



WOODLANDS ACADEMY
OF THE SACRED HEART

Thrive AT
WOODLANDS ACADEMY



FOUNDED IN

1858

2023 NICHE RANKING

#1 Catholic School in the State

2020 National Blue Ribbon School

Woodlands Academy of the Sacred Heart is a Catholic, independent, college-preparatory day and boarding school designed to cultivate the gifts of each student and to allow intelligent, interested and energetic young women to thrive.

Woodlands uniquely combines excellent academics and small, personalized classes while placing exclusive focus on inspiring girls through immersive, global travel opportunities and enduring Sacred Heart life values—all on a stately, 41-acre campus dotted with trees and green spaces. This is a place where young women can find a learning environment that is demanding, comfortable, joyful, and inspiring, allowing them to thrive throughout their high school years and beyond.

ASHLEY '22

“ I’ve learned how to self-advocate, ask questions, be a leader, and face adversity with a level head and a clear, open mind. I truly grew into myself without losing myself, and I’m really grateful for that. ”

Thrive AT WOOD



Northwestern



Cornell University



WAKE FOREST UNIVERSITY



MARQUETTE UNIVERSITY



University of St Andrews

PURDUE UNIVERSITY

Duke UNIVERSITY



THE UNIVERSITY OF CHICAGO



Creighton UNIVERSITY



LOYOLA UNIVERSITY CHICAGO



UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



UNIVERSITY OF TORONTO



Tulane University

WOODLANDS GRADUATES ARE ACCEPTED INTO TOP UNIVERSITIES AND COLLEGES, INCLUDING:

100% college matriculation

25 average ACT score

COLLEGE-LEVEL ACHIEVEMENT

2/3 of our students took 168 AP exams in 25 subjects

FIRST YEAR OF COLLEGE SCHOLARSHIP OFFERS

OVER \$2 MILLION

WOODLANDS ACADEMY



AVG. CLASS SIZE

10 students

EXCEPTIONAL FACULTY

90%

of full-time faculty members hold advanced degrees

ACADEMIC LEVELS

3 *Advanced Placement (AP), Honors, College Prep*

Woodlands also provides a comprehensive Learning Program for students who will benefit from additional academic support.

CARLEEN '22

Being in an all-girls environment has boosted my confidence. Woodlands Academy helped me be a stronger leader for myself and my peers.



Thrive AS AN ATHLETE

Whether you are an accomplished athlete or brand new to a sport, our Athletics program has something for you.

70% *of Woodlands students compete in at least one sport*

Woodlands athletics have taught me friendship, respect, and teamwork through hard work. It has helped me create new friendships through all grades and memories to last a lifetime.

-ESPERANZA '23

- GOLF**
- TENNIS**
- VOLLEYBALL**
- BASKETBALL**
- BOWLING**
- SOCCER**
- SOFTBALL**





Thrive AS A SCHOLAR

The development of an intellectual life for girls operating with a spiritual core is a hallmark of a Sacred Heart education. Our Academic Program instills a deep respect for intellectual values, allowing students to engage in challenging experiences that inspire intellectual curiosity, a global mindset, and a life-long love of learning.

The academic atmosphere at Woodlands Academy provides an optimal learning environment that allows for an active exchange of thoughts and ideas among students and between students and faculty, while simultaneously promoting spiritual, intellectual, physical, and social-emotional well-being.

