



# January Term Course Guide

*Wahlert Catholic High School*

*January 2023*



## 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.

## J-Term Schedule | Wahlert Catholic High School

**January 3, 2023 – January 13, 2023**

**7:40 a.m. – 2:45 p.m.**



- **9<sup>th</sup> & 10<sup>th</sup> | AM Block:** 7:40 a.m. -11:30 a.m.
- **9<sup>th</sup> & 10<sup>th</sup> | Lunch:** 11:30 a.m. - 11:55 a.m.
- **11<sup>th</sup> & 12<sup>th</sup> | AM Block:** 7:40 a.m. - 11:00 a.m.
- **11<sup>th</sup> & 12<sup>th</sup> | Lunch:** 11:05 a.m. - 11:25 a.m.

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## **The ABC's of the Driftless Area**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

Explore and investigate the Abiotic, Biotic, and Culture of the Driftless Area (tri-state area and North) and how they influence each other. Spend your J-term exploring this beautiful place and learning how each piece helps to create the unique features of the Driftless Area. Gain hands-on experience in making observations, collecting, and analyzing data, along with sharing the story of the Driftless Area. As a capstone of this experience, you will design, conduct, and present a research project on one of the ABC's covered and their impact on each other. Would include some travel within the region and possible extended stay at a field station. Open to students in grades 9-10 and may have additional costs for transportation.

## **Jazz & Blues History in America**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

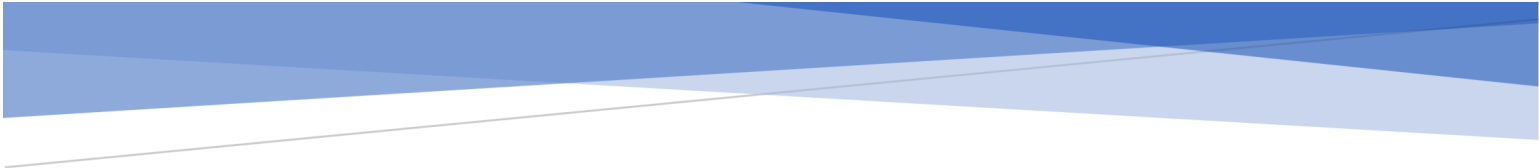
Students will not only learn the specific history of one of the only American-born genres of music, but they will also study jazz and blues in American film and literature. These include films like "Soul," "Mo Better Blues," and "Thelonious Monk 'Straight, No Chaser'." The literature includes novels/nonfictions such as "Ma Rainey's Black Bottom," "Blues People," and "Lady Sings the Blues." The course may also include virtual and/or in person class days with jazz professors from UNI, UD, or UW Platteville.

## **Mindfulness & Movement for Maximizing Your Health**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

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.

## **Service Trip in the United States**

### **J-Term Course – 5 credits**

***Approximate costs: \$250.00 per student***

***11<sup>th</sup>, 12<sup>th</sup> Grades***

Students will help a marginalized community for a week while also living simply and prayerfully. At the end of the trip, students will attend a retreat where they will reflect on the importance of service and apply what they have learned in their daily life. The course will focus on learning how to be of service to others, journaling on one's faith, along with a presentation component.

## **Silent Stories: Exploring the Cultural Significance of Art & Religion**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

In this class students will enter into the silent stories of our religious heritage through an examination of religious art in our communities. Through an exploration of stained glass windows in local parishes and other forms of religious art, students will better understand their own sacred spaces to help facilitate personal relationships with God through prayer. This course culminates with a trip to Chicago to visit historic churches and the Chicago Museum of Art to study religious architecture and exhibitions of fine art.

## **The History of Sitcoms**

### **J-Term Course – 5 credits**

***11<sup>th</sup>, 12<sup>th</sup> Grades***

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**

***11<sup>th</sup> & 12<sup>th</sup> Grades***

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 religions, socio-economic paths, and cultures. Anticipate off campus learning, serving, and the opportunity to love.

## **Chemistry: The Study of Change**

**J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

This class will explore how to conduct a college level research project. Students will have the opportunity to explore different research opportunities in and outside the classroom. The topic of research will be determined with student input within the first 4 days of class. After students have prepped, conducted, and completed their research, students will present their research. The course will be offered for students grades 9-12.

## **“Play”-ing Around**

**J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

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 construction, auditioning, etc. Additionally, students will participate in bringing a performance to life. This course may see an optional professional performance on the weekend if one is available. This may require an additional cost.

