



Forming Women and Men for Others

Facts about the new Student Formation Program at Loyola Academy

Student Formation: A Time-Honored Tradition

Loyola's commitment to the full and harmonious development of every Rambler is grounded in the 450-year-old tradition of Jesuit education.

The original vision of Jesuit education—with its emphasis on the formation of the whole person—was first committed to writing in the late 16th century in a document called the *Ratio Studiorum* (Plan of Studies). An excerpt from this document reads:

Those who attend the schools of the Society of Jesus in pursuit of learning should be convinced that, with God's help, we shall make as great an effort to advance them in the love of God and all other virtues as we shall do to perfect them in the liberal arts.

This strong focus on student formation has endured at Loyola Academy for nearly a century. Many of our longstanding traditions of excellence—such as the study of faith, sacraments, and ethics; liturgy and prayer; spiritual retreats; community service opportunities; co-curricular activities; athletics; and a comprehensive guidance and counseling program—have been designed to promote the spiritual, emotional, social, and physical formation of our students, so that learning is optimal and life after Loyola is rich and meaningful.

Today, although the world has changed in many ways, our mission remains the same: to help Ramblers achieve their full potential as well-rounded young people who are religious, intellectually competent, physically fit, loving, open to growth, and committed to doing justice.

How does the new Student Formation Program carry on this tradition?

Our new Student Formation Program was designed to provide an explicit programmatic approach to the formation of women and men for others at Loyola Academy—and to complement the formation

programming that has long been integrated into the educational experience of every Rambler.

Developed to advance Loyola Academy's distinctive mission of educating the whole person, the Student Formation Program focuses on the spiritual, intellectual, and affective (i.e., emotional) aspects of a student's development.

This pioneering program further prepares our students for leadership and service in the 21st century.

How is the new program structured?

A student's guidance counselor serves as his or her primary mentor and facilitator for the Formation Program. Each student remains with the same counselor throughout his or her four years at Loyola Academy, barring scheduling conflicts. Students are assigned to formation groups of approximately 25 students that are organized by grade level. Each group meets twice a week.

What are the requirements of the Formation Program?

Loyola requires that all students complete 1.0 credit of Formation (1/4 credit per year) for graduation. To earn the annual 1/4 credit, students must maintain regular attendance and actively participate in the twice-weekly formation periods. Formation credits will be reflected on student transcripts, and students will receive a grade of Pass or Fail based on their yearly performance.

The strong tradition of student formation has endured for nearly a century at Loyola Academy.



The new Formation Program enriches the distinctive Jesuit character of Loyola Academy. It enables us to be more proactive as a school in helping our students to succeed; to grow spiritually, socially, and affectively; and to become strong leaders. By giving our students the opportunity to meet twice a week over four years to explore issues such as decision making, relationships, leadership, self-awareness, and spirituality, the Formation Program will advance our longstanding mission of forming women and men for others and have a significant impact on the lives of Loyola's Ramblers.

Rev. Theodore G. Munz, S.J.
Loyola Academy President

Tell me more about the Formation Program curriculum.

The goal of the Formation Program curriculum is to foster the development of the personal, relational, and spiritual qualities that are necessary for success and leadership in our modern world.

GUIDANCE

In grade-specific formation groups, guidance counselors engage students in a curriculum that addresses topics such as self-awareness, social awareness, self-management, relationship skills, and responsible decision making. Through a variety of activities, experiences, and resources, students acquire skills and strategies that enhance their personal effectiveness.

CHAPEL

The Chapel Program is designed to encourage and nurture spiritual reflection, discernment, and a deeper understanding of our Catholic faith. The aim is to further the formation of women and men who will be committed to the Ignatian vision of dedicating their lives to the greater good and responding to the world with a faith that does justice.

Students meet twice a month in the Chapel. It is important to recognize that the Chapel Program is not a class and the Chapel is not a classroom. Rather, the Chapel Program is a faith experience that combines the Eucharist and prayer with presentations, guest speakers, and group discussions that explore topics such as Jesuit history and traditions, themes from the *Spiritual Exercises*, and the sacraments.

