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Spiritual and
Formational
Programs
for Parents

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A Community of Faith and Learning for Loyola Parents

This year, we are offering a wide variety of spiritual and formational programs designed exclusively for Loyola Academy parents.

Join us for **spiritual programs** such as our **Mother's Club Evening of Reflection**, our **Father's Club Retreat**, and our **All Saints Day and All Souls Day Mass and Reflection**, and you'll discover that Loyola is not just a school community, but a rich and reflective faith community that offers many opportunities for parents to grow closer to God and each other.

Because parenting is another top priority in your life, we are also offering a series of **formational programs** designed to give you the tools and information you need to help your Loyola student succeed in the classroom and in the larger arena of life. With presentations by distinguished guest lecturers on topics ranging from **"Raising Resilient Children"** to **"Helping Your Child Begin the College Search Process,"** this informative series is filled with valuable insights and advice that will help you make more effective parenting decisions and learn more about the issues affecting your child's development.

This is a wonderful opportunity to join our community of Loyola parents for a year of programming that promises to be lively, edifying, and spiritually uplifting. Why not take a moment to browse through this brochure and see for yourself?

Mothers' Club Father/Student Mass and Breakfast

Sunday, October 28, 2007

Mass at 10 a.m. in Loyola Chapel

Buffet Breakfast at 11 a.m. in the Cafeteria

Craving sustenance for the body and soul? Join us for a Sunday morning Mass, followed by a delicious breakfast buffet. This is a great opportunity to spend some time with your Rambler son or daughter and get to know other Loyola parents with similar values and interests.

All Saints Day and All Souls Day Mass and Reception

Thursday, November 1, 2007

5 p.m.

Loyola Chapel

At this Mass, we will celebrate the Saints and Martyrs and all those who have preceded us to Heaven and now watch over us. Save the date and watch for your invitation in the mail in October.

National Honor Society Induction Mass

Sunday, November 4, 2007

10 a.m.

Loyola Chapel

Refreshments in the Lobby after Mass

This Sunday morning Mass for National Honor Society (NHS) inductees and their families celebrates Ramblers who have dedicated themselves to the NHS mission of scholarship, service, leadership, and character.

Mothers' Club St. Nick's Mass, Breakfast, and LoyolaWear Fashion Show and Sale

Wednesday, December 5, 2007

St. Nick's Liturgy at 8:30 a.m. in Loyola Chapel

Breakfast and Fashion Show at 9:30 a.m.

in the Student Center

Get in the Christmas spirit with our St. Nick's liturgy, a mouth-watering breakfast buffet, and festive fashion show.

This popular annual event offers opportunities to pray, socialize, and shop for those special Loyola Academy items!

Founder's Day Mass and Brunch

Sunday, December 9, 2007

10 a.m.

Loyola Chapel

This annual Mass and brunch is one way that we express our gratitude to the generous benefactors who contribute \$1,250 or more to support Loyola's mission of Jesuit education.

Mothers' Club Evening of Reflection

Tuesday, February 19, 2008

Light Buffet Supper at 6 p.m. in the Student Center

Reflection follows in Loyola Chapel

Refresh your spirit and reflect on the blessings in your life during this spiritually uplifting evening of reflection. This event for all Loyola parents and caregivers includes a light buffet supper.

Freshman Retreat Family Mass

Saturday, March 1, 2008

7 p.m.

West Gym

Do you have a freshman at Loyola Academy? Join us for this Mass marking the conclusion of Loyola's required, daylong Freshman Retreat. This inspiring event—which is attended by the nearly 2,000 people who work together to make the retreat a truly life-changing experience for our freshmen—offers a great opportunity to enjoy the spirituality and camaraderie of the Loyola community with your child and other Loyola students and parents.

Mothers' Club Adult Retreat

Wednesday, March 5, 2008

7 p.m.

Marillac Room

This one-hour evening spiritual retreat offers a welcome respite from the preoccupations of daily life and a chance to relax, reflect, pray, and grow closer to God.

Fathers' Club Mother/Student Mass and Breakfast

Sunday, March 9, 2008

10 a.m. Mass in Loyola Chapel

11 a.m. Breakfast in the Cafeteria

A special morning Mass for mothers and students, followed by a delicious buffet breakfast served by the Fathers' Club. This is a great opportunity to spend some time with your Rambler son or daughter and get to know other Loyola parents with similar values and interests.

Fathers' Club Retreat

Friday, April 18 through Sunday, April 20, 2008

Retreat begins at 7 p.m. on Friday

Jesuit Retreat House in Barrington

This peaceful weekend retreat will give you the time and space you need to reflect on your faith and deepen your relationship with God. Directed by Rev. Peter Carey, S.J., this soul-satisfying respite from daily life begins with supper on Friday evening and ends with a Sunday lunch.

Baccalaureate Mass and Brunch

(for Seniors and their Families)

Sunday, May 18, 2008

10 a.m.