## **An In-Depth Look at Abortion in the United States**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

This class will explore the ethics of abortion – through a moral, legal, cultural, and Catholic moral lens. The class will address common attitudes and arguments in support of abortion in our culture today. The class will involve visiting community resources in support of women facing difficult or unplanned pregnancies as well as participating in “action items” to help educate others. Class offered for grades 10-12. After the J-term is complete, students may opt to participate in a national or local March for Life through the Dubuque County Right to Life or Iowans for Life. There will be an option to attend the March for Life through DCRTL or Iowans for Life following the class. The cost is typically about \$400 to attend.

## **Leadership in Sport**

### **J-Term Course – 5 credits**

***11<sup>th</sup>, 12<sup>th</sup> Grades***

This class will explore leadership within any sport. Students will engage in studies centered around leadership while putting on their very own coaches cap in the sense that they can develop their own style of leadership and coaching. Likewise, students will hear from a multitude of local coaches from high school and college where they will share their experiences in sport and how they work to grow leadership qualities in their own players. In the 2nd week of the J-Term, students will embark on a domestic journey to a Division 1 or NFL facility (still pending approval) to meet with coaches to undergo their own leadership symposium. Students will end their time in this course with a Coaching Philosophy portfolio project that they will work on throughout the entirety of the course.

## **Snowshoe and Haiku**

### **J-Term Course – 5 credits**

***Approximate Cost:*** \$150 per student for ski rental and pass

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

Students will engage in winter outdoor activities including, but not limited to hiking, sledding, snowshoeing, cross-country/downhill skiing, etc. Students will use those outside activities as a springboard for reflection, writing, and crafting pieces of writing. Students will be inspired to be mentally and physically active as well as reflective of their experiences.

## Home of Hope | Costa Rica Trip

**J-Term Course – 5 credits**

**Approximate Cost: \$2,500 per students**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

[Click here for an information flyer about the Home of Hope | Costa Rica experience.](#)

**Before the trip:** Students will have a Spanish lesson focused on the context of the Home of Hope experience. Students will put into practice what they have learned in Spanish courses.

**During the trip:** Students will experience the building of a home for two days, while they use their language skills, collect data, and document images of their experience. Last day is cultural.

**After the trip:** Making a Spanish lesson for future participants with our pictures and data collected. Students will also make a promotional video sharing their experiences.

## Engineering Exploration

**J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

Students will explore different types of engineering by visiting local engineering firms and nearby engineering colleges with guest speakers in person or virtual.

## Internship

**J-Term Course – 5 credits**

***11<sup>th</sup> & 12<sup>th</sup> 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.



## **Service Internship**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

***Must have access to transportation.***

Do you have a passion for service or a strong desire to help your community? This internship allows students the opportunity to volunteer 10 days at a local non-profit or organization. The goal would be for students to immerse themselves into the mission, goals, and initiatives of the non-profit/organization. Mrs. Lenart will help students research and find a location.

## **Winterim College Course at Northeast Iowa Community College (NICC)**

### **J-Term Course – 5 credits**

***Course Dates: (approximate) December 20, 2022 – January 21, 2023***

***11<sup>th</sup> & 12<sup>th</sup> Grades (10<sup>th</sup> graders with approval)***

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 would be responsible for the cost of the course and book fees. All courses are 3 credits. NICC's winterim options are released in the fall. Interested students would meet with Mrs. Lenart to enroll. (Examples of winterim courses include - Public Speaking, Introduction to Psychology, Introduction to Sociology, Cultural Diversity & Identity, World Civilization)

## **World Cultures & Foods**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

Foods are a critical component across the world's many different cultures and this course will investigate how they are viewed by persons of different backgrounds. Students will explore multiple world cultures using food, language, religion, geography, communication, politics, among other attributes. Students will learn what different cultures eat, when, and how, and apply that knowledge to cooking and eating foods from those cultures.



## **Life Hacks: Finance and College**

### **J-Term Course – 5 credits**

***9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades***

Get started on a path to Financial Independence! Learn the playbook for FIRE! Topics include college credit/planning, investing, real estate. By the end of class, we hope to start a ROTH account and potentially complete college credit (in a subject of your choosing).

## **Loving Local**

### **J-Term Course – 5 credits**

***11<sup>th</sup>, 12<sup>th</sup> Grades***

Do you love people? Love Dubuque? Ever wondered if you can make a difference in this world? Then this class is for you! Get ready for a class that will serve daily in our own community! So often we look far and wide for opportunities to serve others, but really there are so many obvious and creative options right at our feet in our own local community. We will serve Dubuque in so many different ways - in our own school district, at local non-for-profits, and help citizens and organizations in need. You will even get the opportunity to create your own service idea for our community! This class is sure to be fun, engaging, eye-opening, and valuable to all who enroll!

