



“Charting Your Course”

Your high school journey has begun and, even if we squint really hard, we might have trouble seeing all the way to the end. For those that can look far enough, the goal in the distance still may be unclear and a bit scary. How are we supposed to know how to get there? How do we prepare for the end of the path when we don't know what awaits us?

*“That is the exploration that awaits you! Not mapping stars and studying nebula,
but charting the unknown possibilities of existence.”*

– Leonard Nimoy

As you begin this exploration, you will find greater success when you chart your course and work with your fellow travellers. You likely discovered in Andros that you were brave enough to try new foods and leap into unknown waters with your community's support. You knew where it was safe to explore with the help of the expert guides. You placed your trust in them and, although you might have been terrified, you were unharmed.

Similarly, you will find a successful path through high school with the help of your friends, your teachers, your family, and all of the Clark community. Maria Montessori stated that *“we shall walk together on this path of life, for all things are part of the universe, and are connected with each other to form one whole unity.”* During this intersession, we will help you find your path and you will begin to chart your course.

Guiding Questions

1. What are you most passionate about? How does that influence your day to day life?
2. What do you hope to achieve and hope to become?
3. How do you care for your goals by caring for yourself?
4. How do you balance school, home, friends, and your other interests?
5. What is the value of community in your life? How do you serve your community?

What You Will Learn

1. About our high school community and our roles within it.
2. Study skills and how to use resources that will support your success in class.
3. Best practices when using social media and why that is important to our community.
4. Mindfulness techniques that will help you bring peace, calmness, and focus into your daily life.

What You Will Do

1. Build community through group initiatives and collaborative work.
2. Explore who you are and post-secondary options.
3. Develop a health and nutrition plan.
4. Practice mindfulness and enjoy solo activities.
5. Reflect on your comic purpose and connect it to your own personal course.

