

THE SACRED HEART GRADUATE

Conference of Sacred Heart Education



“Your example, even more than your words,
will be an eloquent lesson to the world.”

St. Madeleine Sophie Barat



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The objective of Sacred Heart Education is to develop people of integrity whose actions align with their values and beliefs. This portrait describes the skills and attitudes Sacred Heart Educators hope to nurture in their Students.



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The objective of Sacred Heart Education is to develop people of integrity whose actions align with their values and beliefs. True to St. Madeleine Sophie's vision, clearly expressed in the *Goals and Criteria*, ideally, Sacred Heart graduates are characterized by their confidence, courage, and compassionate spirit. By graduation, Sacred Heart students have developed the skills and competencies necessary to navigate their future with hope, joy and purpose. As people of hope, Sacred Heart graduates possess a strong sense of self and are deliberate about their continuous personal growth - intellectually, emotionally, spiritually, and physically. They are socially informed and demonstrate a capacity for empathetic thinking. Graduates recognize the importance of silence and contemplation for an active faith in God. They act with personal agency that is rooted in their own self-understanding as loved by God and in a respect for the inherent dignity of all persons.

Aspirations of Sacred Heart Graduates:

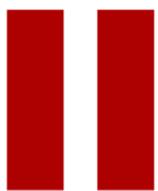
- An ability to engage in informed, critical analysis that reflects an understanding of the world and a conscious recognition of the dignity of all people
- A discerning spirit that is rooted in an active faith in God and that supports sound decision making and action
- A commitment to being responsible for their well-being and personal development as integral people
- A genuine understanding of community and care for others that is reflective of the attitudes of Christ's Heart and a commitment to the common good
- A desire to form authentic relationships that are built on mutual respect and shared values

An ability to engage in informed, critical analysis that reflects an understanding of the world and a conscious recognition of the dignity of all people

During their time at Sacred Heart, students develop the intellectual competencies and skills needed to engage in critical thinking that reflects a commitment to service to others. By graduation, students have begun to establish their own identity and to examine their own life experiences, personal biases and lens on the world. Able to move past self-interest and practice empathy for others, graduates are open to different life experiences and diverse perspectives. They seek an understanding of systems that perpetuate injustice and work to eradicate these systems. They are aware of the global nature of many current social issues and understand the importance of critically examining varying sources that lead to informed, active citizenship. Graduates recognize the dignity of all humans and respond with compassion to all forms of human suffering. They strive to create a more just world that is characterized by inclusion and respect.

A discerning spirit that is rooted in an active faith in God and that supports sound decision making and action

Sacred Heart Graduates hope that their decisions and actions reflect their beliefs. This hope evolves from active faith, the development of interior life and the conviction that God is in everything. St. Madeleine Sophie believed that informed faith is essential to developing confident and compassionate students. Honoring their relationship with God, graduates engage in contemplative practices that promote silence, personal reflection and discernment. Through the use of these contemplative practices, graduates seek to act intentionally. Trusting their relationship with God and sensing the Spirit dwelling within their very core, graduates strive to be people of integrity.



PAUSE



REFLECT



DISCERN



DECIDE



ACT

A commitment to being responsible for their well-being and personal development as integral people

Sacred Heart Graduates have the knowledge and skills to operate with integrity and a sense of personal responsibility. This capacity stems from understanding that personal growth is fluid and must be continuously nurtured. Graduates desire excellence in all aspects of life - intellectually, emotionally, spiritually, and physically. They are intellectually curious and recognize the importance of remaining informed. They are open to learning about diverse experiences and listening to others. Self-aware graduates have a balanced understanding of their strengths, abilities and limitations. Able to learn from their mistakes, they practice accountability and accept responsibility for their actions. They understand the importance of constructive feedback. They seek opportunities to reflect on personal successes and failures. Sacred Heart Graduates are conscious of the formation of their mind, will and spirit in order to maintain balance in their lives.

