

# SESSION II PRE-WORK

Please read through **all** the instructions before you start so you can create a plan to complete the pre-work by the deadlines. **Updated information in red.**

## Practicum – Teaching Mental Prayer

- Watch the instructional videos modeling how to teach prayer using the 3 R's to another person.
  - Troy's video demonstrates using the [handout](#); Susan's video is more casual.
  - Use whichever style fits your personality or a combination.
    - NOTE: Troy uses the front of the [handout](#) for the 3 R's. He then demonstrates overcoming **Obstacle 4e "My mind wanders."**
    - You can cover part of the Additional Helpful Information if the person to whom you're teaching the 3 R's **seems open and receptive**.
- Teach mental prayer using the 3 R's to FOUR people
  - 2 people virtually (e.g. Facetime, Zoom, Microsoft Teams, WhatsApp)
  - 2 in-person
- The 4 people need to meet the following requirements:
  - Minimum of 18 years old
  - Same gender as you
  - They can be your friend, relative, or acquaintance. You're encouraged to choose people you could possibly mentor in the future if you discover it's a good fit, but that's not required. You just need to make it CLEAR that you're practicing.
- After EACH practice, you'll complete a [self-evaluation](#).
- Your self-evaluation will go to your Alum Team Mentor (check for updates!) who will provide encouragement, tips, and answer any questions you may have posed.
  - The Mentor Check-In Assignments are UPDATED so please check [HERE](#).
- **DUE DATES:**
  - May 31<sup>st</sup> – 1<sup>st</sup> in-person and 1<sup>st</sup> virtual practice completed **and** self-evaluations submitted.
  - July 31<sup>st</sup> – 2<sup>nd</sup> in-person and 2<sup>nd</sup> virtual practice completed **and** self-evaluations submitted.
- **RESOURCES** to utilize for the practicum:
  - Use the [handout](#): "[Practicum for CSM Session II: Teaching Mental Prayer – The 3 R's](#)" to prepare for your practice sessions. You can use this IN your practice session if you'd like.
    - **\*Please read through the following 2 resources before meeting virtually:**
      - [Spiritual Mentorship Video Calls Best Practices](#)
      - [Spiritual Mentorship Video Set up](#)

# Virtues Reflection Paper – Instructions

## Virtues Course Content:

### **Rosary Podcast Series on Virtues**

Please listen to the Rosary podcasts on Virtues that **began April 23<sup>rd</sup>**. You can access the Rosary podcasts [HERE](#) and print out a transcript for each one.

**NOTE on timeline for Rosary Meditations on the Virtues:**

15 Rosaries on Theological Virtues

15 Rosaries on Cardinal Virtues

15 Rosaries on Moral Principles

There will be breaks for Rosary Meditations on saints and other special days.

Your Virtues Reflection Paper will only need to be about the theological and cardinal virtues. For example, you could focus your reflection paper on one theological and one cardinal virtue then write about that. You're welcome to include all 45 Rosary Meditations on the Virtues but it's not required.

## Virtues Reflection Paper Topic:

We are not looking to assess your knowledge of the material. The goal of this reflection paper is to share your personal experience about an aspect or some aspects of the **Rosary podcasts on Virtues (30** podcasts). It could be about a particular truth that resonated with you and how it has affected your spiritual life, or perhaps how God formed and challenged you in an area of your spiritual journey, or something different.

After you complete listening to the **15 Rosaries on Theological Virtues and 15 on Cardinal Virtues**, and before you write your reflection paper, spend some quiet time in prayer utilizing the AIR Supplement that can be found in the Toolbox section of **your binder titled "[Tool – Conference 1](#)."** Reflect on what God is saying to you.

**The "Attractions" (How is the Holy Spirit getting my attention?)**

**The "Instructions" (What does God want for me?)**

**The "Recognitions" (What am I spiritually coming to realize?)**

The reflection paper is an avenue for us to get to know you on a personal level.

### **Reflection Paper Format**

- Write 1 or 2 sentences as an introduction to inform the reader what you're going to be writing about. The rest of the paper can be formatted to your preference.
- First, type your paper in a Microsoft Word or Apple Pages document.
- Make sure it's 1000 words or less
- Then paste the content into the JotForm

Please submit your answers by clicking [HERE](#) or the button on the Pre-Work Resources webpage.

**DUE DATE:**

**July 26<sup>th</sup>** – Reflection paper on Virtues submitted.

**HEADS UP:**

**July 29<sup>th</sup>:** About 6 weeks before Session II, you will be receiving some helpful guidance and instructions to better prepare you for Session II. It will be most advantageous for you to have completed all of your pre-work by the deadlines to have time to take advantage of this helpful guidance.