

It Matters Where You Go To High School
It Matters Who You **Become**

ST JOSEPH HIGH SCHOOL



ST JOSEPH HIGH SCHOOL

TRUMBULL, CT

BE MORE AT ST JOES.

1962

St Joseph High School was founded. 50+ years later, we are the largest co-ed Catholic high school in Connecticut

57

acres, including a wetlands boardwalk, broadcast journalism studio, and a health & wellness training center

800+

students from more than 36 surrounding towns and 55 middle schools choose St Joes

18

average class size with a student: faculty ratio of 12:1

90%

of students are involved in clubs or athletics

100%

of students are accepted into college/university



St Joseph High School is an independent Catholic college preparatory community that educates and motivates young women and men to live purposeful lives as ethical leaders committed to the common good of all.



At St Joes, you will find a community where everyone is celebrated and everyone belongs. Students define their individual aptitudes outside the classroom through endless involvement opportunities. Our school calendar is always full - clubs and activities, global immersion trips, social events, fine and performing arts showcases, service opportunities, and more. Here you will develop a legacy, refine your moral compass, and meet lifelong friends. And your journey doesn't end upon graduation, for you will join a longstanding community of over 10,000 alumni who always come home to "Joe".

How will you make your mark?

"At St Joes, every student joins a team or club. They do not join simply to add to their resume, but rather to learn more about the world and discover their passion. Joining clubs and organizations allows students to expand their view of the world and open up their eyes to opportunities."

~ Eilis Monahan '21

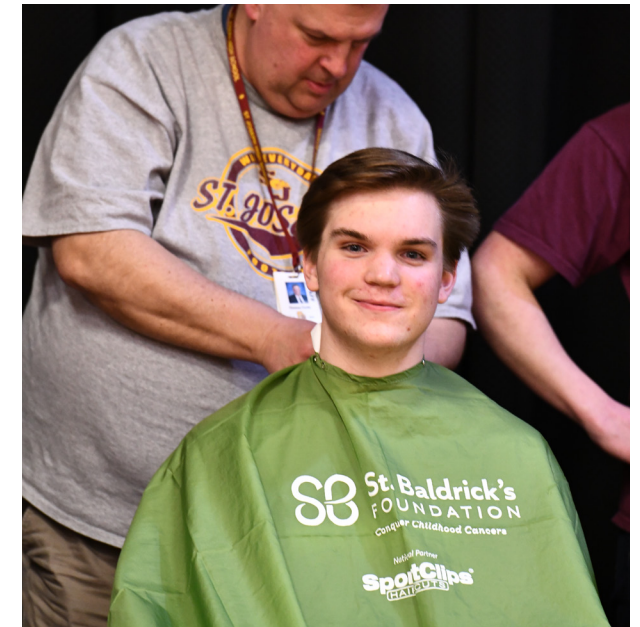
Be who you are. **Become** who you are meant to be.



Be Thoughtful. Become a Person for Others.

“Let us love one another, for love is of God.”

At St Joes, we are dedicated to educating a community of believers, confident about tomorrow. Our students develop a life-long love of serving those in need and giving generously of their time and unique gifts. Our culture of service reflects our commitment to altruistic values, where helping those in need is more of a joy than a requirement.



