on the beauty of God's creation. Students will also practice mindfulness strategies, including journaling, meditative stretching, and deep breathing, to promote relaxation, focus, and stress management. As a culminating project, students will develop a personalized two-week wellness plan that incorporates healthy eating, physical activity, and mental health practices. Students will apply what they have learned to create realistic, healthy habits that support their overall well-being and encourage lifelong self-care.

Prepare to Launch
May Term Course – 5 credits
(Grade 9 only.)

This course helps students acquire the skills necessary to prepare for postsecondary life. Through a rotation of different exploratory activities - such as learning about two and four year colleges, a social innovation project, college campus tours, a service project, job shadow opportunities, and ACT preparations - students become 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.

Reading is FUNdamental
May Term Course – 5 credits

Discover your next favorite book in this May Term course dedicated to reading for fun! Students will explore different genres and authors to discover what you truly enjoy reading, and learn about the writing and publishing process through a conversation with New York Times best selling and local author, Heather Gudenkauf. Through book discussions, personal exploration, and creative activities, you'll discover how to make reading a meaningful and enjoyable part of your everyday life.

Sci-Fun
May Term Course – 5 credits

Through various scientific experiments, students explore how people interact with science on a daily basis, as well as the different uses of science in and outside the classroom. Students present and explain a scientific demonstration by visiting local businesses and colleges to gain an understanding of real-life applications of science topics to gain broad experiences of science in the real world.

QUESTIONS

Please contact Wahlert Catholic High School's administration team with any questions regarding May Term or the information listed within this course guide.



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