A genuine understanding of community and care for others that is reflective of the attitudes of Christ's Heart and a commitment to the common good

From their time at Sacred Heart, graduates have developed a care for others grounded in civic responsibility and a strong belief in the common good. Able to see beyond personal gains, graduates consciously try to understand others and broaden their own cultural competencies to create communities that prioritize respect. Aware that their Sacred Heart experiences are a privilege, graduates recognize the need to practice humility, generosity, gratitude and hope that is anchored in the knowledge that God lives in all. Sacred Heart Graduates are drawn to communities that foster inclusion and promote a sense of belonging.

A desire to form authentic relationships that are built on mutual respect and shared values

Sacred Heart Graduates are instinctively relational. They value their relationship with God, others and themselves. Having benefited from a nurturing environment that promotes personal growth, they have begun to develop the capacity to love and be loved. They seek relationships marked by mutual respect and trust. Ideally, graduates practice open and transparent communication that reflects emotional maturity. Cognizant of what is important to them, graduates appreciate personal relationships that are rooted in shared values and a deep respect for the dignity of all people.

CHARACTERISTICS OF A SACRED HEART LEARNER

This portrait of a *Sacred Heart Learner* describes the skills, attitudes and emerging attributes nurtured in Sacred Heart Students:

<p style="text-align: center;">Purposeful</p> <p>Graduates strive to act with purpose and personal agency rooted in their own faith in God, values and beliefs. As students, they come to see that reason nourishes faith and faith strengthens reason. Sacred Heart students develop an internal moral compass, allowing for courageous decision-making and discernment.</p>	<p style="text-align: center;">Authentic</p> <p>Graduates hope to be true to their principles and values. As students, they learn to understand their own culture and history as well as to value the factors influencing the cultures of other humans. Sacred Heart students' respect for the human dignity of others reflects their belief that all are created in God's image.</p>
<p style="text-align: center;">Knowledgeable</p> <p>Graduates are intellectually curious, skilled in inquiry and disciplined decision-makers. As students, they experience an educational methodology that favors depth of thought, one which sees academic disciplines as ways of thinking. Sacred Heart students develop depth of understanding by exploring content within the total curriculum that becomes increasingly complex, broad and challenging.</p>	<p style="text-align: center;">Inquisitive</p> <p>Graduates are well-rounded and lifelong learners, fueled by an inquisitive and curious spirit. As students, they come to develop informed, active faith and compassion. From this perspective, Sacred Heart students grow in the habits of creativity, critical thinking and problem-solving when addressing challenging issues and questions.</p>
<p style="text-align: center;">Analytical</p> <p>Graduates use critical thinking skills and compassion to analyze complex world issues. As students, they learn to study contemporary issues, assess information sources and evaluate diverse viewpoints. Sacred Heart students practice the skills necessary to live cooperatively in a global technological world.</p>	<p style="text-align: center;">Creative</p> <p>Graduates recognize God's ever-present grace and presence in the world. As students, they appreciate beauty in all its forms as they develop sensitivity to Mystery, to transcendence. Sacred Heart students use their imagination to build a world reflective of God's wonder.</p>
<p style="text-align: center;">Discerning</p> <p>Graduates aim to be attuned to the Spirit dwelling within one's core as they seek truth and work for justice. As students, they practice silence and come to value time for prayer and reflection before making decisions. Sacred Heart students develop an openness to truth, love and freedom as they discover the meaning of their life in service to others.</p>	<p style="text-align: center;">Empathetic</p> <p>Graduates endeavor to think beyond personal gains and show empathy, compassion and respect for others. As students, they discover the essential value in listening to diverse perspectives. They develop a personal commitment to service. Inspired by the principles of Catholic Social Teaching, Sacred Heart students value fostering human rights and dignity for all people and creation.</p>
<p style="text-align: center;">Humble</p> <p>Graduates value truthful self-assessment and recognize its connection to emotional well-being. As students, they develop the habit of self-reflection so that they may more effectively understand their strengths and limitations. Sacred Heart students take accountability for their choices and actions. They build in time for personal reflection.</p>	<p style="text-align: center;">Resilient</p> <p>Graduates display courage and confidence as they meet challenges and uncertainty. As students, they cultivate agility by learning from challenges as well as from opportunities, whether working independently or collaboratively. Sacred Heart students develop a multiplicity of skills that enrich the human person.</p>



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