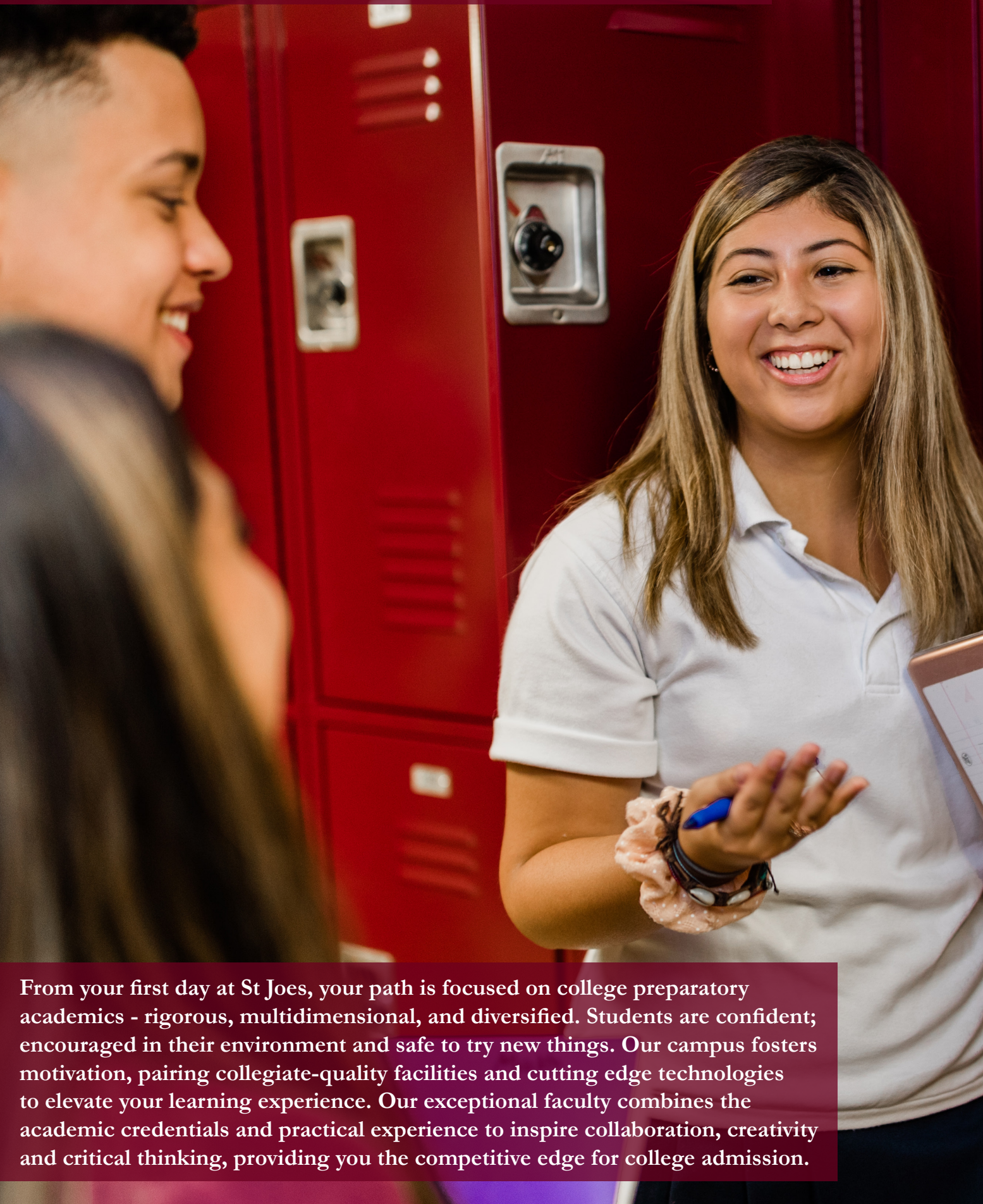
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“St Joes has taught me to give back to the community through faith and service. Through daily masses and theology class, I have created a deeper relationship with God. The school’s mission is to give back to our community through service. That’s exactly what I have learned to do, and will continue to do throughout my life.” ~ Nate Moore ’23

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Be a Learner. Become a Critical Thinker.



From your first day at St Joes, your path is focused on college preparatory academics - rigorous, multidimensional, and diversified. Students are confident; encouraged in their environment and safe to try new things. Our campus fosters motivation, pairing collegiate-quality facilities and cutting edge technologies to elevate your learning experience. Our exceptional faculty combines the academic credentials and practical experience to inspire collaboration, creativity and critical thinking, providing you the competitive edge for college admission.

17
AP
courses

250
AP Exams
Taken Annually

8
Early College
Courses

"The most amazing part about St Joes is that I had so many opportunities to explore new and diverse interests. Not only was I able to take advantage of after-school engineering courses, but in school, my teachers and counselor worked with me to make my schedule my own. I'm able to focus on what I find interesting, which will give me a foundation for what I do in the future."

