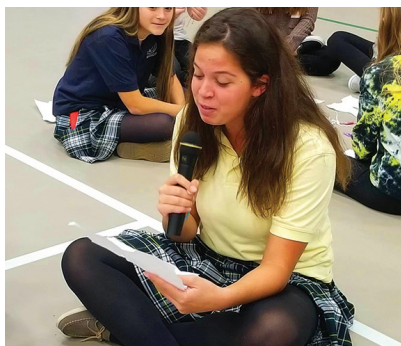


LEADERSHIP LIFE SKILLS TECHNOLOGY



BRAVE FORWARD

BRAVE FORWARD

A core component of L2T, Brave Forward is a bravery training course designed to empower young women and cultivate the courage and confidence necessary for them to realize their potential and go after what they want. Brave Forward addresses a critical need for socio-emotional education for girls and fosters the competencies to brave forward in a world full of challenges, obstacles & adversity.

LIFETIME FITNESS

Lifetime Fitness takes a comprehensive wellness approach to learn the benefits of a healthy lifestyle. Through a discovery of mental and physical well-being, students identify practical resources for adopting sustainable, life-long healthy habits.



EXPERIENCING L2T

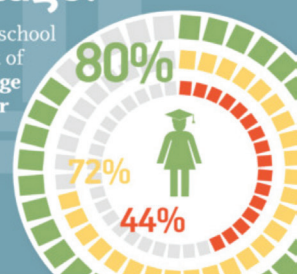
Developed by OLMA Dean of Academics & Leadership, Jennifer Valore, the OLMA L2T Program builds self-confidence and takes communications and problem-solving skills to new levels of excellence. L2T stands for Leadership, Life Skills, and Technology and was created to foster the competencies for girls that today's world expects from its leaders.

L2T begins freshman year with our Brave Forward, Lifetime Fitness and Public Speaking courses. In the sophomore year, it expands to include a Computer Science course focused on programming, technology, and STEM-related career exploration. In addition, sophomores take a Business 101 course that covers financial literacy, digital citizenship, and business technology.

INSPIRATIONAL ENVIRONMENT

Girls' schools — where girls take center stage.

Nearly **80%** of girls' school students report most of their **classes challenge them to achieve their full academic potential** compared to 72% of girls at coed independent and 44% at coed public schools.



Source: Women Graduates of Single-Sex and Coeducational High Schools: Differences in Their Characteristics and the Transition to College
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PUBLIC SPEAKING

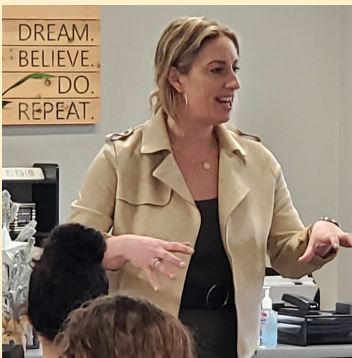
Countless studies show that many people fear public speaking more than anything else, including death. At OLMA we are chipping away at that statistic by giving students the skills they need to deliver a wide variety of speeches and presentations with confidence.

BUSINESS 101

Business 101 introduces students to an important facet of our world and a valuable platform for opportunity and growth for women.

COMPUTER SCIENCE

The newest addition to our L2T program is an Introduction to Computer Science course. When it comes to preparing our students for the future, giving them a background in computer science is one of the best ways to ensure that they can compete in an increasingly digital economy.



OUR LADY OF MERCY ACADEMY

1001 Main Road · Newfield, NJ 08344 · (856) 697-2008
learn more about our L2T Program at OLMANJ.ORG



The Girls' School ADVANTAGE

BY THE NUMBERS

BUILDS SELF-CONFIDENCE

At girls' schools, a girl occupies every role.

A **majority** of girls' school grads report **higher self-confidence** over their coed peers.



DEVELOPS LEADERSHIP SKILLS

Girls' schools empower students to become bold leaders.

93% of girls' school grads say they were offered **greater leadership opportunities** than peers at coed schools and **80%** have **held leadership positions** since graduating from high school.



HIGHER ASPIRATIONS

Girls' school students are highly motivated.

2/3 of students at all-girls schools expect to earn a **graduate or professional degree**.



Sources: Women Graduates of Single-Sex and Coeducational High Schools: Differences in Their Characteristics and the Transition to College; The Girls' School Experience: A Survey of Young Alumnae of Single-Sex Schools; and Steeped in Learning: The Student Experience at All-Girls Schools ©2016 National Coalition of Girls' Schools