



# January Term Course Guide

*Wahlert Catholic High School*

*January 2024*



## 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 9<sup>th</sup> grade students** are automatically enrolled in the required "New Year, New You!" J-Term course offering.
- **All 10<sup>th</sup> grade students** are automatically enrolled in the required "Prepare to Launch | ACT Prep & College and Career Exploration" J-Term course offering.
- **Any 11<sup>th</sup>-12<sup>th</sup> grade students** have the option to take a J-Term course more than once. However, students who have not taken the course before will have priority over those who have already taken the course.

## J-Term Schedule | Wahlert Catholic High School

**January 2, 2024 – January 12, 2024**

**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 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.



## St. Louis Service Trip

### J-Term Course – 5 credits

**Approximate costs:** \$300.00 per student

Students will help a marginalized community for a week while also living simply and prayerfully at Manresa Retreat Center of Saint Louis University. Students will work with local nonprofits who support those who are forgotten in society such as the poor, the hungry, the elderly, and the disabled. At the end of the trip, students will attend a retreat at Loras College 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, how to deepen one's faith, and how to build community. As the final project, students get the opportunity to create a presentation with a partner that will be shared with local community groups.

## 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, religions 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 Sport**

### **J-Term Course – 5 credits**

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

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.

## **Aventura en Espana | Spain Immersion Trip**

### **J-Term Course – 5 credits**

**Approximate Cost: \$3,000 per student**

*¡Aventura en España, 2024!*

A trip to Spain in January is an exciting opportunity for students to experience the history, architecture and traditions of this fourth largest country in Europe. Students will begin their journey in Madrid, Spain's capital, and travel to several cities including Toledo, Córdoba, Seville, Granada and Mijas. Students will also visit the British territory of Gibraltar. Every stop on the trip will bring students more chances to experience Spanish culture and to practice the Spanish language!

## **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.

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

### **J-Term Course – 5 credits**

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

**11<sup>th</sup> & 12<sup>th</sup> 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 would be 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 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). 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.