~ Helen Mahoney, '21

100%
Graduation

12:1
student : faculty
ratio

90%
of faculty have
advanced degrees

18
average class
size

11 FINE & PERFORMING ARTS ELECTIVES

4 WORLD LANGUAGES

7
National Honor
Societies

6+
Tutoring
Resources

Course scheduling at St Joes is individualized and dynamic. Each student's curriculum will be challenging and appropriate to his or her strengths. Students diversify their course levels according to their interests and aptitudes, allowing each student the opportunity to enhance their college resume.



Be Adventurous...Become a World Traveler.

The Francis Xavier International Scholars Program broadens student awareness of the global mission of the Church, while also helping students traverse, with confidence, the distances between culture, economics, religion, and geography. This certificate program involves world language study, three credits of coursework related to global perspectives, and participation in two or more domestic or international immersion trips. Past trips have included locations such as: China, Greece, Italy, Maine, New Orleans, Nicaragua, Peru, and Puerto Rico.

"The experience you get from helping another person humbles you like nothing else. I left Puerto Rico with a surreal understanding of what really matters. I stepped out of my comfort zone and gained peace, gratitude, and happiness from this experience."
~ Jake Murphy '19



Be Curious...Become an Innovator.

Technology-centered, hands-on, inquiry-based learning at St Joes prepares students to be problem-solvers for the future. Through assorted projects and design objectives, students gain the software and technical skills necessary for success in high school, college, and beyond. Students will have repeated opportunities to use design mindset, learn collaboratively, practice task-management, and cultivate teamwork, communication, and critical-thinking skills in our innovation lab and interdisciplinary engineering curriculum.



Be Ambitious...Become Exceptional.

In addition to a variety of Advanced Placement (AP) courses offered, students also have the opportunity to earn college credit through eight college level (CL) courses taught on campus. CL courses are offered through UCONN, Sacred Heart University, and the University of Iowa.

Be Powerful...Become a Self-Advocate.

The College and School Counseling Office meets the unique needs of each and every student through their comprehensive school counseling curriculum. The multifaceted curriculum, comprised of individual, group, and developmental school counseling lessons are designed to elevate students into well-adjusted, empathetic, and emotionally intelligent young adults. St Joes recognizes social and emotional wellness as an influential factor in academic achievement and collaborates with parents, faculty and administrators to promote student success.

"The challenging courses offered at St Joes pushed me to work toward improving my study skills as well as help me adapt to the difficulty of the classes that I would continue to take throughout my high school experience and in college."
~ Samir Rajani '21



Be a Leader...Become Empowered.

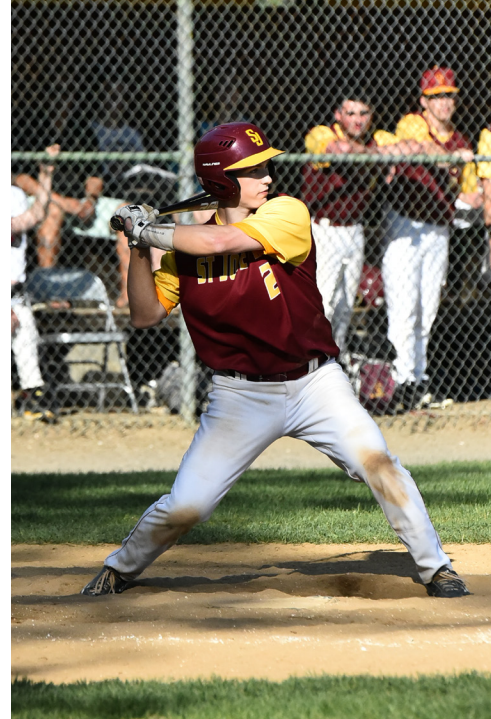
Learning is a collaboration between parents, students, teachers, counselors, and administrators. By the time they graduate, it is our hope that each student has become a lifelong learner. This maturation process takes time to develop as the right balance is struck between adult supervision and a student's ownership for learning. Academic rigor is paired with a variety of support opportunities. From the writing center, to peer tutoring, to group study or skills workshops, students have access to the support that meets their individual learning style.



Be Healthy...Become Fit for Life.

