



The Sacred Heart School of Montreal

SACRED HEART SCHOLARS DISTINCTION PROGRAM

The Sacred Heart Scholars Distinction Program invites students to take meaningful ownership of their educational journey, allowing them to pursue their passion within a chosen pathway.

Obtain a Sacred Heart Scholars Distinction in...



**Global
Leadership**



**STEM
Leadership**



**Arts
Leadership**

Inspiring Girls and Igniting Dreams Since 1861

Program Summary

The **Sacred Heart Scholars Distinction Program (Scholars Program)** at The Sacred Heart School of Montreal provides an exclusive opportunity for young women to excel during their high school years and beyond. By selecting one of three specialized pathways—Global Leadership, STEM, or The Arts—students engage in advanced coursework and immersive learning experiences that deepen their knowledge and expertise. Throughout their high school journey, they take ownership of their education, nurturing their passions and developing essential skills that will set them apart in post-secondary applications and future careers. This prestigious program not only prepares students for higher education but also equips them with a strong sense of purpose and confidence, ensuring they are well-rounded, distinguished learners ready to make an impact.

The Sacred Heart Scholars Distinction Program was created to empower and inspire students to take ownership of their education and pursue their passions at a deeper level during their high school years. Sacred Heart is committed to providing opportunities for personal and academic growth, ensuring that each student can explore a specialized field while also cultivating leadership skills, critical thinking, and a strong sense of purpose.

What the Scholars Program Offers

The Sacred Heart Scholars Distinction Program offers three carefully curated pathways: **Global Leadership**, **STEM** (Science, Technology, Engineering, and Mathematics), and **The Arts**. Each distinction provides students with access to advanced coursework and immersive learning experiences designed to develop expertise in their field.

The program also emphasizes personal *growth* and *leadership development*, ensuring students are well-rounded, confident individuals ready for the next chapter of their academic journey.

By offering this prestigious, hands-on learning experience, the program aims to foster the next generation of leaders, innovators, and creators who are equipped to make meaningful contributions in their chosen fields and communities.



SACRED HEART SCHOLARS DISTINCTION IN

GLOBAL LEADERSHIP



Students engaged in the **Global Leadership pathway** are driven by a profound curiosity about the interconnectedness of *people, places, and complex ideas*. They dedicate their efforts to building meaningful understanding and developing ways to transform this knowledge into impactful action.

- **Global Experiential Journeys** - Participate in two immersive trips designed to expand cultural understanding and leadership skills, one of which must be a service-related trip.
- **Reflective Leadership Practice** - Completion of a reflection on global competencies, tied to experiences from the Global Experiential Journeys.
- **World Language Studies** - Deep engagement in the study of world languages to enhance communication across cultures (3rd language, advanced French).
- **Mastery of Global Competencies** - Develop critical skills in global leadership, collaboration, and ethical decision-making (Model UN, DEIB initiatives, volunteering leadership, etc.)
- **Global Action Plan Development** - Research and create a strategic plan to address pressing global or local social justice issues.
- **Leadership in Co-curricular Engagement** - Active participation in global, social justice, or intercultural co-curricular activities.



SACRED HEART SCHOLARS DISTINCTION IN

STEM LEADERSHIP



Students pursuing the **STEM pathway** have a deep interest in *science, technology, engineering and/or mathematics*. They devote their energies to these fields across their educational experiences.

- **STEM Excellence Pathway** - Complete Secondary 5 Physics and Chemistry AND/OR Secondary 5 advanced Mathematics courses to build a strong interdisciplinary foundation.
- **STEM Leadership Experience** - Lead or engage in a meaningful STEM leadership project or initiative within the school or community.
- **Global Experiential STEM Learning** - Participate in a Global Experiential Trip with a focus on STEM, or complete an internship to gain hands-on experience.
- **Performance-based STEM Challenges** - Take part in a math competition, science fair, **or** other STEM-related challenges to demonstrate technical expertise.
- **STEM Community Engagement** - Volunteer in a lab, assist with science outreach, or attend a STEM conference to expand your network and apply your knowledge.
- **STEM-related Co-curricular Involvement** - Engage in at least two STEM-focused clubs or activities, such as coding clubs, robotics teams, or other science extra-curricular activities.