Block SCHEDULE

Our block schedule allows deeper inquiry and balance of workload for our students. Days are designated “Red” or “White,” which determines students’ daily schedules.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 01	Periods 1-4	5-8	1-4	5-8	1-4
WEEK 02	Periods 5-8	1-4	5-8	1-4	5-8

CLASS SCHEDULES

2023-2024

Regular Red/White Schedule (70 min classes)

7:15 - 7:55	Period 0 (Orchestra only)
8:00 - 8:15	Advisory
8:20 - 9:30	Period 1 or 5
9:30 - 9:40	Break
9:40 - 10:50	Period 2 or 6
10:50 - 11:50	Community Time
11:50 - 12:30	Lunch
12:30 - 1:40	Period 3 or 7
1:40 - 1:50	Break
1:50 - 3:00	Period 4 or 8
3:00	After-school Activities Begin

COMMUNITY TIME

A holistic education dedicates time to activities outside of the four walls of a classroom. Our innovative block schedule’s inclusion of Community Time allows for emphasis on spiritual, academic, and extracurricular activities, and provides students with opportunities to build leadership skills.

CLUBS

SOCIAL & EMOTIONAL LEARNING

COLLEGE SKILLS

SEMINAR

SACRED HEART TRADITIONS & PRAYER SERVICES



ACADEMIC OFFERINGS

2023-2024

	GRADE 09	GRADE 10	GRADE 11	GRADE 12
ENGLISH	Literature & Composition CP1 Literature & Composition Honors	World Literature CP1 World Literature Honors Speech & Debate Honors	Power of Language American Studies: Literature AP English Language Speech & Debate Honors	Power of Language Rhetoric & Creative Writing AP English Literature Speech & Debate Honors
FINE ARTS	Orchestra Freshman Fine Arts	Orchestra Art I Ceramics I Chorus Honors Film Making Photography I Piano I AP Music Theory	Orchestra Art I, II Advanced Studio Art Honors Ceramics I, II Chorus Honors Film Making Motion Studio Arts Photography I, II Piano I AP Art 2D AP Art Drawing AP Art History AP Music Theory	Orchestra Art I, II Advanced Studio Art Honors Ceramics I, II Chorus Honors Film Making Motion Studio Arts Photography I, II Piano I AP Art 2D AP Art Drawing AP Art History AP Music Theory
INTERNATIONAL LANGUAGES	ESL I, II, III Chinese I, II, III, IV French I, II, III, IV Latin I, II, III, IV Spanish I, II, III, IV	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language
MATHEMATICS & COMPUTER SCIENCE	Algebra I CP2 Algebra I CP1 Geometry Honors Algebra II Trig Honors	Geometry CP2 Geometry CP1 Algebra II Trig Honors AP Pre-Calculus AP Computer Science Principles	Algebra II CP2 Algebra II CP1 AP Pre-Calculus AP Statistics AP Calculus AB AP Calculus BC AP Computer Science A AP Computer Science Principles	College Algebra CP1 Pre-Calculus CP1 AP Statistics AP Calculus AB AP Calculus BC AP Computer Science A AP Computer Science Principles
PHYSICAL WELLNESS	PE & Health	PE & Health	Fit For Life Outdoor Education Health Junior College Skills	Fit For Life Outdoor Education Health Senior College Skills
SCIENCE	Physics CP1 Physics Honors	Physics CP1 Chemistry CP1 Chemistry Honors	Chemistry CP1 AP Chemistry Biology CP1 Biology Honors Engineering I/II Honors Robotics	Biology CP1 AP Biology AP Chemistry AP Physics Astronomy Anatomy & Physiology H Engineering I/II Honors Robotics
SOCIAL SCIENCE	World History CP1 AP World History - Modern	Modern European History CP1 AP European History	American Studies: History CP1 AP US History	AP Comparative Gov't AP Microeconomics AP Macroeconomics AP Psychology AP Human Geography Business & Economics Global Issues & Modern Media
THEOLOGY	World Religions Hebrew Scriptures	Christian Scriptures Catholicism	Christian Ethics Social Justice Women of Faith Spirituality & Ministry	Christian Ethics Social Justice Women of Faith Spirituality & Ministry

Thrive **AROUND THE WORLD**

The Woodlands Academy Center for Global Studies is a comprehensive academic and experiential program. The strongest, most immersive such offering of any school in the Chicago area, it provides every student with a global education during her time at Woodlands. Students will have multiple opportunities to explore their world through group and individual exchange programs, group trips, and a locally based global-focused curriculum. Our students often describe their Center for Global Studies adventures as transformational life experiences. We are honored to provide a variety of unique options that cater to the interests of each individual student.