In 2017, St Joes unveiled a 4,500 square foot, fitness center and introduced a Director of Health & Wellness. "Fitness for Life", offered to freshmen, introduces students to basic movement patterns and sports. In addition, students have the opportunity to continue their education in nutrition, health, and fitness through six elective courses in sophomore through senior year.





Be a Student Athlete. Become a Team Champion.

Whether you are a competitive athlete or fanatical spectator, St Joes pride is on your side. Our student-athletes have access to state-of-the-art athletic facilities on campus as they train to compete within the FCIAC – the most competitive conference in Connecticut. Under the direction of our Health & Wellness Director, students develop sport-specific skills and fitness habits for life. With decades of championship banners gracing our gym walls, the St Joseph High School athletic program is spirited and talented. So whether it's a pep rally, the big game, homecoming, or final race – everyone comes together in support of maroon and gold.

FALL SEASON	WINTER SEASON	SPRING SEASON
Girls Cheerleading*	Boys Basketball**	Boys Baseball**
Boys Cross Country*	Girls Basketball**	Boys Golf*
Girls Cross Country*	Co-Ed Bowling**	Girls Golf*
Girls Field Hockey*	Gymnastics*	Boys Lacrosse**
Football**	Boys Ice Hockey*	Girls Lacrosse**
Boys Soccer*	Girls Ice Hockey	Girls Softball*
Girls Soccer*	Boys Indoor Track	Girls Tennis
Girls Swimming & Diving	Girls Indoor Track	Boys Tennis*
Girls Volleyball**	Boys Swimming & Diving	Boys Track & Field
		Girls Track & Field
		Boys Volleyball*

* Varsity, JV ** Varsity, JV, FR

“

“I love the excitement of driving up to a big game. Seeing the school’s “bomb squad” cheering my team on as we walk into a challenging match up gives us the energy and adrenaline we need to win. The support from the student section at St Joes is definitely one of its best features from a student perspective.”

~ Hailey Cocca '21

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24
Division I, II,
III Signings in
2020



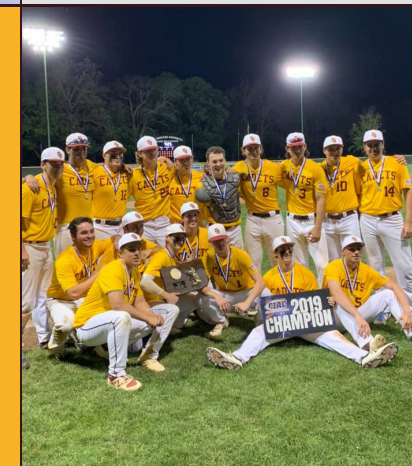
**Pride in
Maroon
& Gold**



88%
of students
play at least one
sport



**Member of
CIAC &
FCIAC**



40
State
Championships
Since 2018

Be an Individual. Become Part of Something Incredible.

We are student centered, and our students are in a word: confident. They celebrate each other. They do not have to put one another down to make themselves feel good. That's not true everywhere. And that doesn't happen by accident. It happens because we know what our core values are: faith, family, and your future. Through leadership and the pursuit of our passions in clubs, activities and school traditions, the legacy lives on.

Clubs & Activities

- | | |
|---|-------------------------------|
| Art Portfolio Club | Model United Nations |
| Astronomy Club | Music Ministry |
| Audio/Visual Broadcasting | National Honor Societies |
| Camp Sunshine | Pep Club |
| Campus Ministry | Philosophy Club |
| Chess Club | Ping Pong Club |
| Connecticut Science & Engineering Fair (CSEF) | Political Awareness Club |
| Debate Club | Pottery Club |
| Drama Club | RAAFT |
| English Club | Robotics Club |
| French Club | SADD/Empowered Club |
| Freshmen Guides | Spanish Club |
| Frisbee Club | Special Olympics Service Club |
| Go Green Ecology Club | STEM Club |
| Guitar Club | Stock Market Club |
| Interact Club | Student Ambassadors |
| Irish Club | Student Council |
| HeArt Club | Writing Center |
| Jeopardy Club | Yearbook |
| Letters of Love Club | Women's Studies Club |
| Math Club | Zumba Club |

"Joining clubs and teams has helped me experience the camaraderie that St Joes has to offer. Everything I've been a part of has brought me important friendships and experiences, and the traditions really make school feel like a second home."
~ Sofia Paoletta '21

6 Student Retreats	5 Immersion Trips	18 Annual Student Events, 6 Dances, and 4 Class Trips	36K Hours of Community Service Yearly
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Don't See What You're Looking For?

