

# MATER DEI ENRICHMENT ELECTIVES

## FALL SEMESTER

## SPRING SEMESTER

### FRESHMAN YEAR

#### Life Lessons

Lessons built around Fr. Mike Schmitz's videos on a wide variety of topics from core questions about Catholicism to practical and tough issues in Christian discipleship

#### Life Skills

Hands-on instruction in home maintenance, vehicle maintenance, basic shop skills, basic sewing skills, basic cooking skills and social skills

### SOPHOMORE YEAR

#### Fitness and Wellness

Lecture and activity sessions covering fitness concepts, conditioning techniques, strength training, weight management and nutrition basics

#### Visual Arts

Hands-on instruction creating artwork in a variety of mediums including painting, drawing, woodworking, photography and videography, utilizing the expertise of local artisans

### JUNIOR YEAR

#### Personal Finance & Business Development

Instruction on the basics of money management including budgeting, saving, checking, investments, credit, insurance, taxes, plus exploration of entrepreneurship and the necessary steps to develop a business

#### Senior Success

Assessments and guidance to discover the path God is calling you to, along with step-by-step college preparation including, application process, financial aid, and application essay writing

### SENIOR YEAR

#### Adulting 101

Discussion sessions and practical guidance on how to successfully navigate early adulthood - living on your own, renting an apartment, interviewing for a job, setting goals, managing your time wisely

#### Outdoor Pursuits

Introduction to outdoor recreational activities in the Duluth area through training, direct experience and exposure