

THE HEIGHTS: LOWER SCHOOL MENTORING TOPICS

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
INTELLECTUAL	<ul style="list-style-type: none"> Homework habits (study space, time, etc.) Internet or TV in his bedroom? 	<ul style="list-style-type: none"> Review Class by Class progress 	<ul style="list-style-type: none"> Reading outside of class. What classes are they too comfortable in and need to challenge themselves? How to work with parents (homework and studying) 	<ul style="list-style-type: none"> Christmas Reading Areas of concern for 1st semester Journaling 	<ul style="list-style-type: none"> Review Class by Class progress Christmas reading Check HW notebook, textbooks, cubby, etc Beginning anew after vacation slump. 	<ul style="list-style-type: none"> Reading outside of class. Overall effort Hobbies 	<ul style="list-style-type: none"> Review Class by Class progress 	<ul style="list-style-type: none"> Reading outside of class. Overall effort End of the year push 	<ul style="list-style-type: none"> Summer Reading Review Class by Class progress Setting weekly goals during the summer.
MORAL	<ul style="list-style-type: none"> Making good friendships (confidence, charity, humility, generosity) Relationship with parents. Family dynamics. Taking ownership of the school. Keeping it clean, orderly. Keeping track of one's possessions 	<ul style="list-style-type: none"> Classroom behavior (self-control, open up more, etc.) Defending the weak Learning how to deal with all types: introverts, extroverts, etc. Prudence; making good judgements. TV, video games, computers (time, safe, appropriate material?) 	<ul style="list-style-type: none"> Relationship with parents (honesty, respect, obedience) Giving good example to siblings and friends Cheerfulness, seeing life like a great adventure because God watches over us Justice; sportsmanship; honor 	<ul style="list-style-type: none"> Siblings (being good caretakers) Vacation chores. Helping around the house Mom and Dad will be under stress... how can he help, pitch in? 	<ul style="list-style-type: none"> Use of free time (creative activities) 	<ul style="list-style-type: none"> TV, video games, computers (time, safe, appropriate material?) Knowing how to respond when friends suggest watching a show, etc., that's inappropriate. Temperance 	<ul style="list-style-type: none"> Work habits (patience, perseverance, diligence) Tips on time management... daily routines, weekly schedules, etc. Toughness 	<ul style="list-style-type: none"> Leadership (stick up for the weak, discuss specific examples) Teamwork 	<ul style="list-style-type: none"> Chores at home (summer) A summer plan that gives some overall guidelines but allows for freedom and unstructured time
PHYSICAL	<ul style="list-style-type: none"> Extracurricular Sports Sleep Eat healthy Fitness Routine Learning how to keep one's clothes clean... learning how to do one's laundry. 	<ul style="list-style-type: none"> Sleep Eat healthy Fitness Routine 	<ul style="list-style-type: none"> Sleep Eating healthy Fitness Routine 	<ul style="list-style-type: none"> Setting goals Staying active during cold weather Sleep Eating healthy Fitness Routine 	<ul style="list-style-type: none"> Sleep Eating healthy Fitness Routine 	<ul style="list-style-type: none"> Extracurricular Sports Staying Active Sleep Eating Healthy Fitness Routine 	<ul style="list-style-type: none"> Sleep Eating healthy Fitness Routine 	<ul style="list-style-type: none"> Extracurricular Sports Summer Camps Sleep Eating healthy Fitness Routine 	<ul style="list-style-type: none"> Extracurricular Sports Sleep Eating healthy Fitness Routine
SPIRITUAL	<ul style="list-style-type: none"> What the school offers: Mass and Confession Daily Visits to Blessed Sacrament Forming a habit of prayer: morning offering, bedtime, rosary, etc. Getting to know the chaplain Quiet time before the Blessed Sacrament: <i>"I look at Him, He looks at me."</i> 	<ul style="list-style-type: none"> Questions and Issues from Religion Class Taking Advantage of Confession and Mass Learn about one's patron Saint in order to emulate virtues <i>Memorare</i> for the one who needs it the most 	<ul style="list-style-type: none"> Being thankful to God Preparing oneself during Advent Exposition of Blessed Sacrament Nightly Examination of Conscience 	<ul style="list-style-type: none"> Preparing oneself for Christmas Exposition of Blessed Sacrament Feast of our Lady of Guadalupe; devotion to Our Lady 	<ul style="list-style-type: none"> Questions and Issues from Religion or Ethics Class Taking Advantage of Confession and Mass 	<ul style="list-style-type: none"> Preparing oneself for Lent Making the Most of Exposition of Blessed Sacrament 	<ul style="list-style-type: none"> Lenten Resolutions Making the Most of Exposition of Blessed Sacrament 	<ul style="list-style-type: none"> Visits to the Blessed Sacrament Taking Advantage of Confession and Mass 	<ul style="list-style-type: none"> Maintaining a life of prayer during the summer; having a daily spiritual routine Family Rosary Keeping up with Confession