St Joes students are encouraged to create their own unique clubs to add to this list. All it takes is an idea, an advisor, and a mission!

Be Imaginative. Become an Original.

1 in 5

enhance their course
schedule with an art elective

2

major drama
productions per year

Art Showcase
and Concert each
semester



“

Entering St Joes, I joined the Drama Club. The club transcended social barriers, and all of a sudden I had friends that weren't even in my class. The environment of the club and the joy of performing quickly blossomed into a passion for acting. Now, having gotten into the acting program at Syracuse, I realize that the support I received from St Joes and the Drama Club allowed me to discover my passion.”

~ James McMahon '20

”

St Joseph High School's courses in art, music, and theatre allow students to develop self-expression through visual, aural, and performance mediums. Students also enhance cognitive, analytical, problem solving skills while establishing an appreciation of the arts in their world and how the arts relate to history, society, and culture.



Become Spiritual

St Joseph High School welcomes students of all faiths. Each day, the spiritual life of our students is met and nurtured. Students are given the opportunity to attend daily Mass, Confession, devotions, personal prayer, and so much more. Students know and believe that their faith should not remain hidden but rather lived and shared with the whole world.

Together for Others. Volunteerism is an important part of an SJ education. Our Director of Campus Ministry organizes yearly retreats for each of the classes, countless opportunities for service, and international immersion trips, all to ensure that the faith we are building up in this new generation of students is exercised beyond the walls of our school.

Be Accepted

At St Joes, we are dedicated to educating a community of believers, confident about tomorrow. Yet, it is the spirit of our community that makes the difference. We encourage individual achievement within the moral parameters of our motto – with Privilege comes Responsibility. Here, our students develop a life-long love of serving those in need and giving generously of their time and unique gifts. We celebrate our shared values with people of all faiths.

College admissions is a dynamic process, and at St Joes, we do not leave our students' success to chance. From the moment freshman year begins, formal meetings between students and the School and College Counselors take place throughout the year in small group, seminar, and one-to-one settings. Counselors are dedicated to supporting student success to ensure each Cadet graduates as a well-rounded global citizen with the tools to succeed not only in college, but in life, and beyond. Workshops, college planning events and internship opportunities give students a head start in their college and career goals. Each one of our Cadets is not only accepted into multiple colleges and universities, but they are offered scholarships that continually impress and grow each year.

“I’ve always wanted to go to the University of Notre Dame, and I think that if I went to any school other than St Joes, I would not have been as prepared. St Joes helped me with college prep, afterschool activities, and finding my place both spiritually and in the community.”
~ Sophie Chorek '20



Be Ready for the Future
Become College Material

220
College Representative
Visits

20
on-campus workshops and
college events



1800+
Applications

30+
Futures Internship
Sites

100%
Graduation

\$25M
in Scholarships in 2020

Be More. Become a Cadet.

Freshman Checklist (Class of 2025)

- ☐ Online Application (Includes Essay)
- ☐ 7th & 8th Grade Report Cards
- ☐ Math and English Teacher Recommendations
- ☐ Entrance Exam

Transfer Checklist (Grades 9, 10, 11)

- ☐ Online Application (Includes Essay)
- ☐ Report Cards from Past Two Years
- ☐ Guidance Counselor Recommendation
- ☐ Interview with Admissions

VISIT

The best way to learn about St Joes is to visit our campus! Attend an Open House, take a personal tour, or join us for an information session. Learn more at sjcadets.org/visit.

ENGAGE

Come see our school community in action! Schedule a shadow visit and spend the day with a current student at St Joes. You will attend classes, lunch, and meet our faculty and your future classmates! Parents, contact (203) 378-9378 x455.

APPLY

Complete your online application and submit your supplemental documents to our office for review at sjcadets.org/apply.