100% *of students are involved in at least one of the Center for Global Studies programs*

HERE'S WHAT YOUR GLOBAL EDUCATION CAN LOOK LIKE AT WOODLANDS:

FRESHMAN YEAR

- > Learn about our global programs in your Freshman Seminar.
- > Participate in Global Odyssey—locally or internationally—in May.
- > Apply to the Sacred Heart International Exchange program.

EACH SUMMER

- > Embark on Network Summer Service trips.
- > Enroll in global online courses.
- > Apply for international leadership travel opportunities.

SOPHOMORE YEAR

- > Take part in our Group Exchange to Vienna, Austria.
- > Take part in an Individual Exchange at a Sacred Heart school of your choice.
- > Be part of Global Odyssey again in May.

JUNIOR YEAR

- > Continue to pursue Individual or Group Exchange opportunities.
- > Take part in Global Odyssey in May.

SENIOR YEAR

- > Apply to become a Global Scholar, a rigorous program culminating in a capstone project and a Global Scholars diploma distinction.

IDA '25

Woodlands Academy and their Global Studies program have allowed me to fly out of the nest in safe environments that allow me to grow and nourish my love of learning and adventure. It has allowed me to create and expand on previously unthinkable things when I first started my high school journey.





ACCESS TO THE WORLD
through classes, exchanges, and
shared global experiences



Thrive AS AN ARTIST



The Visual and Performing Arts at Woodlands foster creative intellect and passion for the arts.

Students are encouraged to audition for Woodlands' co-curricular choral groups and theater productions. Our students participate in music and visual arts competitions and submit their work to local juried art exhibitions.

Our students are nationally recognized—Woodlands' Kaleidoscope Choir, Microscope Choir and Symphony Orchestra each took home gold medals at the 2023 Heritage WorldStrides Music Festival in Nashville!

At many schools, students find themselves forced to make a choice—playing on an athletic team or pursuing co-curricular arts offerings. But that is not the case at Woodlands. In fact, some of Woodlands' top athletes are also our best artists and performers. At Woodlands, girls really can do it all!

CREATIVE OPPORTUNITIES

TRADITIONAL DARKROOM
AND DIGITAL IMAGING LAB

CERAMICS STUDIO

3 CHOIRS
(INCLUDING COMPETITIVE
SHOW CHOIRS)

ORCHESTRA

FALL PLAY

SPRING MUSICAL

ROBUST FINE ARTS OFFERINGS
(SEE FULL LISTING ON
ACADEMIC OFFERINGS PAGE)

*Woodlands Academy offers
students more than*

25

*unique opportunities to
explore their creative passions*



Thrive AS A RESIDENT

The Residence Life Program at Woodlands offers students an internationally and culturally diverse home away from home with fellow residents from around the world. Woodlands is located a short drive from O'Hare International Airport and is also easily accessible from Midway International Airport. Both airports are located within the city of Chicago, renowned for its music, architecture, and unbelievable food! The Chicago area is also home to Northwestern University and the University of Chicago, two of the country's elite private research and teaching universities that rank amongst the top ten institutions of higher learning.

Woodlands' close proximity to Chicago provides access to all of this— plus abundant opportunities for cultural events, shopping, and fun— while our picturesque Lake Forest campus provides a safe, secure, and idyllic place to live and learn.



20% of Woodlands students reside on campus

WHAT ARE SOME OF THE BEST THINGS ABOUT LIVING ON CAMPUS?

The boarding program helped me develop new friendships and made me more comfortable being myself.

-VICKY '24

The community here is really great and I consider them my second family.