Loyola Chapel

The past four years have flown by and now your senior Rambler is poised on the threshold between childhood and adulthood. Don't let this moment slip away without stopping to reflect on your child's transformation from a teenager into a well-rounded young adult who strives to embody the characteristics of a Jesuit-school graduate at graduation: to be religious, intellectually competent, physically fit, loving, open to growth, and committed to doing justice. Come celebrate your Rambler's accomplishments at our Baccalaureate Mass and Brunch!

For more information about our Mothers' Club and Fathers' Club events, please contact Rev. John J. Foley, S.J. at 847.920.2422 or jfoley@loy.org.

Health and Wellness

From Binge to Blackout

Chris and Toren Volkmann

Wednesday, October 3, 2007

7 p.m.

East Gym

This sobering presentation by Chris Volkmann and her son, Toren, authors of *From Binge to Blackout, a Mother and Son Struggle with Teen Drinking*, chronicles Toren's plunge into the abyss of alcoholism and his mother's struggles to help him. As you listen to this gripping cautionary tale, you'll learn why underage drinkers have no desire to quit and find out what communities can do help underage drinkers think before they binge. You'll be riveted as the Volkmanns, who have told their compelling story on CBS and *The View*, talk about Toren's frightening transformation from fun-loving guy to desperate alcoholic. You'll get a teen's perspective on the binge-drinking scene, get the inside scoop on the stigma that stops kids from seeking help, and learn about the importance of parental influence on a teen's decisions about alcohol.

Alcohol and the Adolescent Brain

Aaron M. White, Ph.D.

Department of Psychiatry and Behavioral Sciences,
Duke University Medical Center

Thursday, February 7, 2008

7 p.m.

East Gym

What happens to the adolescent brain after a night of heavy drinking? In this engrossing presentation by biological psychologist Aaron M. White, Ph.D., you'll find out why alcohol and other drugs affect brain function and behavior differently during adolescence than during adulthood. Dr. White—who has been featured in *Discover* magazine and *USA Today*, as well as on CNN News, NBC News, ABC News, and BBC News—will discuss the latest research on adolescent substance abuse, adolescent brain development, and the impact of alcohol on adolescent behavior and brain function, as well as effective intervention strategies. The creator of AlcoholEdu®, the nation's first online alcohol prevention program, Dr. White has also worked with Mothers Against Drunk Driving (M.A.D.D.) to create education and prevention programs for elementary and high school students.

Roots & Wings: Raising Resilient Children

Peggy Kubert, L.C.S.W.

Six Consecutive Wednesday Evening Sessions

Wednesday, January 16, 2008

Wednesday, January 23, 2008

Wednesday, January 30, 2008

Wednesday, February 6, 2008

Wednesday, February 13, 2008

Wednesday, February 20, 2008

7 p.m.

Marillac Room

Registration is required. Please contact Selina McGuire at 847.920.2512 or smcguire@loy.org.

As parents, we all want our children to be happy and fulfilled in life. We want to help them develop the skills they need to deal competently and successfully with people and situations they encounter on a daily basis. This capacity to cope effectively and confidently with life's challenges is called resilience—and some researchers say it is the most important quality that you can instill in your child. Yet resilience—the inner strength that enables us to cope with challenges, stress, and adversity—is not an inborn trait. Instead, it is a set of behaviors, thoughts, and actions that can be learned at a young age. All children need resilience to overcome obstacles in school or in sports and deal with life's inevitable disappointments. In this not-to-be-missed workshop, you'll learn about the factors that foster resilience and the parenting techniques that will promote the development of resilient behaviors in your child.

All Kinds of Minds

Dr. Mel Levine

Tuesday, March 11, 2008

7 p.m.

Location to be determined

According to Dr. Mel Levine, all children begin their educational careers as enthusiastic learners and energetic thinkers. But, before long, many children begin to fall behind in school because of the way their brains are “wired.” Dr. Levine—a professor of pediatrics at the University of North Carolina Medical School and cofounder of All Kinds of Minds, a nonprofit institute for the study of learning differences—will share his insights into different aspects of the learning process (including attention, memory, and language development) and discuss some of the factors that can impede or accelerate learning at specific life stages. Dr. Levine is the author of *A Mind at a Time*, *The Myth of Laziness*, and numerous other books. This program is being underwritten by Loyola’s Women of Wisdom Society.

The Price of Privilege

Madeline Levine, Ph.D.

Date to be announced

7 p.m.

East Gym

Madeline Levine, Ph.D. is a psychologist with more than 25 years of experience as a clinician, consultant, and educator. Her current book, *The Price of Privilege*, explores the reasons why teenagers from affluent families are experiencing epidemic rates of emotional problems. Drawing on cutting-edge research, Dr. Levine proposes solutions that are both practical and credible. She has appeared on many television and radio programs, including *20/20*, *The Early Show*, *Dan Rather’s CBS Evening News*, *The News Hour with Jim Lehrer*, *BBC News*, and *NPR*. She has also been a guest speaker at prestigious universities such as Stanford University, the University of California, and Emory University.