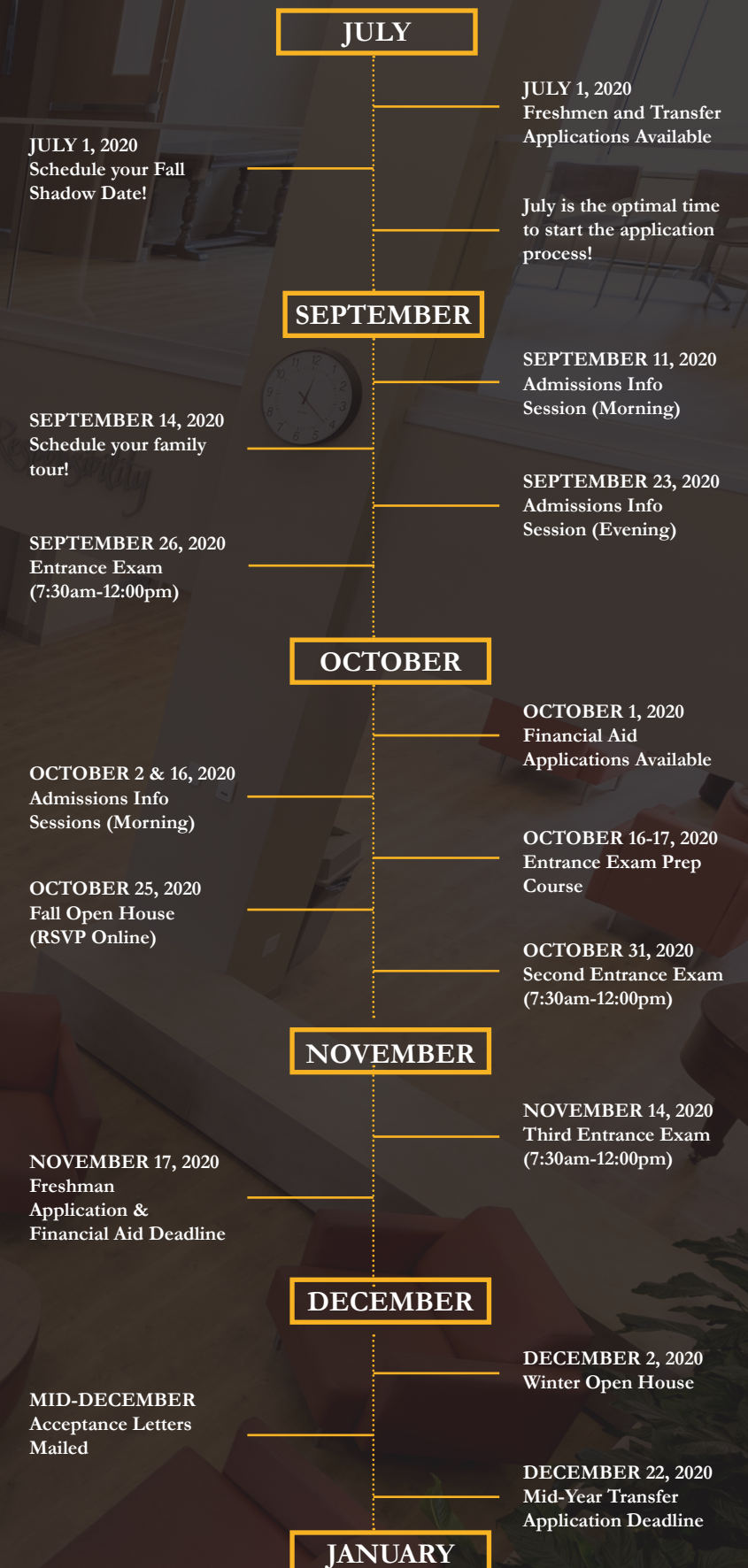
Our Admissions team is here to guide you every step of the way. Contact us today!

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Your Timeline



BECOME MORE AT ST JOES

The high school search and admission process can be difficult to navigate, but our team is eager to help! Join us for an admissions information session to learn more about the process, ask your individual questions, take a tour, and meet our student ambassadors. Discover why more than 800 students choose to make St Joes their home away from home.



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