SACRED HEART SCHOLARS DISTINCTION IN

CREATIVE ARTS LEADERSHIP



Students pursuing the **Arts pathway** have a deep interest in the *visual, performing and/or literary arts*. They devote their energies to honing their artistic craft and sharing it with others.

- **Academic Excellence in the Arts** - Prepare and present a portfolio of artworks to show appreciation and personal development in the arts.
- **Leadership in Creative Arts Practice** - Participate in a leadership role within a creative arts project, such as organizing a gallery exhibition, recital, or production.
- **Experiential Arts Learning** - Take part in an Experiential Trip focused on the arts, allowing for artistic immersion and expression.
- **Performance-based Creative Showcase** - Present your work in a recital, gallery show, or performance that highlights your artistic talent and leadership.
- **Creative Arts Community Engagement** - Volunteer at a museum, assist with a local arts festival, or contribute to a community arts initiative.
- **Co-curricular Arts Involvement** - Active participation in at least two arts-related clubs or activities, such as choir, dance, or visual arts groups.



Who Can Apply

The Sacred Heart Scholars Distinction Program is available to **all Sacred Heart students** who are goal-oriented, eager to explore a specialized field of study and take their education to the next level.

Questions to ask yourself before applying

- Am I goal-oriented and eager to explore a specialized field of study?
- Am I passionate about pushing myself to reach my fullest potential?
- Am I excited about challenging myself with extracurricular opportunities?
- Do I want to stand out by earning a prestigious distinction upon graduation?
- Am I motivated to take on additional responsibilities to further my personal growth?
- Do I enjoy setting and accomplishing long-term educational goals?
- Am I committed to completing a specialized program that aligns with my academic ambitions?
- Do I seek an opportunity to deepen my knowledge and skills in a particular area of study?

When to Apply

Students may apply to join the program **at the end of Secondary 2**, selecting and declaring their chosen pathway. Students must complete all aspects of the Distinction by May of their graduating year. Sacred Heart students who remain at Sacred Heart for Grade 12 can extend their timeline to earn their distinction upon completing the Grade 12 program.

**Students entering Secondary 4 and 5 in the Fall of 2025 may have the opportunity to apply, as a retroactive system will be implemented. Acceptance into the program will be assessed on a case-by-case basis.*



Benefits post high-school

The Sacred Heart Scholars Distinction Program provides students with significant advantages in their educational and professional future.

- **CEGEP Applications:** The program's prestige and rigor make students stand out in CEGEP applications, showing that they have not only excelled academically but have also developed specialized expertise in their chosen field.
- **Leadership Development:** Each pathway is designed to cultivate leadership skills, whether through global initiatives, cutting-edge STEM projects, or collaborative arts experiences. Students will graduate with confidence, equipped to take on leadership roles in any arena.
- **Career Preparedness:** The program gives students practical, real-world experience that prepares them for future careers. Whether they are leading a community project, conducting scientific research, or showcasing artwork, students are gaining hands-on skills that employers and universities value.
- **Strong Sense of Purpose:** The program nurtures each student's passion, fostering a deeper connection to their field of study and giving them the direction they need for future success.

What Differentiates the Scholars Program

- **Specialized Pathways:** The program's focus on Global Leadership, STEM, and The Arts ensures that students are receiving tailored, high-quality education and mentorship in their field of interest, far beyond the traditional high school curriculum.
- **Immersive Learning Experience:** The Scholars Program offers students immersive learning opportunities such as hands-on projects, leadership simulations, and industry collaborations that enrich their education.
- **Holistic Development:** While the program focuses on specialized subjects, it also emphasizes developing well-rounded students who excel not only academically but socially and emotionally, preparing them to lead with empathy, vision, and integrity.
- **Prestige and Reputation:** The program reflects the school's commitment to nurturing top-tier students, enhancing its reputation as an institution of excellence that produces graduates ready to succeed in their chosen field of study and beyond.
- **CEGEP and Career Success:** Graduates of the Sacred Heart Scholars Distinction Program enter higher education and the workforce with a proven track record of expertise, leadership, and dedication, setting them apart as future leaders.