*It is not necessary to register for Health and Wellness programs, with the exception of the six-week seminar series **Roots & Wings: Raising Resilient Children**. To find out more about the Health and Wellness programs listed in this brochure, please contact Selina McGuire at 847.920.2512 or smcguire@loy.org.*

Athletics

Sports Nights for Loyola Athletes and their Parents

Wednesday, November 14, 2007 (Winter Sports)

Wednesday, March 12, 2008 (Spring Sports)

6:30 p.m.

East Gym

These presentations by our Athletics Department are mandatory for all families with students involved in athletic programs at Loyola Academy. Once teams have been established, parents and students will be notified about the Sport Night(s) that they will be required to attend.

You'll learn about Loyola's athletic training code, parent/student/coach communication, and expected outcomes for the Academy's student-athletes. Students will learn how to say no to peer pressure and parents will gain the insights they need to help their children succeed in athletics at Loyola—and in every area of their lives.

For more information about Athletic programs for parents, please contact Athletic Director Patrick M. Mahoney '90 at 847.920.2490 or pmahoney@loy.org.

College Counseling

College Night

(for Juniors and Seniors and their Parents only)

Tuesday, September 18, 2007

7-9 p.m.

West Gym

You'll meet representatives from more than 200 colleges and universities across the country at this annual college fair. If you want to find out a lot about the nation's colleges and universities in a short amount of time, you won't want to miss this event. You'll never have so much information about higher education, or so many college representatives, within arm's reach in a single evening!

Financial Aid Nights

(for Parents of Seniors; Seniors also welcome)

Wednesday, October 10 and

Wednesday, December 5, 2007

7 p.m.

Loyola Theater

If you're thinking about applying for financial aid, you'll find all the facts you need in this information-packed, two-session workshop. Our October session introduces parents to the financial aid process and offers general information about scholarships and grants. At the December session, you'll have access to more detailed information about financial aid.

Helping Your Child Begin the College Search Process

(for Parents of Juniors)

Wednesday, November 7, 2007

7 p.m.

Loyola Theater

In this workshop, you'll learn how to act as a navigator and guide as your child begins the college exploration process, while encouraging your child to stay in the "driver's seat." You'll also be introduced to the **Five Ps of the College Search Process: Person, Program, Place, People, and Price**. The 5 Ps

will guide you through important questions that you need to ask, including:

- + *What does my child need from a college environment?*
- + *Will my child be overwhelmed at a highly competitive school?*
- + *Does my child want to stay in the Midwest or attend a college far from home, and what are the practical implications of these choices?*
- + *Does my child want to attend a school where students are involved in service and social justice?*
- + *How important is cost in the college selection process?*

By evening's end, you'll be looking at your child's college search from a whole new perspective!

College Information Nights

(for juniors and their parents)

Please choose one of the following dates:

Thursday, January 24, 2008

Monday, January 28, 2008

or

Wednesday, January 30, 2008

7 p.m.

Loyola Theater

or

Sunday, January 27, 2008

1 p.m. or 4 p.m.

Loyola Theater

At this informative seminar, you'll learn about the services offered to Loyola Academy students as they navigate the college admissions process. Topics of discussion include the use of Naviance software as a tool for researching and building a college list, standardized testing, timelines, campus visits, and the roles and responsibilities of students, parents, and counselors in the college search and selection process. You'll also receive information about scheduling a conference with your child and your child's college counselor.

Letting Go

(for Parents of Seniors)

Wednesday, April 23, 2008

7 p.m.

Loyola Theater

A college student affairs officer and a panel of experienced Loyola parents share practical advice and personal insights in this presentation for parents getting ready to send their children to college. You'll learn about everything from homesickness to campus security to your role as a parent after your Rambler transitions from high school to college.

College Horizons

(for Sophomores and their Parents)

Thursday, May 15, 2008

7 p.m.

Loyola Theater

Graduation day for your sophomore at Loyola may seem like it's a long way off, but the time has arrived to start the college exploration process. At this informative workshop, you'll learn about the differences between public and private schools, highly selective schools, and Jesuit schools—and gain insights into the unique experiences that your child is likely to have at each—as you listen to presentations by Loyola's college counseling staff and guest speakers from the four distinctly different types of schools. The focus of this program is to help Ramblers begin thinking broadly about colleges and to continue the self-reflection process that is part of their formation experience at Loyola Academy.

Watch for more information about Loyola's College Counseling programs for parents in the mail or contact Matt Lane at 847.920.2678 or mlane@loy.org, Page Lee at 847.920.2510 or plee@loy.org, or Christy Weiss 847.920.2703 or cweiss@loy.org.

Loyola Academy Parent Updates

Please choose one of the following dates:

Tuesday, April 22, 2008

Thursday, April 23, 2008

or

Monday, April 28, 2008

5:30 p.m. Mass in Loyola Chapel

6:15 p.m. Presentation in Loyola Chapel

7:15 p.m. Dinner (location to be determined)

Curious about current events at Loyola Academy? Then join us for one of these lively, informative, and congenial sessions to get the latest news about everything from Loyola's vision for the future to curriculum changes to capital and programmatic enhancements. These updates include presentations by Loyola's leadership and a question and answer session, as well as an optional Mass and dinner.