

A focus on **motivation**

A motivated high school woman is a powerful force for good. Our leadership program fosters motivation by encouraging women to discover new interests, passions and ultimately, their calling to serve society and family. We are more than just a college and professional preparatory program - we offer women a chance to find the happiness that comes from working hard and finding joy in their life circumstances in the **present**. Sessions including enriching talks, group activities and discussion.

Meaningful **mentoring**

Attendees are given an opportunity for personal mentoring with our carefully vetted team. Our mentors help students discover new ways to approach challenges at school, at home and with friends.



"I read a proverb which is very popular in some countries: 'God owns the world, but he rents it out to the brave', and it made me think... What are you waiting for?"

~St. Josemaría Escrivá



Arborlea Study Center offers personal, professional and spiritual development to girls and women of all ages. The spiritual activities at Arborlea are entrusted to Opus Dei, a personal prelature of the Catholic Church, that seeks to help people encounter Christ in their work, family life, and in the ordinary events of each day and to make Him known to others.

To register for Alpha, visit
arborleahighschool.wixsite.com/irving

For questions, contact us at
arborlea.highschool@gmail.com

α ALPHA

Arborlea Leadership Program for
High School and After



2019-2020

For Young Women
Grades 9-12

Arborlea Study Center
509 Bellah Dr, Irving, TX 75062
972-258-8700

THEMES at a glance



High School is about discovering your talents, honing your study skills and developing your character. There is no better time than now to make sure you have the tools you need to start and keep your high school years on the right track. Join us to gain the confidence and knowledge you need to hold on to your principles, make smart decisions and become a leader among your peers.

Leadership Classes

First Saturday of the month, 10:30am to 12:30pm

Delve into various human virtues focusing on the objectives needed to achieve those aims and applying practical skill sets that are needed to be a more productive member of society.



Sept. 7 *Public Speaking and Presentation Skills*

Oct. 5 *Perspectives from a Service-Oriented Profession*

Nov. 2 *Seeking Beauty through the Camera Lens*

Dec. 7 *Service Project at In My Shoes*

Jan 4. *The Impact of a Well-Prepared Meal*

Feb. 1 *What is Freedom?*

Mar. 7 *Good Reading Habits and Study Skills*

Apr. 4 *Solidarity and Social Responsibility*

May 2 *Authenticity: Personal Identity and Self Perception*