HEALTH AND WELLNESS

To help facilitate health literacy and to encourage healthy lifestyle choices and habits, the physical education department has expanded its health and wellness curriculum to provide health instruction for sophomores, juniors, and seniors. This enhanced curriculum includes physical health, social and emotional health, safety and prevention, and personal and community health. Freshman-year students continue to take a half-semester health class.

Helping Ramblers Achieve Their Full Potential...

“A Jesuit school, though it must always be a place of rigorous intellectual formation, can never aim simply at the intellectual performance of a finely honed mind. The other side of the student, the non-rational side, must be explored, developed, and disciplined to maturity. The danger must be avoided of producing over-developed intellectuals who are seriously under-developed in the affections. Jesuit education aims at the developing maturity of the mind, body, and heart.”

George A. Aschenbrenner, S.J.

Formation Curriculum Topics

Loyola's formation curriculum is tailored to the developmental needs of students at each grade level, with topics such as those listed below:

FRESHMAN FORMATION

- The Life of St. Ignatius
- Principle and Foundation of the *Spiritual Exercises* of St. Ignatius
- Transition to High School
- Family Relationships
- Stress Management
- Bullying
- Diversity
- Peer Relationships
- Learning Styles
- Study and Executive Functioning Skills

SOPHOMORE FORMATION

- The Society of Jesus
- Discernment
- Goal Setting
- Decision Making
- Problem Solving
- Communication Skills
- Leadership Development
- Faith Development
- PLAN/PSAT Test Preparation
- Information Literacy
- Graduate at Graduation Interviews
- Health Promotion and Disease Prevention
- Nutrition

JUNIOR FORMATION

- Catholic Social Teachings
- Prayer
- Identifying Personal Strengths and Weaknesses
- Interpersonal and Communication Skills
- Self Reflection
- Christian Life and Career Decision Making
- ACT/SAT Test Preparation
- College Selection and Planning
- Five "P's" of College Selection
- Vocational and Career Assessment
- Consumer Health
- Fitness and Injury Prevention



“The Formation Program greatly enhances our formation of the whole person, which is such an important hallmark of Jesuit education. Our attention to social, emotional, religious, and spiritual formation is now even more conscious and explicit.”

Dr. William T. Divane
Guidance Director

SENIOR FORMATION

- The Jesuit Network
- Sending Forth
- Reproduction and Sexuality
- Family Life
- Emotional Intimacy
- Managing Life Transitions
- Advanced Decision Making
- Personal Financial Management
- Reflection on Service Projects
- Reflection on the Loyola Experience
- Legacy Projects
- Interview Preparation
- College Application Process and Essay Writing

Throughout a student's four years at Loyola, additional topics related to Loyola's *Profile of a Graduate at Graduation* (to be religious, intellectually competent, physically fit, loving, open to growth, and committed to doing justice) will be incorporated into the formation curriculum.

Giving Ramblers the Tools They Need to Succeed

Cura personalis, a Latin phrase meaning “care for the person,” is at the core of our Jesuit mission at Loyola Academy. This extraordinary level of care for every student is a hallmark of Jesuit education—and a distinctive feature of life at Loyola.

Because students can face significant hurdles with regard to fundamental social and developmental issues during their high school years, Loyola's guidance department has been a pioneer in the development of social and emotional learning programs for students. These programs have been expanded and incorporated into Loyola's new Student Formation Program.

What is social and emotional learning? It is the process of acquiring the skills to recognize and manage emotions, develop care and concern for others, make responsible decisions, establish positive relationships, and handle challenging situations effectively.

The social and emotional component of Loyola's Formation Program, which is developed and taught by guidance counselors, addresses topics such as self-awareness, social awareness, self-management, relationship skills, and responsible decision making.

A significant body of research proves that programmatic instruction in social and emotional competence results in a 10 percent average increase in achievement test scores. This research is so compelling that the State of Illinois now requires all public schools to incorporate social and emotional learning components into their curriculums.

Current research also suggests that social and emotional learning programs can help create learning environments for students that are safe, caring, well managed, and participatory. In learning environments such as these, students have consistently identified more with the core values of their school and made more positive lifestyle choices.



Questions? Please contact Guidance Department Director Dr. William T. Divane at 847.920.2511 or wdivane@loy.org.