-SARA '25

I was instantly welcomed in and surrounded by people I knew would be there for me 24/7. I always love our group talks, Target trips, and hanging out. Since I've been here, it enables me to be my truest self, and I know I am surrounding myself with genuine people, and people that I call and consider my family.

-KJ '25



Thrive IN YOUR PASSION

At Woodlands, there really is something for everyone. From Service Club to Robotics, Scholastic Bowl to Poets & Playwrights—there are countless ways to be involved.

100%
of students participate in multiple clubs

STEM

IN & OUT OF THE CLASSROOM

8 AP Math & Science Classes, MathCats, Robotics, STEM Club

- ADMISSION AMBASSADORS
- BAKING CLUB
- BEST BUDDIES
- CLASSICS CLUB
- KALEIDOSCOPE (VARSITY CHOIR)
- MICROSCOPE
- MUSIC MINISTERS
- POETS & PLAYWRIGHTS
- SERVICE CLUB
- SOPHIE'S SINGERS
- SPIRIT CLUB
- WACOR (WOODLANDS ACADEMY COUNCIL OF REPRESENTATIVES)
- YEARBOOK
- AND MORE...



WE ARE *Sacred Heart*

In 1800, Saint Madeline Sophie Barat founded the Society of the Sacred Heart and opened the first Sacred Heart School in France. In 1818, Saint Rose Philippine Duchesne made the treacherous crossing over the Atlantic to found the first Sacred Heart School in North America. Today, their legacies are lived out each day in the 25 Sacred Heart Schools in the U.S. and Canada and more than 155 Sacred Heart Schools worldwide.

“

Your life is a sacred journey. It is about change, growth, discovery, movement and transformation... It is continuously expanding your vision of what is possible, stretching your soul, teaching you to see clearly and deeply...

”

**MOTHER JANET
ERSKINE STUART, RSCJ
(1857-1914)**

WOODLANDS' IDENTITY AS A SACRED HEART SCHOOL TIES US TO A RICH TRADITION OF EDUCATING YOUNG WOMEN, & GIVES OUR STUDENTS ACCESS TO A GLOBAL NETWORK OF STUDENTS AND EDUCATORS.

To learn about the Sacred Heart network, visit SACREDHEARTUSC.EDUCATION



THE SACRED HEART GRADUATE

The objective of a Sacred Heart Education is to develop women of integrity whose actions align with their values and beliefs. True to St. Madeleine Sophie's vision, Sacred Heart graduates are characterized by their confidence, courage, and compassionate spirit.

By graduation, Sacred Heart students have developed the skills and competencies necessary to navigate their future with hope, joy, and purpose. Sacred Heart graduates possess a strong sense of self and are deliberate about their continuous personal growth—intellectually, emotionally, spiritually, and physically.

They are socially informed and demonstrate a capacity for empathetic thinking. They demonstrate their active faith in God. They act with personal agency that is rooted in their own self-understanding, as loved by God and in a respect for the inherent dignity of all persons.

ASPIRATIONS OF A SACRED HEART GRADUATE

- ▶ An ability to engage in informed, critical analysis that reflects an understanding of the world and a conscious recognition of the dignity of all people.
- ▶ A discerning spirit that is rooted in an active faith in God and that supports sound decision making and actions.
- ▶ A commitment to being responsible for their well-being and personal development as integral people.
- ▶ A genuine understanding of community and care for others that is reflective of the attitudes of Christ's Heart and a commitment to the common good.
- ▶ A desire to form authentic relationships that are built on mutual respect and shared values.

A CATHOLIC SCHOOL THAT WELCOMES STUDENTS OF ALL FAITHS



“

It is always here and now, there is always the present moment to do the very best we can with, and the future depends on the way these moments are spent.

”

**MOTHER JANET
ERSKINE STUART, RSCJ
(1857-1914)**



SEE FOR *Yourself!*

Visit us online and plan to join us on campus

WOODLANDSACADEMY.ORG/ADMISSION

