

THE HEIGHTS: UPPER SCHOOL MENTORING TOPICS

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
INTELLECTUAL	<ul style="list-style-type: none"> • Suggestions for use of Assignment Book • Daily time for studying • Daily Routines • Internet or TV in his bedroom? • Your work should look professional • Start thinking about College and Professional life 	<ul style="list-style-type: none"> • Review Class by Class progress • What are his organizational skills like? • Identifying strengths/weaknesses in writing skills • Use of Study Halls • Review Progress Report 	<ul style="list-style-type: none"> • Discuss 1st Quarter Report Card • Reading from The Heights Books or our own recommendation • Use of Study Halls 	<ul style="list-style-type: none"> • Christmas Reading • Early in the month: Preparing for Midterms • Review Progress Report 	<ul style="list-style-type: none"> • Review Class by Class progress • Is he wasting hours of time in YouTube and social media? • Review daily routines • Use of Study Halls 	<ul style="list-style-type: none"> • Discuss 2nd Quarter Report Card • What does he want to learn and how does he want to grow in <i>Crescite</i> Week? 	<ul style="list-style-type: none"> • Review Class by Class progress • Schedule for next academic year • Review Progress Report 	<ul style="list-style-type: none"> • Discuss 3rd Quarter Report Card • End of the year push • Preparing for Final Exams 	<ul style="list-style-type: none"> • Summer Reading • Review Class by Class progress • Does mentee show talent for a particular profession?
MORAL	<ul style="list-style-type: none"> • Family dynamics; what does he contribute? • What kind of man does he want to be by the end of the year? • Technology use; own a smartphone? • Knowing how to respond when inappropriate material is shown to him • Reaching out to new students • Dominant defect? • Developing Morning, Afternoon, and Evening Routines 	<ul style="list-style-type: none"> • What is he like as a sibling? • Practicing gratitude: saying “Thank You” often; making eye contact • Looking out for friends. Have they become better because they know him? what about himself? • Relationship with teachers and other adults • Sporting spirit in our personal struggles • Intellectual honesty in writing, tests, etc. 	<ul style="list-style-type: none"> • Does Chores cheerfully and on time without being asked? • Discussion about holy purity • The importance of not being self-centered. The value of humility • Strength of will. Is he able to do/say the right thing? • Having ownership of the school. Keeping it in good shape and clean. • Alcohol; drugs • Academic Honesty. Not Cheating. 	<ul style="list-style-type: none"> • Going out of his way to be friendly to everyone. Not being cliquish. • Helping around the house in preparation for Christmas--especially Mom • Generosity with one’s possessions • Controlling one’s passions • Being a gentleman--especially towards women • Sportsmanship and honor • Respecting other’s property 	<ul style="list-style-type: none"> • Encouraging unity among classmates • No talking/ disrupting class • Always telling the truth. The truth will make him free. • What music does he listen to? • Cleaning up school locker • Resolutions for the new year; begin and begin again; optimism. • Not “borrowing” without permission. Helping others live up to that. 	<ul style="list-style-type: none"> • Temperance: Eating a bit more of what he doesn’t like and bit less of what he does like • The pitfalls of internet • Self-centered? Or other-centered? • Is his highest ambition to be of service to others--starting with the members of my own family? • Respecting others’ property 	<ul style="list-style-type: none"> • Limit the amount of TV/ videogames • Controlling one’s anger • True and loyal friend? • High ideals? Big dreams? Magnanimity. • Does he value what his parents to for him day after day? 	<ul style="list-style-type: none"> • Having ownership of the school. Keeping it in good shape and clean. • Gratitude to God, parents, and friends. Not taking things for granted. 	<ul style="list-style-type: none"> • Moral growth during summer: Virtues to work on. Vices to fight. • The Virtue of Modesty • What’s the most important thing he has learned this year and how to maintain it • Helping around the house during the summer months
PHYSICAL	<ul style="list-style-type: none"> • Extracurricular; clubs • Sports to be played this year; if not already, try out for at least one sport. • Fitness Routine • Healthy eating habits? • Heroic minute and bed time • Is he sleeping enough, i.e., 8-9 hours? 	<ul style="list-style-type: none"> • Clubs • Fitness Routine • Eating Healthy 	<ul style="list-style-type: none"> • Extracurricular • Fitness Routine • Trying hard and not caving in easily. • Eating Healthy 	<ul style="list-style-type: none"> • Extracurricular • Using vacation time well; reading outside of curriculum • Fitness Routine • Avoiding complaining—to coach or to parents 	<ul style="list-style-type: none"> • Extracurricular • Creating Team spirit • Fitness Routine • Eating Healthy 	<ul style="list-style-type: none"> • Extracurricular • Helping mom and dad with yard work and other household chores--taking out the trash; carrying laundry basket au and down stairs. • Fitness Routine 	<ul style="list-style-type: none"> • Extracurricular • Summer Jobs • Fitness Routine • Eating Healthy • Yardwork 	<ul style="list-style-type: none"> • Practice his Sport during Easter break • Summer Jobs • Yardwork 	<ul style="list-style-type: none"> • Camps • Summer leagues? • Summer Jobs • Use summer to develop athletic skills • Fitness Routine
SPIRITUAL	<ul style="list-style-type: none"> • Sunday Mass? • Visiting chapel at the beginning and at the end of the day • Quiet time before the Blessed Sacrament • Morning Offering • Getting to know the chaplain; spiritual direction • Parish volunteering; youth groups 	<ul style="list-style-type: none"> • Questions and Issues from Religion Class • The greatness of Holy Purity • Nightly Examination of conscience • <i>Memorare</i> for the one who needs it the most • Reading of the New Testament 	<ul style="list-style-type: none"> • Preparing oneself for Christmas • Exposition of Blessed Sacrament • Praying for an intention 2 or 3 times a day • Explain significance of Advent • Importance of Spiritual Reading 	<ul style="list-style-type: none"> • Preparing oneself for Christmas • Devotion to Our Lady • Offer each day a small sacrifice for a family member 	<ul style="list-style-type: none"> • Questions and Issues from Religion or Ethics Class • Taking Advantage of Confession and Mass • Offer each day a small sacrifice for the Pope 	<ul style="list-style-type: none"> • Preparing oneself for Lent: more focus on serving others than simply giving up soda. • Making the Most of the Exposition of Blessed Sacrament • Putting an intention into our work 	<ul style="list-style-type: none"> • Lenten Resolutions • Making the Most of the Exposition of Blessed Sacrament 	<ul style="list-style-type: none"> • Visits to Blessed Sacrament • Taking Advantage of Confession and Mass • What is his role as a member of the Church? 	<ul style="list-style-type: none"> • Maintaining a life of prayer during the summer • Keeping up with confession during the summer • Praying the Rosary • Picking up a spiritual reading book or the New Testament? • May Pilgrimages