



# Cape Henry

COLLEGIATE

## UPPER SCHOOL COMMON EXPERIENCE

Upper School is a time of intellectual growth and preparation for college, and at Cape Henry, we believe that this growth extends far beyond the classroom as we prepare our students to be leaders and citizens of character. The Core Values of Community, Opportunity, Scholarship and Integrity encompass the characteristics students will need to carry with them as they leave our halls and move on to college and beyond. It is our goal to ensure that our students are taught at age-appropriate stages in each year of Upper School to face the challenges right in front of them and prepare for those that lie ahead.

To accomplish this, the Common Experience is the curricular foundation of a strong advisory program where students will be given guidance specific to each year of their development. This begins with the transition to Upper School and ends with programming specific to the transition to college. In between, developmentally appropriate topics such as inclusivity, mental health, time management, substance abuse, digital responsibility, self-awareness, self-advocacy, the college search process, and community service are all explored.

Below you will find the essential questions and topics for each year. Time will be dedicated each week for both structured group programming and small group follow-up.

	GRADE 9	GRADE 10	GRADE 11	GRADE 12
<b>Essential Question</b>	<i>Who Am I and How Do I Interact with Others?</i>	<i>How Do I Become the Best Version of Myself?</i>	<i>How Do I Stay Healthy and Happy in an Ever-Increasing World of Academic and Social Stress?</i>	<i>How Do I Prepare Myself for the Challenges of Transitioning to Life After Cape Henry?</i>
	<b>GRADE - LEVEL MONTHLY PROGRAMMING</b>			
<b>September</b>	Academic Integrity/ Crafting a Professional Communication	Getting to Know You, Knowing Yourself, Self Advocacy, Study Strategies	Who Am I? Reflecting on Your Unique Individuality	Putting Yourself on Paper: How to Apply to College
<b>October</b>	SMART Goals, Study Skills, Time Management, Suicide Prevention	Mental Health Awareness: Suicide Prevention	Mindfulness and Stress Management, Suicide Prevention	Putting Yourself on Paper: College Essays and Applications
<b>November</b>	Gratitude, Volunteerism and Giving Back			
<b>December</b>	Exam Prep and Developing Study Strategies	Healthy Relationship Building: Boundaries, Consent, and Harassment	Leading with Awareness	Respect: Supporting Each Other
<b>January</b>	Ethics, Respect, and Integrity: Social Media Integrity	Ethics, Respect, and Integrity: Social Media Integrity	Who Am I? Researching Colleges	Stress Management: How to Use Stress to Your Benefit
<b>February</b>	Resilience, Empathy, Diversity and Inclusivity	Resilience, Empathy, Diversity and Inclusivity	Who Am I? Researching Majors/Careers	Summer Success: Jobs to Internships Training for Success
<b>March</b>	Health and Wellness: Diet and Exercise	Health and Wellness: Intimate Relationships	Telling My Story: Resumes and Interviews	Who Do You Want to Be When You Leave Cape Henry?
<b>April</b>	Leadership in the Community/ Building Community	Leadership in the Community/ Building Community	Knowing My Community: Rec Letters, Family, and Finances	College 101: Finance, Food, Fun Navigating a New Social Reality in College
<b>May</b>	Preparing for a New School Year/ Reflections for Freshman	Preparing for a New School Year/ Reflections for Sophomores	Telling My Story: Essays and Applications	Life After Cape Henry: Exit Strategies