



Mater Dei Apostolate

Elective Courses Overview

FIRST SEMESTER

SECOND SEMESTER

FIRST YEAR

LIFE SKILLS

Hands-on instruction in home maintenance, vehicle maintenance, basic shop skills, basic sewing skills, basic cooking skills and social skills

LIFE LESSONS

Lessons built around Fr. Mike Schmitz's videos on a wide variety of topics from core questions about Catholicism to practical and tough issues in Christian discipleship

ADDED SECOND YEAR

FITNESS AND WELLNESS

Lecture and activity sessions covering fitness concepts, conditioning techniques, strength training, weight management and nutrition basics

VISUAL ARTS

Hands-on instruction creating artwork in a variety of mediums including painting, sculpting, woodworking and photography, utilizing the expertise of local artisans

ADDED THIRD YEAR

BUSINESS DEVELOPMENT

Exploration of entrepreneurship and the necessary steps to develop a business including vision/mission, finances, legal process and website development

PERSONAL FINANCE

Instruction on the basics of money management including budgeting, saving, checking, investments, credit, insurance, taxes and college planning

ADDED FOURTH YEAR

OUTDOOR PURSUITS

Introduction to outdoor recreational activities in the Duluth area through training, direct experience and exposure

CULINARY ARTS

Instruction on the use of ingredients, handling of cutlery, cooking techniques and food preparation with an end project of preparing a meal for the local community