FAQs for student applicants

What is the Sacred Heart Scholars Distinction Program (Scholars Program)?	The Scholars Program is an opportunity for goal-oriented students to explore a specialized field of study, take on advanced academic challenges, and earn a distinction upon completing their Secondary 5, or Grade 12 (if they choose to pursue the Grade 12 program at Sacred Heart).
When can you apply to the Sacred Heart Scholars Distinction Program?	You can apply for the Scholars Program at the end of Secondary 2. This is when you will select and declare your chosen pathway for the program.
What are the eligibility criteria for joining the program?	To be eligible, you should be a motivated, goal-oriented student who is eager to explore a specialized field of study. You need to apply at the end of Secondary 2 and commit to completing all program requirements by May of your graduating year.
What are the benefits of joining this program?	You will gain an in-depth understanding of your chosen area of study, develop leadership skills, and earn a prestigious distinction upon graduation, which can enhance your CEGEP applications and future career opportunities.
Can I change my pathway once I've declared it?	While the program allows you to explore specialized fields, it is important to carefully consider your choice when declaring your pathway at the end of Secondary 2. You may discuss your options with a faculty advisor if needed, but changes are typically limited.
Can I still participate in extracurricular activities while in the program?	Yes! The program encourages you to engage in extracurricular activities (ECAs) that align with your chosen pathway and academic goals. These activities are an important part of your holistic development and provide valuable opportunities to gain practical experience and enhance your skills. The school offers a variety of ECAs that complement different pathways, allowing you to further your personal and academic growth.
What happens if I do not complete the program by May of my graduating year?	In order to earn the distinction, you must complete all aspects of the program by May of your graduating year. Failure to meet the requirements will result in not receiving the distinction, although you will still complete your standard academic requirements.
What happens if I stay at Sacred Heart for Grade 12?	If you remain at Sacred Heart for Grade 12, you can earn your distinction while completing the Grade 12 program and fulfilling the requirements of the Scholars Program. This provides you with an additional year to complete the program, giving you extra time to meet all the necessary criteria and fully benefit from the program's opportunities.

FAQs for parents

Why is this program beneficial for my child?	The program encourages personal growth, and leadership skills, culminating in a distinction that can significantly enhance your child's CEGEP applications and future prospects.
How can I help my child prepare for the Scholars Program?	Support your child in setting goals and exploring their interests. The program requires dedication, independence, and time management. Help them choose a path that aligns with their strengths and passions.
When should my child apply for the program?	Your child should apply at the end of Secondary 2, during which they will declare their chosen pathway. This is the time when students will commit to the program and its requirements.
What is the program's commitment?	Your child must be committed to completing all aspects of the program by May of their graduating year. This includes coursework, extracurricular activities, and any other special projects related to their chosen pathway.
Will the program interfere with my child's activities or academics?	The program requires commitment but complements your child's academics and extracurriculars. Students can join ECAs to gain experience and develop skills while maintaining a balanced schedule.
What support will my child get in the program?	A dedicated staff member will offer guidance, with semester check-ins to review progress. While the advisor provides support, students must remain independent and proactive in completing tasks and staying on track.
Can my child change their pathway after declaring it?	Although students are asked to carefully choose their pathway, they may discuss their interests with their advisor if they feel a change is necessary. However, changes to the pathway may be limited once declared.
What if my child doesn't complete the program on time?	To earn the distinction, students must complete all requirements by May of graduation. If not, they won't receive the distinction but will still graduate with their academic qualifications.
How does the distinction benefit my child after graduation?	Earning the Sacred Heart Scholars Distinction sets your child apart academically, benefiting CEGEP admissions, scholarships, and career opportunities by showcasing their dedication and leadership potential.

