

Rockhurst High School Sophomore Conference

Rationale

Sophomores are at a time when they are expected to mature from being new, still-adjusting members in the community to becoming more responsible in their active, productive roles in the community; relatedly, they are expected to become more autonomous as they pursue these outcomes, despite the increasing burdens they encounter. Providing personal resources to help achieve those outcomes, particularly as an extension of the Freshman Small Group program, will benefit the sophomores and the greater Rockhurst community.

Program Goals

- Using applied learning and simplified project-based pedagogy to inspire students with personal management skills so that they can more responsibly use their self-directed time.
- Enabling counselors to continue working with counselees in the small group format to achieve the departmental goals of aiding in the academic, personal, and social formation of students on the road to the Grad-at-Grad.
- Maintaining/augmenting a sense of class cohesion.
- Creating opportunities for stakeholders (e.g., College Counseling, Dean's Office, Pastoral) to engage with the sophomores, as deemed necessary.

Targeted Unit Topics and Outcomes (click each link to see curricular pieces)

- [Growth Mindset](#)
- [Grit and Resiliency](#)
- [Self-Determination \(Intrinsic Motivation\)](#)
- [Happiness \(Learned Optimism\)](#)
- [Self-Control](#)
- [Deliberate Practice](#)

Program Methodology

6 projected units of 4 cycles each in the year, occurring for sophomores on either his A or B days. Per unit, groups begin in Cycle One by meeting in a large group in the Rose Theater to witness the unit concept's presentation. The following week (Cycle Two gathering) is a small group meeting with the students' counselor to provide repetition of the concept while facilitating group consideration of how each student might practice, or experiment, with each concept in his life during the following week, according to his SMART-goal template. The third week, Cycle Three, would be the sophomore's "pitch" to the small group to present his chosen experiment, its results, and any conclusions. The fourth week of each unit is a self-directed period for the sophomore, unless the administration chooses that period as an opportunity to address the sophomore class.

Cycle 1: Large Group in the Rose Theater with one facilitator

Cycle 2: Small Groups with their counselors as facilitators

Cycle 3: Small Groups with their counselors for presentations

Cycle 4: Open/Self-Directed time