

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 101

Instruction on the basics of money management including budgeting, saving, checking, investments, credit, insurance and taxes

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 practical and recreational activities in the Duluth area through training and direct experience including wilderness safety and survival, camping, fishing, skiing, rock-climbing, mountain biking