

## Application for Sacred Heart Network Exchange

Name

Grade

Name of Parent Contact

Home Address

Parent Email

Sacred Heart Academy is pleased to offer students the opportunity to visit one of our Network schools. We ask that you take seriously the application process and the exchange itself. While on your visit, you will represent Sacred Heart in all that you do. You are expected not only to follow all the rules of Sacred Heart and your host school, but also to engage with your host school community and your host family with an open mind and a positive attitude. You will be responsible for meeting with your teachers before you leave to find out what work you will miss, for completing your work while you are away and for keeping in touch with your teachers throughout your exchange. Please understand that if your teachers have concerns about your academics, you may not be able to take your exchange during the school year. When you return, we ask that you speak of your experience to the student body and encourage others to take part in this unique opportunity.

### Part One

List three schools (not cities) in order of your preference that you would like to visit on exchange. Please note that if you list three schools, you will be committed to whichever school you are placed in. In addition, write a brief (one or two sentence) explanation for why you are interested in each location. At least one of your preferences should be within the United States.

1.

2.

3.

When would you like to go on exchange? For how long?

Are there restrictions on when you can go? Explain.

**Part Two**

Please answer all of the following questions.

Are there specific allergies, physical limitations, medications or other information that should be known by the host family and host school? List all animals to which you are allergic.

Would it be a problem for you if a host family member smoked?

Choose your preferred living accommodation.

\_\_\_\_\_ boarding school

\_\_\_\_\_ host family

\_\_\_\_\_ family member

(if you select this option, please list the name and your relationship)

Are you and your family aware that there may be additional costs (including travel expenses) associated with exchange? Are you willing to cover these additional costs?

### **Part Three**

Please write a thoughtful, well-organized letter to the committee explaining why you would like to participate in exchange. You are required to answer the questions marked with an asterisk. You are encouraged to include answers to the other questions as well.

\*Why do you want to participate in exchange?

\*What would you like to gain from exchange?

\*How have you contributed to our school community?

What can you bring to your host school?

What will be your biggest challenge while on exchange?

How will you be a good representative of SHA ?

\*Which of your personal qualities will help you on exchange?

\*What experiences have you had living away from home? Describe the length of those trips, what they were for, what you learned and how you coped.

What responsibilities do you have at home and how will you be able to help out your host family?

Which of your interests and hobbies in and out of school will you be able to pursue while you are away?

\*How do you intend to keep up with your schoolwork?

\*When you return from exchange you will be asked to share your experiences with the school. How might you go about doing this?

If you host a student from another school, what would you do with her?

Do you have any concerns about your time away from SHA? How can you/we make a plan now to alleviate those concerns?

### **Part Four**

Please attach a reference letter from one (or both) of your parents. The letter should include all of the following.

Address, Phone Number, Email

Why is your daughter a good candidate for exchange?

What are her best qualities and how have you seen them in action?

Has your daughter been away from home? Where and for how long? How did she handle the experience?

How will you support her with the application process and the exchange itself?

Would you be willing to host a student from another school in exchange for your daughter's visit?

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Student Signature

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Date

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Parent Signature

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Date

**Deadlines**

Introduce/Publicize Applications  
Presentations by Former Exchange Students

February-March

Exchange Meeting for Freshman

April

Sophomore Year (recommended) Exchange Applications Due  
\*Junior Year Exchange Applications Due

May

Exchange Team Meeting to Review Applications

June

Exchange Adviser will Initiate and Maintain Contact  
with Potential Host Schools

July-September

Meet with Student to Discuss Placement Progress

September

Placement Progress Report From Teacher

First Week in October

Starting in 2017-2018, the academic year exchange will be open to grade 10 only. Any student who meets the academic requirements is eligible to participate in summer exchange.