

THE HEIGHTS: MIDDLE 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? • Internet or TV in his bedroom? • His work should look professional • Start thinking about HS, College; aiming high 	<ul style="list-style-type: none"> • Review Class by Class progress • Tracking one's study time • Study notecards/definitions each night, regardless of quiz/test • Does he have his material organized? • Reading outside of class; Heights Books 	<ul style="list-style-type: none"> • Discuss 1st Quarter Report Card • Study 2 nights ahead for every quiz • Identifying intellectual strengths and weaknesses 	<ul style="list-style-type: none"> • Christmas Reading • Reading outside of class; Heights Books 	<ul style="list-style-type: none"> • Review Class by Class progress • What class needs most work? How can he improve? 	<ul style="list-style-type: none"> • Discuss 2nd Quarter Report Card • Discuss progress--class by class. 	<ul style="list-style-type: none"> • Review Class by Class progress • Review Study Habits: Use of time; study place; note cards 	<ul style="list-style-type: none"> • Discuss 3rd Quarter Report Card • End of the year push 	<ul style="list-style-type: none"> • Planning out the Summer Reading; pages or time per day; end-by goals. • Review Class by Class grades • Discuss next year's schedule option/electives
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; does he own a smartphone? • Knowing how to respond when inappropriate material is shown to him • Reaching out to new students 	<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 • Respecting others: no jokes about others. Protecting others behind their backs. 	<ul style="list-style-type: none"> • Doing Chores cheerfully/on time/without being asked; is he a good son? • Bedroom order • The greatness of holy purity • The importance of not being self-centered or overconfident. The value of humility • Speaking the truth and nothing but the truth • Sporting spirit in his personal struggles 	<ul style="list-style-type: none"> • Going out of his way to be friendly to everyone? • Helping around the house in preparation for Christmas--especially Mom • Generosity with one's possessions • Open to new friendships or <i>cliquish</i>? • Respecting others' property • Not "borrowing" without permission. Helping others live up to that. 	<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 	<ul style="list-style-type: none"> • Temperance: Eating a bit more of what you don't like and bit less of what you do like • The pitfalls of internet 	<ul style="list-style-type: none"> • Limit the amount of TV/ videogames • Controlling one's anger. • Gratitude to God, parents, and friends. Not taking things for granted. 	<ul style="list-style-type: none"> • The greatness of living holy purity • Having ownership of the school. Keeping it in good shape and clean. 	<ul style="list-style-type: none"> • Virtues to work on during the summer • 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, trying out for at least one sport. • Fitness Routine • Healthy eating habits? • Heroic minute and bed time 	<ul style="list-style-type: none"> • Extracurricular • Work hard during practice • No complaining—to coach or to parents • Always displaying manly sportsmanship • Fitness Routine 	<ul style="list-style-type: none"> • Extracurricular • How are Sports going? • Helping coach with equipment before and after practice • Fitness Routine 	<ul style="list-style-type: none"> • Fitness Routine • Healthy eating habits? 	<ul style="list-style-type: none"> • Hygiene--showering; deodorant; personal grooming. • Sports • Encouraging teammates • Fitness Routine 	<ul style="list-style-type: none"> • Extracurricular • Spring Sports tryouts • Fitness Routine • Healthy eating habits? 	<ul style="list-style-type: none"> • Extracurricular • Fitness Routine • Helping mom and dad with yard work and other household chores... weeding; mowing lawn. 	<ul style="list-style-type: none"> • Extracurricular • Practicing his spring sport over Easter vacation • Fitness Routine 	<ul style="list-style-type: none"> • Summer Camps planned? • Learning a new skill? • Practicing an instrument • Fitness Routine • Summer Jobs • Learn how to cook one dinner for the family
SPIRITUAL	<ul style="list-style-type: none"> • Does he go to Mass on Sundays? • Visiting chapel at the beginning and at the end of the day • Quiet time before the Blessed Sacrament • Morning Offering 	<ul style="list-style-type: none"> • Questions and Issues from Religion Class • Taking Advantage of Confession and Mass • Nightly Examination of Conscience • <i>Memorare</i> for the one who needs it the most 	<ul style="list-style-type: none"> • Devotion to Mary • Suggestions on how to live Advent • Praying for an intention 2 or 3 times a day 	<ul style="list-style-type: none"> • Preparing oneself for Christmas • Exposition of Blessed Sacrament • Offering each day a small sacrifice for a family member • Acts of mercy 	<ul style="list-style-type: none"> • Questions and Issues from Religion or Ethics Class • Taking Advantage of Confession and Mass • Offering each day a small sacrifice for the Pope 	<ul style="list-style-type: none"> • Preparing oneself for Lent • Making the Most of weekly Exposition of Blessed Sacrament • Explain significance of Lent • Putting an intention into our work 	<ul style="list-style-type: none"> • Lenten Resolutions • Making the Most of weekly Exposition of Blessed Sacrament 	<ul style="list-style-type: none"> • Visits to Blessed Sacrament • Taking Advantage of Confession and Mass 	<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?