

COURSE GUIDE JANUARY TERM

WAHLERT CATHOLIC HIGH SCHOOL



JANUARY 2026



INTRODUCTION

Wahlert Catholic High School developed this course guide to provide information about the courses offered during January Term (J-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 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.

9th & 10th Grade J-Term Course Requirements

- **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

January 5, 2026 - January 16, 2026
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.



TABLE OF CONTENTS

Please click the links below to access specific J-Term course descriptions within this guide.

[New Year, New You! \(9th grade\)](#)

[Prepare to Launch \(10th grade\)](#)

[Midwest Service Trip \(Domestic Travel\)](#)

[Mindfulness & Movement for Maximizing Health](#)

[Finding Jesus](#)

[Eyes Wide Open: Discovering Dubuque](#)

[Sci-Fun](#)

[Spanish Service Trip \(International Travel\)](#)

[Internship](#)

[Leadership in Life](#)

[Winterim College Course \(NICC\)](#)



New Year, New You!

J-Term Course – 5 credits

(Grade 9 only.)

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

Prepare to Launch

J-Term Course – 5 credits

(Grade 10 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 panel of local union representatives, 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.

Midwest Service Trip (Domestic Travel)

J-Term Course – 5 credits

**An additional cost is associated with this J-Term course.*

During the Midwest Service Trip, students travel domestically as a group to experience first-hand the direct impact on those giving and receiving acts of service. Students synthesize their service experience into a reflective presentation that integrates insights from Scripture and the encyclicals of Pope Francis. Through this process, students demonstrate how Catholic social teaching informs personal discipleship and use their reflection to encourage acts of service within their own communities. Additional cost is associated with this J-Term option - for more details on this, please contact Wahlert Catholic High School's administration team.

Mindfulness & Movement for Maximizing Your Health

J-Term Course – 5 credits

**Additional cost is associated with this J-Term course.*

This course allows students to engage in a variety of activities that support the connection between physical and mental health. For example, when engaging in physical activities that require movement, our brains are given an opportunity to activate and release endorphins. On another level, when engaging in intentional, mindful activities - such as meditative stretching and deep breathing - our brains trigger the release of hormones and neurotransmitters that release 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 explore this connection between physical movement and mental well-being. By the end of the course, students gain skills that enable engagement in the life-long practice of recognizing emotions at any given moment, as well as implementing these strategies to maximize mood and health. Additional cost is associated with this J-Term option - for more details on this, please contact Wahlert Catholic High School's administration team.

Finding Jesus

J-Term Course – 5 credits

What makes Jesus the Messiah and not simply a historical figure? In this course, students read the book *Seeking Allah, Finding Jesus* by Nabeel Qureshi, which is supplemented by small group discussions, guest speaker testimonials, and participation in Mass liturgies. Throughout the course students are 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 their own faith, and a deeper compassion for those who don't know Jesus as the Savior who takes away their sins.

Eyes Wide Open: Discovering Dubuque

J-Term Course – 5 credits

**Additional cost is associated with this J-Term course.*

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. Additional cost is associated with this J-Term option - for more details on this, please contact Wahlert Catholic High School's administration team.

Sci-Fun

J-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.

Spanish Service Trip (International Travel)

J-Term Course – 5 credits

**Additional cost is associated with this J-Term course.*

Students travel abroad to demonstrate reflection on their faith, engagement with Spanish culture, and participation in community service through journaling, prayer and worship, Spanish communication, historical site visits, and living with local families. This course enables students to grow in virtue, apply language skills in real-world contexts, and embrace new experiences beyond familiar environments. Additional cost is associated with this J-Term option - for more details on this, please contact Wahlert Catholic High School's administration team.

Internship

J-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

J-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.

Winterim Course, NICC

J-Term Course – 5 credits

**Additional cost is associated with this J-Term course.*

Students can enroll in a Winterim course through Northeast Iowa Community College. These courses typically run from December 20 – January 21. This opportunity stretches 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. Katie Lenart, College & Career Readiness Coordinator, 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. Katie Lenart, in-person, twice throughout the J-Term. Additional cost may be associated with this J-Term option - for more details on this, please contact Wahlert Catholic High School's administration team.

QUESTIONS

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



MR. DANIEL THOLE

Principal | Wahlert Catholic High School
dthole@holyfamilydbq.org
(563) 583-9771



MR. JAMIE MARSHALL

Assistant Principal | Wahlert Catholic High School
jmarshall@holyfamilydbq.org
(563) 583-9771